

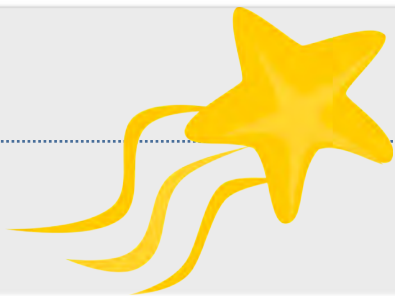


Mrs Butt

Hello Children

I hope that you are ok and know that I am thinking about you every day. I understand that it is very strange not being in school and not being able to see all of your friends and teachers. It is tricky having to stay in your house and not play outside with your friends and family. Our Prime Minister, Boris Johnson, has asked us to stay safe by staying at home so that's what we need to do for now.

**This week the STAR
award goes to...
EVERYONE
for being
STAY SAFE AT HOME
STARS!!!**



The Peter and Paul Press

Ss Peter and Paul RC Primary School's
new and exclusive newsletter.

Hello there! It was decided that another way of communicating and engaging with each other would bring us some enjoyment. Here we have it, 'The Peter and Paul Press'. This newsletter will have many features that you can contribute to from home. It will be produced as often as possible to hopefully give us something to smile about.

How can I contribute?

We'd love to share almost anything! To do this simply email Miss Rutter at:

mutter@sspeterpaul.s-tyneside.sch.uk

with anything you'd like published and she will do the rest.

Here are some examples of things you could email:

- a joke for our joke feature
- something you are proud of, like a new skill or an achievement
- a recipe or craft we could all try
- any upcoming birthdays for a special shoutout
- a book or film recommendation
- something you'd like to 'show and tell'

If you have any other suggestions of things you'd like to see included please let Miss Rutter know on the above email address.

A reminder of teacher's email addresses

Staff email addresses begin with their names and all use the same domain name which is: @sspeter-paul.s-tyneside.sch.uk

To contact a member of staff simply use the usernames below followed by the domain name.

Nursery: ktodd

Reception: jparker

Y1: ccooke

Y2: leyres and sgraham

Y3: jgregg

Y4: kstephenson

Y5: scoyne

Y6: lnicol

Office: info

Head teacher: mbutt

Don't forget...

We remain in the period of lent until Thursday the 9th of April. Can you remember the promise you made? Our school promise was to be kind to ourselves and others. Now is the time to put your words into action. You don't need to make grand gestures, a kind comment or compliment is just as kind. The offer of a cup of tea, a cuddle or even five minutes peace are all acts of kindness grown ups would love.

PRAYER

Hear us, Lord, and send your angel from heaven to visit and protect, to comfort and defend all who live in this house. Amen.

Film recommendation:

Disney's Descendants (1, 2 and 3)

Recommended by the McKenzie family



Book recommendation:

The 13-Storey Treehouse

Andy Griffiths and Terry Denton

Recommended by George Y3

School staff would like to remind you that you are missed and loved by us all. We can't wait to see you all again and are loving hearing about what you are getting up to. We look forward to seeing your contributions to the next issue of 'The Peter and Paul Press'. Don't forget to stay home and safe!

Did you visit Thurston as a child? You'll be pleased to know they've shared the recipe for their famous flapjack!

Ingredients

- 1.5 lbs of margarine
- 1 lbs dark brown sugar
- 16 tablespoons syrup
- 3 lbs oats

Method

Melt the margarine, sugar and syrup together in a large pan over a moderate heat. Stir in the oats and mix together really well, ideally in a mixer, if you don't have a mixer, give it a thorough stir by hand for a few minutes.

Grease a large tin(s) and press in the mixture firmly, use the back of a spoon to flatten the mixture and make sure it is evenly filling the tin right up to the corners.

Cooking times will depend on your oven, but around 20 - 25 mins at 180C or Gas Mark 4. You want the flapjack to be golden looking on top but not burnt.

Leave to cool in the tin and whilst still slightly warm cut in to oblong pieces - I'll leave the size up to you! Leave to then thoroughly cool



Thank you to everyone of you reading this for staying positive in this uncertain time. A special thank you to all of the key workers working on the frontline to keep our most important services running. Thank you to the parents and carers keeping our children safe and well.

5 Fun thing to do with the Kids

1. **Movie night.** Popcorn makes it legit.
2. **Build a fort.** You know the kind. Living room couch cushions, sheets, flashlights, the whole bit.
3. **Have hot chocolate.** Dig the packets from last Christmas out of the cupboard.
4. **Do a puzzle.** You've probably forgotten how fun and addicting it is.
5. **Make a scavenger hunt.** You'll have fun making up rhymes and hiding objects and then you'll have fun watching the kids decipher the clues.

TRY PLAYING THIS DIFFERENT VERSION OF ROCK PAPER SCISSORS

What you need: One other person
 How to Play: Face each other and jump on the spot three times before jumping on the forth either with your feet landing together to represent "rock", jump with your feet straddled wide to represent "paper", or jump with your feet on forwards on back to represent "scissors".
 Rock beats scissors, scissors beats paper and paper beats rock.

If you have space, winner chases their opponent trying to tag them before playing again.

Who is the winner in your house?

USEFUL NUMBERS

S. Tyneside Hospital 0191 404 1000
 Mental Health Initial Response Team
 0303 123 1145

Citizens Advice Bureau Advice Line
 0344 4994 715

National Domestic Violence Helpline
 0808 2000 247

Samaritans 116 123

S. Tyneside Lifecycle Mental Health Service
 0191 283 2937

For details about food banks contact:

Hospitality and Hope on 0191 420 3336

Key 2 Life Foodbank on 07833 613393

Hebburn Helps on 0191 489 9707

MENTAL HEALTH & WELL BEING TIPS

Whilst we are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after our mental health. Here are some tips that may help.

Video calls - Phone calls are amazing, and are a great way to stay connected. But seeing someone's face really can make a huge difference on a phone call. It can lift your mood and make you feel less lonely. Don't be shy about going on camera & your loved ones will really appreciate seeing you, even if you're in your pyjamas! You could really brighten someone's day. **Mindfulness** - There are lots of great free apps you can use to guide you through breathing techniques and meditation that can help ease your anxiety and clear your mind of anxious thoughts. Why not also try some yoga as a way to relax and also get some gentle exercise which can boost your mood? There are lots of YouTube videos you can use to suit your ability and level of mobility. **Take a break from the news** - It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news. **Read a book** - Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get your friend to recommend one? **Reach out for help** - If your living situation is difficult, please don't struggle in silence. Speak to someone you trust. Call a friend or a helpline. If you're worried about being overheard, you could try texting or emailing instead. There are lots of helplines which also offer text and online messenger

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