



SS Peter & Paul RC Primary School

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Dear Parents and Families

Thank you again for the fantastic support you have given me and my staff during the last few weeks. I feel truly blessed to be part of Ss Peter and Paul's incredible school family!

From tomorrow you will not be able to contact school by telephone as the office will not be manned. However you can contact staff via email or message us through Facebook. Staff email addresses are on our website and Facebook page.

We have set work for the children and suggested possible timetables you could follow. But the main thing we are asking you to do during this unprecedented time is to stay safe and take care of each other.

Our children are just as scared as we are right now. Our children not only can hear everything that is going on around them, but they feel our constant tension and anxiety. They have never experienced anything like this before - we, as adults, have never experienced anything like this before. Although the idea of being off of school for weeks sounds exciting, they are probably picturing a fun time like the summer holiday, not the reality of being trapped at home and not seeing their friends.

Over the coming weeks, you will see an increase in behaviour issues with your children. Whether it's anxiety, or anger, or protest that they can't do things normally - it will happen. You'll see more meltdowns, tantrums, and oppositional behaviour in the coming weeks. This is normal and expected under these circumstances.

What children need right now is to feel comforted and loved. To feel like it's all going to be ok. That might mean that you tear up your perfect schedule and go with the flow. Play outside in your garden, if you can. Bake cookies and paint pictures. Play board games and watch movies. Do a science experiment together or find virtual field trips of the zoo. Start a book and read together as a family. Snuggle under warm blankets and do nothing.

Don't worry about them regressing in school. Every single child is in the same boat and they all will be ok. When we are back in the classroom, we will support the children to progress in their learning- teachers are experts at this! Don't pick fights with your children because they don't want to do maths. Don't lose your temper with your children for not following the timetable. Don't insist on 2 hours of learning time if they are resisting it.

If we can leave you with one thing, it's this: at the end of all of this, your children's mental health will be more important than their academic skills. And how they felt during this time will stay with them long after the memory of what they did during those weeks is long gone. So keep that in mind, every single day.

We look forward to seeing you all again when this crisis is over- until then take care and stay safe.

Mrs Butt

***'May the road rise to meet you.***

***May the wind be always at your back.***

***May the sun shine warm upon your face;***

***the rain fall soft upon your fields and until we meet again,***

***may God hold you in the hollow of His hand'***