



ST. PAUL'S NEWS

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National Press Coverage

What a week it has been for us at St. Paul's, not only reopening to all year groups, but also making local and national press with a mention on Good Morning Britain. It has been wonderful to see the majority of the school back in and enjoying time to



be together again after over 3 months of school closure.

Can I take this opportunity to thank the amazing staff at St. Paul's, who have made this possible. Their 'can-do' attitude has allowed us to keep to the Government guidelines for schools and bring back over 80 children into school. Without their support, this would not have been possible – we are very lucky to have them!

Thank you also to you, parents, for following the guidance that we have set you with regards to drop-off, pick-ups and what your children can and can't bring into school. Please continue to stick to the timings – it makes it very difficult to keep minimum



numbers on site, if you are arriving even 5 minutes early. If you have more than one child at the school, then you are able to drop-off and collect your children at the same time; if you only have one child at school – please stick to the correct time.



St Paul's Church of England Primary school in Swanley among first to welcome back all year groups

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A primary school in Swanley is among the first in the county to welcome back pupils from all year groups.

St Paul's Church of England Primary saw its final year group return as it completed its phased reopening towards full capacity this week.



Can I also ask that you continue to follow the government guidance with regards to social distancing, who you can and can't see and parties at home. We have tried very hard to ensure that we are as safe as we can at school; including staff, but we do require you to play your part, so that the effort is not wasted. This includes meeting up along School Lane, without social distancing measures in place.

If you are not sure what the current guidance is, please have a look on either the

BBC website or gov.uk, which states clearly what we can and can't do at the moment. We are due to feature on ITV's Lorraine programme on Monday at 9.15 am – if you can, look out for us!

Looking after you!

The reality of this lockdown is challenging and can create anxiety for many. The constant news and information about COVID19 can feel overwhelming. To help support local residents stay well, a multi-agency group has developed a localised hub of information with simple tips and advice. It also provides details of local and national services that could be helpful - <http://www.kent.gov.uk/wellbeing>.

The Kent Together service is a single, convenient point of contact for anyone in Kent, who is in urgent need of help during the coronavirus outbreak, at www.kent.gov.uk/kenttogether and on 03000 41 92 92.

Mental health crisis support via text

A new text service has been launched across Kent and Medway for people of all ages, needing mental health support. As part of the Release the Pressure campaign, the texts are free on all major mobile networks and the service is provided by SHOUT and the Crisis Text Line. By texting the word "Kent" or "Medway" to 85258, you will start a conversation with one of the many trained and experienced volunteers, who can give support at any time, wherever you are. It's a place to go if you're struggling to cope and you need immediate help.

You can find out more about the Release the Pressure helpline, the new text service and other community mental health support services by visiting www.releasethepressure.uk.

For more information about how to look after your mental health during the coronavirus pandemic visit <https://www.kent.gov.uk>

Celebrating the work of St. Peter's and St. Paul's

Across twelve weeks, over 1,304 requests for doorstep help have been achieved. Additionally, 43 households are receiving specific weekly support, resulting in over 1,700 hours of volunteer help! £1,410 of supermarket voucher to help benefit 61 households, 146 knitted hearts for ICU patients; all made possible by 11 key volunteers with 13 other offers of help.

Working together for the flourishing of our local community!

Value of the Term: Forward-Thinking

'Life in all its fullness' John (10:10)