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Head Teacher: Mrs Paula Fearn



29th January 2021

Dear Parents

January 2021 is a month that is most likely now ingrained in your memory forever. We know it hasn't been easy, some days have been very challenging trying to meet your own work commitments whilst also supporting your child/ren at home. Thank you for helping your child engage fully in remote learning. As Head teacher I'm so proud of our whole school community, our wonderful children, you parents and our staff team. Genuinely, we have been overwhelmed with the positive feedback from the Google form that was sent out last week, we continue to do our best to ensure that your children are getting the best possible access to learning through:

- Live and recorded sessions
- Small group guided sessions with the class teacher
- Google classroom, IXL, Purple Mash, Education City and Tapestry
- Daily feedback from your child's class teacher

1st - 7th February is Children's Mental Health week and as a Mini Pyramid with St Osmund's, Manor Park and St Mary's Charminster we are going to celebrate Wellbeing Wednesday, by having a **no screen** day.

At St Mary's we've created a list of activities based on the three messages from Laudato Si: **Live wisely, think deeply, love generously in order to support the mental health and wellbeing of the whole family.** These activities are below and they are also attached as a separate document with the newsletter email.





Love Generously	Think Deeply	Live Wisely
This is what I love about you - pin a piece of paper on each family member's back. Everyone has a pen and writes down what they love about the person on their sheet. You then take your own sheet and read it aloud and keep it!	Over breakfast, each person gets a chance to say one thing they would like to do today. Everyone's idea is noted and the day is planned around this.	Appreciating God's world- go on a nature walk and notice what you can see, hear, smell, touch and taste. All stand still for a few minutes in silence and just notice.
Start a family Spotify playlist.	Have a family meeting with drinks and biscuits. Agree that everyone gets a chance to talk and must be listened to. The question is: what one thing would make our family life even better?	Start a nature table and see how this changes over the weeks.
Sit together and look at family photographs and share some memories.	Ask each person: what one small thing could I do this week to care a little more for the environment?	Go for a walk and take in the wonders around you. Bring back leaves and do some leaf printing.
Read a book together - one family member reads a page each	Create a snack, meal or dessert using leftovers or food that needs eating up.	Go on a walk with your family and collect acorns to plant in a pot in your garden
Draw a picture of everyone in your family - write things you love about them	Stop and keep very still. Listen – what are three things you can hear? Look – what are three things you can see?	Make a wormery out of an old plastic bottle.

	Feel – what are three things you can touch?	
Take a big cardboard box and decorate it to look like a car. Put a cushion inside, sit and enjoy your favourite story.	Write down all the things that make you happy on small pieces of paper, fold them up and put into an old jar. When you feel sad pick one out and do what it says to make you feel positive.	Using items from your recycling bin create something new - junk modelling
Have a family kitchen disco.  Or find a Kids Just Dance video on YT and all join in.	Take 10 minutes to sit down quietly for some meditation time.	On your next walk, look for a nice smooth pebble. Decorate it when you get home using paints, paper, glue and felt-tips.
Play a board game together		Make a bird feeder for all the hungry birds in your garden
Create a collage of a beautiful family tree of your family members		

**Please feel free to choose from the list or if you have your own ideas, go for it! We would love to see some photos, have a wonderful time.**

Monday is a new month and I know many of you will be entering it full of apprehension and worry, please remember you are doing your very best, be kind to yourself. As always, we are here trying to do our best to support you, we are on the other end of an email or phone.

Keep going, hopefully, please God Spring will blossom in March and we can move forward stronger together.

Have a lovely weekend.

Yours sincerely

*P. Fearn*

Mrs Paula Fearn  
**Head Teacher**