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Headteacher – Miss B Nugent

Mission Statement “We are special people on a journey, growing and learning together in search of excellence, as we follow in the footsteps of Jesus.”

7th May 2020

Dear Parents,

I hope you and your families are keeping well and safe. I hope all the home schooling is not proving too onerous. We are here to help in any way, please text if you need support. I hope the calls from teachers were appreciated, I know the teachers have been really excited and happy to hear their pupils' voices. Teachers will let you know which day / days they plan to call in future. Any concern you wish to raise please send a text or use email, these channels are confidential and can only be viewed by staff.

During May, we encourage the children to pray to Mary, whether one Hail Mary or one decade of the Rosary. Perhaps you could take time to help your children learn their prayers or learn more about the Rosary, there are leaflets on the website.

The following is from the Diocese Education Service regarding Pope Francis' special prayers for the Month of May this year. It also contains a wide range of links for safeguarding you and your children's emotional and mental health and wellbeing. This period of lockdown is likely to be stressful for all and I know your priority will be to keep your children safe and happy.

Have a restful weekend and a very Happy VE Day!

Miss B Nugent

Dear Colleague in Catholic Education,

As a family of schools we to continue work with each other and for each other at this time of extraordinary need. The Education Service is committed to ensuring each school can receive the support it requires to cope with this crisis. Every Wednesday for the foreseeable future we will be providing a School Bulletin full of resources and links to resources that may be of interest to you and your school community. Please feel free to share widely.

The month of May: Two Prayers shared by the Holy Father

The month of May is a time when the People of God express with particular intensity their love and devotion for the Blessed Virgin Mary. It is traditional in this month to pray the Rosary at home within the family. The restrictions of the pandemic have made us come to appreciate all the more this “family” aspect, also from a spiritual point of view.

For this reason, I want to encourage everyone to rediscover the beauty of praying the Rosary at home in the month of May. This can be done either as a group or individually; you can decide according to your own situations, making the most of both opportunities. The key to doing this is always simplicity, and it is easy also on the internet to find good models of prayers to follow.

I am also providing two prayers to Our Lady that you can recite at the end of the Rosary, and that I myself will pray in the month of May, in spiritual union with all of you. I include them with this letter so that they are available to everyone.

Dear brothers and sisters, contemplating the face of Christ with the heart of Mary our Mother will make us even more united as a spiritual family and will help us overcome this time of trial. I keep all of you in my prayers, especially those suffering most greatly, and I ask you, please, to pray for me. I thank you, and with great affection I send you my blessing.

Pope Francis

Rome, Saint John Lateran, 25 April 2020

Feast of Saint Mark the Evangelist

FIRST PRAYER

O Mary,

You shine continuously on our journey
as a sign of salvation and hope.

We entrust ourselves to you, Health of the Sick,
who, at the foot of the cross,
were united with Jesus' suffering,
and persevered in your faith.

"Protectress of the Roman people",
you know our needs,
and we know that you will provide,
so that, as at Cana in Galilee,
joy and celebration may return
after this time of trial.

Help us, Mother of Divine Love,
to conform ourselves to the will of the Father
and to do what Jesus tells us.

For he took upon himself our suffering,
and burdened himself with our sorrows
to bring us, through the cross,
to the joy of the Resurrection.

Amen.

*We fly to your protection,
O Holy Mother of God;
Do not despise our petitions
in our necessities,
but deliver us always
from every danger,
O Glorious and Blessed Virgin.*

SECOND PRAYER

"We fly to your protection, O Holy Mother of God".

In the present tragic situation, when the whole world is prey to suffering and anxiety, we fly to you, Mother of God and our Mother, and seek refuge under your protection.

Virgin Mary, turn your merciful eyes towards us amid this coronavirus pandemic. Comfort those who are distraught and mourn their loved ones who have died, and at times are buried in a way that grieves them deeply. Be close to those who are concerned for their loved ones who are sick and who, in order to prevent the spread of the disease, cannot be close to them. Fill with hope those who are troubled by the uncertainty of the future and the consequences for the economy and employment.

Mother of God and our Mother, pray for us to God, the Father of mercies, that this great suffering may end and that hope and peace may dawn anew. Plead with your divine Son, as you did at Cana, so that the families of the sick and the victims be comforted, and their hearts be opened to confidence and trust.

Protect those doctors, nurses, health workers and volunteers who are on the frontline of this emergency, and are risking their lives to save others. Support their heroic effort and grant them strength, generosity and continued health. Be

close to those who assist the sick night and day, and to priests who, in their pastoral concern and fidelity to the Gospel, are trying to help and support everyone.

Blessed Virgin, illumine the minds of men and women engaged in scientific research, that they may find effective solutions to overcome this virus.

Support national leaders, that with wisdom, solicitude and generosity they may come to the aid of those lacking the basic necessities of life and may devise social and economic solutions inspired by farsightedness and solidarity.

Mary Most Holy, stir our consciences, so that the enormous funds invested in developing and stockpiling arms will instead be spent on promoting effective research on how to prevent similar tragedies from occurring in the future.

Beloved Mother, help us realize that we are all members of one great family and to recognize the bond that unites us, so that, in a spirit of fraternity and solidarity, we can help to alleviate countless situations of poverty and need. Make us strong in faith, persevering in service, constant in prayer.

Mary, Consolation of the afflicted, embrace all your children in distress and pray that God will stretch out his all-powerful hand and free us from this terrible pandemic, so that life can serenely resume its normal course.

To you, who shine on our journey as a sign of salvation and hope, do we entrust ourselves,
O Clement, O Loving, O Sweet Virgin Mary. Amen.

Please find attached the link for this week's Rosary upload to our You Tube channel.

Teaching & Learning in RE:

Included with this bulletin is the following:

- The Education Service is using the Beatitudes for its focus this term and content reflects this:
- 13 pieces of teaching materials
- Meditations;
- Teaching and Learning Wk 7

The Beatitude Resources

<https://education.rcdow.org.uk/pandemic-support-the-beatitudes-resources-new/>

Support for Mental Health

Included with this bulletin is the following:

- Resources to support mental health;
- Support your mental health while working from home;
- Five Simple Ways to Aid children's well-being.

Materials for children in dealing with stress and anxiety

Cbeebies - <https://www.bbc.co.uk/cbeebies/joinin/seven-techniques-for-helping-kids-keep-calm> (Seven techniques for helping children keep calm)

Save the Children - <https://www.savethechildren.org.uk/what-we-do/coronavirus/resources/learning-at-home/relaxation-exercises-to-do-at-home-with-your-kids> (A range of relaxation exercises for children to do at home.) and the Stress Busters in a pdf format <https://www.savethechildren.org.uk/content/dam/usa/reports/emergency-response/stress-busters-from-our-heart-program.pdf>

Mentally Healthy Schools –

Emotion Wheel - <https://www.mentallyhealthyschools.org.uk/media/2001/emotion-wheel.pdf> (The emotion wheel can be used with children of all ages who are struggling to express their current feelings.)

Emotional Check-in - <https://www.mentallyhealthyschools.org.uk/media/2003/emotional-check-in.pdf> (A written resource supports children and young people to not only express their feelings but identify why they are feeling a particular way.)

Anxiety Thermometer - <https://www.mentallyhealthyschools.org.uk/media/2022/anxiety-thermometer.pdf> (Using a feelings thermometer is a great tool to help children recognise what feelings they might be experiencing in any given moment.)

Sentence Starters

<https://www.mentallyhealthyschools.org.uk/media/2005/sentence-starters.pdf> (Sentence starters can be useful prompts for children who are struggling to order their thinking or express the way they feel.)

Mood Cafe – Relax Like a Cat

<http://www.moodcafe.co.uk/media/26930/Relaxleaflet.pdf> (A guided relaxation, using the analogy of a cat, to ease any anxiety and create a sense of calm for children.)

NHS – Self Care Kit for children

<https://www.mentallyhealthyschools.org.uk/media/2013/self-care-kit-covid-19.pdf> (This kit has lots of ideas for self-care for children, including mindful colouring, laughing out loud, breathing exercises, ways to express thoughts, a self soothe box and more creative activities.)

ELSA Support

May Wellbeing Calendar - <https://www.elsa-support.co.uk/wp-content/uploads/2020/04/May-Calendar.pdf> (A well-being calendar for the month of May – Lots of ideas and activities to promote positive wellbeing within children.)

14 day home challenge - <https://www.elsa-support.co.uk/wp-content/uploads/2020/04/Coronavirus-home-challenge-2-1.pdf> (A 14-day calendar of activities, including mindfulness, crafts and positive thinking, that can help boost wellbeing and keep children occupied in a proactive way.)

Materials for adults in supporting stress and anxiety within children

NSPCC - <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/> (Advice on talking to a child worried about coronavirus, as well as noticing signs of depression or anxiety in children and how to help or get mental health support)

Mind-UP - <https://mindup.org.uk/families/> (MindUP is a school-based programme grounded in neuroscience, mindful awareness, positive psychology and social emotional learning.)

Anne Freud Centre - <https://www.annafreud.org/media/11465/helping-cyp-manage-anxiety-apr2020-v3.pdf> (Helping children and young people to manage anxiety - A practical guide to supporting pupils and students during periods of disruption.)

Young Minds - <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/> (An article and video with tips for parents on supporting their children with anxiety.)