



St Bernadette Catholic Secondary School

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22nd June 2020

Dear Parents and Carers of St Bernadette Pupils,

I hope you have had a good weekend and remain well.

This week our prayer theme is 'Perseverance.' At this time our perseverance and resilience are certainly being tested. In thinking about our pupils, we are conscious that some pupils have settled into a routine with their remote learning and are managing the work they have been set, while others are finding it difficult to remain motivated and keep up with the work. As a school we want to set high expectations for our pupils and set them work that will ensure that they can make real progress in their learning while working from home. However, we are also aware that it is a real challenge to remain focused and motivated when you are working alone and don't have the direction and support a teacher can provide. Sometimes the work just seems to pile up and if pupils feel unable to catch up; they may even feel like giving up. This is all very natural and we would like to offer the following advice that you might want to share with your child:

- Start each day afresh
- Don't worry about what you did or didn't do yesterday
- Set yourself a plan for the day ahead and try to stick to it
- If you have fallen behind - be kind to yourself and make a fresh start with today's work and don't worry about what has not been completed
- If you find you are back on top of your work you can always go back and fill in some of the gaps when time allows
- Your teachers will be happier if you make some effort with your work - even if you only finish a small amount - rather than none at all
- If you've spent a reasonable amount of time on a piece of work, finish it there and move onto the next piece
- If you get stuck with your work don't be afraid to ask for help - send your teacher a message/email and ask for their help
- If you are worried or anxious talk to someone - tell mum or dad how you feel. They can offer you very sound advice!
- Do not worry about falling behind. Every pupil in the country is in the same boat. Your teachers will help you to make up lost ground when you come back to school
- Your teachers want you to be safe and well and are looking forward to seeing you back in school. They are going to be there to help you when you are back in class, not to tell you off for work you weren't able to complete

Click [HERE](#) for a study skills guide that offers practical tips to help your son/daughter to manage their work. We will email a copy to all pupils.

Finally, we all just need to remember to take one step at a time and to do our best, one day at a time.

Stay safe and have a good week.

Best wishes

Mrs McLaughlin