



The Anchor News

Serving the local community in the name of Christ since 1859

12th March 2021

Learning for Life, Anchored in Christ

Our values focus this half term is **Courage**



Hi Everyone,

It has been lovely to see all the children back in school. Everyone has settled well and is enjoying being back into their routines, stretching their brains and seeing their friend and teachers. The teachers are enjoying delivering a range of creative and exploratory lessons for the children to engage in. We have been covering some of the core subjects such as Maths and English as well as RE, Art, PE, Topic and Science. Alongside this there has been a lot of work on well-being and PHSE to ease the children back in and discuss any worries or concerns they may have. We will continue to focus on well-being and engagement for the next couple of weeks whilst gradually building up Maths and English so that after Easter the pupils are ready to engage in their usual full curriculum timetable.

After school clubs will begin next week. We can currently offer each secondary bubble (Y6&4, Y5&3, Y2&1) one evening per week. Letters were sent out this week, so I hope children are looking forward to some extra curricular activities.

The new gate arrangements have been working well so far this week, but please remember that safety is our first concern and if traffic becomes an issue with cars stopping in the road and blocking the flow of traffic we will have no choice but to return to the original gate plan. We will be looking to develop a 5 minute walking bubble soon. See overleaf.

Thank you to all our parents who have been wearing masks and socially distancing at the gates. This makes start and end times safer for everyone.

Have a lovely weekend, see you Monday.

Miss Shryane - Head Teacher



Actions you should take on return to school

Do not send your child to their nursery, childminder, school or college if: they are showing one or more [coronavirus \(COVID-19\) symptoms](#), someone in their household is showing symptoms, someone in their support bubble has symptoms and they have been in close contact with them since the symptoms started or during the 48 hours before they started, they or someone in their household has tested positive for coronavirus (COVID-19) or if they are required to [quarantine having recently visited a red list travel ban country](#).

[Book a test](#) if you or your child develop symptoms. Inform your nursery, childminder, school or college of the results. If the test is positive, follow guidance for [households with possible or confirmed coronavirus \(COVID-19\) infection](#), and engage with the NHS Test and Trace process. Other household members (including any siblings) should self-isolate from the day your child's symptoms started (or the day they took a test if they did not have symptoms), and the next 10 full days. If your child or someone in your household has tested positive while not experiencing symptoms but develops symptoms during the isolation period, they should restart the 10 day isolation period from the day they developed symptoms. Your child does not need a test if they: have a runny nose, are sneezing or feeling unwell, but do not have a temperature, cough or loss of, or change in, sense of smell or taste, are advised to self-isolate because they have been in close contact with someone who has tested positive for coronavirus (COVID-19), for example, another pupil in their class, but are not showing symptoms themselves.

Please help schools to create the safest possible environment by following this advice and the wider public health advice and guidance.



We would like to apologise but we have been experiencing technical issues with our Blog this week and you may not have been able to access it. We are working on getting this fixed as soon as possible and we thank you for your patience.

Head Teacher: Miss Shryane
Deputy Head Teacher: Mrs. Nizamis
Assistant Head Teacher: Mrs. Fox



St. Clement's Academy
Butlin Street, Nechells,
Birmingham, B7 5NS

Phone: 0121-464-4652 E-mail: admin@stclemce.bham.sch.uk



www.stclemce.bham.sch.uk www.blog.stclemce.co.uk

Make sure to
check our accounts
and keep up
to date

www.facebook.com/StClemNechells
www.instagram.com/stclem_nechells
www.twitter.com/stclem_nechells





UNICEF Rights of the Child

Article 31: (leisure, play and culture) Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Now that we are all back at school and Spring is on it's way, we are going to be looking to implement a walking bubble initiative at school. Look out for more information over the next few weeks.

5-MINUTE WALKING BUBBLE

#StaySafeGetActive on your journey to school



For more hints, tips and information please visit www.modeshiftstars.org/staysafegetactive



Safeguarding: What is Mental Health?

We all have mental health, just like we all have physical health. Sometimes we feel well, and sometimes we don't. Mental health is complicated because it's about how we think, feel and act, and this is always changing.

When our mental health is good, we enjoy being around other people and we feel able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope. Remember, if you're struggling with how you think, feel or act, you are not alone, and things can get better. You deserve all the help and support you need to feel confident and comfortable being yourself so that you can enjoy life.

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you doing the things you enjoy, or your ability to feel ok, this means you probably need some support with your mental health.

There are lots of reasons why we might start struggling with our mental health. These can include:

- difficult things going on in your life
- life experiences, such as trauma, violence, or abuse
- physical health problems
- pressure at school, work, or about money
- difficult relationships with partners, family, or friends
- family history of mental health problems

Often it isn't just one of these things and sometimes there is no obvious cause. Whatever the reasons you might be struggling it's important to remember that it isn't your fault and that things can get better.

Help is available at school from all adults.

Talk to staff in school if you feel you need support for your Mental Health.

*Be on your guard.
STAND FIRM IN FAITH.
BE COURAGEOUS.
BE STRONG.
Do everything in love.*

1 Corinthians 16:13-14

Help and Support Services

Young Minds

www.youngminds.org.uk

Young Minds Crisis Messenger provides free, 24/7 crisis support across the UK

If you are experiencing a mental health crisis **text YM to 85258**

all texts are answered by trained volunteers, with support from experienced clinical supervisors.

(Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus)

Childline

www.childline.org.uk/get-support/

If you're under 19 you can confidentially call, chat online or email about any problem big or small

Free 24/7 helpline: 0800 1111

Chat 1-2-1 with an Online Counsellor or sign up on the website, so you can send your message without needing to use your name or email address

The Mix

www.themix.org.uk/get-support/speak-to-our-team

offers support to anyone under 25 about anything that's troubling them.

Free Phone Support: 0808 808 4994
available (daily; 3pm - 12am)

Free Webchat Service
(daily; 3pm - 12am; please note: new chats may not be connected after 11:15pm)

Free Email Support via their online form (they aim to respond within 24 hours)

Free Counselling Service
also available, either by phone or webchat

Samaritans

www.samaritans.org/how-we-can-help/contact-samaritan/

If you're in distress and need support, you can ring Samaritans for free at any time of the day or night

24 hour Freephone: 116 123 (UK and Republic of Ireland)
email: jo@samaritans.org



The Birmingham Diocesan Multi-Academy Trust is a company limited by guarantee and is registered in England and Wales: Company No 10729883. The registered office is 1, Colmore Row, Birmingham, B3 2BJ