

## Spiritual Communion

It is with great sadness that as members of the Catholic community, we realise that Lent and Easter will be very different this year. Pope Francis and Archbishop Bernard are encouraging us to enter into spiritual communion during these difficult times. Our world is certainly in need of prayers and healing. Here are some links that families might consider using in the coming days and weeks.

### **Stations of the Cross:**

<https://cafod.org.uk/News/UK-news/Stations-of-the-Cross>

<https://bustedhalo.com/video/virtual-stations-of-the-cross>

<https://churchnextblog.wordpress.com/2018/03/07/resource-online-stations-of-thecross/amp/>

### **Holy Week:**

<https://bustedhalo.com/video/watch-holy-week-in-three-minutes>

With the obligation to attend Sunday mass temporarily suspended, technology does allow us to participate in this 'Spiritual Communion' from our homes. The following website facilitates the live streaming of Mass. St Chad's Cathedral, Birmingham, Our Lady of Lourdes, Yardley Wood, Our Lady and St Brigid, Northfield, St Ambrose Barlow, Hall Green and St Edwards, Selly Park are some local churches where Mass can be viewed at various times.

<https://www.stchadscathedral.org.uk/>

<https://www.mcnmedia.tv/>

### **As a family community, we pray:**

God of compassion, be close to those who are ill, scared or in isolation.

Give us the strength to tend to the sick, comfort the fearful and to assure the isolated of our love, and your love, in this time of great anxiety.

Through Christ our Lord.

Amen

Dear God,

We pray for our homes and families, our schools and young people and all in any kind of distress.

Lord hear us,

Lord graciously hear us.

## Staying Safe Online

We know that children will be online more as we all stay in our homes. It is really important that we ensure our children are safe online too. Here are some resources which are particularly helpful. Please check out the parental control section which gives advice to help parents put parental controls on any devices their children are using at home.

### **Keeping up to date with the latest apps**

NSPCC's Net Aware provides simple guides for parents to the most popular social networks, app and games. Simply type in the app you wish to review in the search bar and the website will provide you with some useful information to help parents make an informed decision.

<https://www.net-aware.org.uk/>

### **Parental Controls**

Internet Matters.org has produced excellent resources on setting up parental controls in a step by step format. Simply click on the links below to explore ways in which parents can set up parental controls on digital devices and popular social media apps. Each circular icon that is loaded represents a guide and can be accessed by simply clicking on the icon.

Parental controls on; **Smartphones and other devices**

<https://www.internetmatters.org/blog/parental-controls/smartphones-and-other-devices/>

Parental controls on; **Entertainment and search engines**

<https://www.internetmatters.org/blog/parental-controls/entertainment-search-engines/>

Parental controls on; **Broadband and mobile networks**

<https://www.internetmatters.org/blog/parental-controls/broadband-mobile/>

Parental controls on; **Social media**

<https://www.internetmatters.org/blog/parental-controls/social-media/>

Parental controls on; **Gaming console**

<https://www.internetmatters.org/blog/parental-controls/gaming-consoles/>

### **General Information**

There is also a good attachment from CEOP – this link is appropriate for primary aged pupils

<https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-primary.pdf>

### **Support for parents and carers to keep their children safe online**

Internet matters –

[https://www.internetmatters.org/?gclid=EAlaIqObChMIktuA5LWK2wIVRYXVCh2afg2aEAAYASAAEgJl5vD\\_BwE](https://www.internetmatters.org/?gclid=EAlaIqObChMIktuA5LWK2wIVRYXVCh2afg2aEAAYASAAEgJl5vD_BwE)

Net-aware – support for parents and carers from the NSPCC - <https://www.net-aware.org.uk/>

Parent info - <https://parentinfo.org/>

Thinkuknow – for advice from the National Crime Agency to stay safe online -

<https://www.thinkuknow.co.uk/>

UK Safer Internet Centre - <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>

Childline – support for children -

[https://www.childline.org.uk/?utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=UK\\_GO\\_S\\_B\\_BND\\_Grant\\_Childline\\_Information&utm\\_term=role\\_of\\_childline&gclid=EAlaIqObChMIlfLRh-ez6AIVRrDtCh1N9QR2EAAYASAAEgLc-vD\\_BwE&gclid=aw.ds](https://www.childline.org.uk/?utm_source=google&utm_medium=cpc&utm_campaign=UK_GO_S_B_BND_Grant_Childline_Information&utm_term=role_of_childline&gclid=EAlaIqObChMIlfLRh-ez6AIVRrDtCh1N9QR2EAAYASAAEgLc-vD_BwE&gclid=aw.ds)

UK Safer Internet Centre – reporting harmful content - <https://reportharmfulcontent.com/>  
CEOP – advice on making a report about online abuse - <https://www.ceop.police.uk/safety-centre/>

### **Useful Contacts**

NSPCC – 0808 800 5000

Childline – 0800 1111

Samaritans – 116 123

Mind – 0300 123 3393

### **Home Learning Packs**

Just a reminder that, every Monday, teachers are adding learning resources and activities onto our new 'Home Learning' page on our website. On our home page there is a link to the page, so you can find your child's year group activities easily.

### **Free School Meals**

If your child is in receipt of Free Schools Meals (this does not include infant free school meals), Birmingham City Council have organised 2-weeks' worth of e-vouchers for parents. The idea is that parents are sent an e-voucher, to cover the cost of 5 meals, for each of their children, to replace the meal each child is missing out on by not being in school. This week, the e-vouchers have been made available to schools to distribute, but due to needing a current email address for one parent, who lives with your child, we have not sent the vouchers on to you as we only have a few parent's email addresses. Please can you ensure we receive an email address for you by Monday 06<sup>th</sup> April, because we will then start sending the vouchers to the parents who have given us one. Email addresses can be sent to [enquiry@stjosb7.bham.sch.uk](mailto:enquiry@stjosb7.bham.sch.uk) or by ringing the school on 0121-464-8140. Please be advised that next week (week beginning the 06<sup>th</sup> April) we will continue to distribute the Free School Meals that have been provided by our school caterers – City Serve as they have ordered in food to distribute. On Monday, we will be handing out one parcel, which will have 2-weeks' worth of food in it. If you have been collecting a parcel daily, please do come in on Monday to collect the last parcel as otherwise the food will go to waste. From Monday 20<sup>th</sup> April, the DfE will be issuing vouchers, during term time only, until the children return to school. Again to access this, an email address is needed by the school, so we are able to distribute the vouchers to you on a weekly basis.

I would like to thank you for your patience, with regards to the sending out of the vouchers. As I am sure you are aware, we are currently working on a skeleton staff in school and this has meant the office staff have only been in school one day this week, so we have been unable to organise the voucher send out, as this is a massive undertaking. Next week, we will have an office staff member in for 4 days, so we are hoping by Thursday (09<sup>th</sup> April) everyone who has given us their email address will have received their Birmingham City Council voucher and the information needed for how to redeem it.