

Synge Street CBS Stay Safe during Covid-19

March 2020



We are an ERST School

O God, we thank you for the life of Edmund Rice.

*He opened his heart to Christ present in those
oppressed by poverty and injustice.*

May we follow his example of faith and generosity.

*Grant us the courage and compassion of Edmund as
we seek to live lives of love and service.*

We ask this through Christ our Lord. Amen.

Listen

An inspiring link to a video of the Rotterdam Philharmonic Orchestra playing Ode to Joy in a new collaborative online ways:

<https://youtu.be/3eXT60rbBVk>

Cope

Please find the link below to a 'coping calendar' from the Action for Happiness charity, which is a positive tool for both teacher and student Wellbeing:

https://www.actionforhappiness.org/media/863032/coping_calendar.jpg

Stay Healthy

- 5 ways to Stay Healthy shared with us by the WHO Director (Really good)

<https://www.youtube.com/watch?v=tiuMRxUrPog>

Poem: Stay Home

And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows.

And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.

KITTY O'MEARA

Kitty O'Meara's prose poem above "And the people stayed home" has struck a chord with all those affected by the Coronavirus pandemic, even Deepak Chopra and Oprah are raving about it.

A retired teacher, Kitty O'Meara, from the city of Madison, in Wisconsin, turned to writing in an effort to curb her own anxiety amid the nerve-racking news of the COVID-19 pandemic. The result, which she posted to her personal Facebook, has been widely read across the world offering hope that something good can come out of this collective state of "together, apart."

Read

Of Mice and Men by John Steinbeck
To Kill a Mockingbird by Harper Lee

Be Mindful



Take notice of objects that attract you on a walk. Bring into sharp focus your senses of sight, sound, smell, touch and taste.

Be grateful

A view from an Indian doctor:

"Social distancing is a privilege. It means you live in a house large enough to practise it. Hand washing is a privilege too. It means you have access to running water. Hand sanitisers are a privilege. It means you have money to buy them. Lockdowns are a privilege. It means you can afford to be at home. Most of the ways to ward the Corona off are accessible only to the affluent. In essence, a disease that was spread by the rich as they flew around the globe will now kill millions of the poor. All of us who are practising social distancing and have imposed a lockdown on ourselves must appreciate how privileged we are. Many Indians won't be able to do any of this."

NOT EVERYTHING IS CANCELLED



SUN IS NOT CANCELLED

SPRING IS NOT CANCELLED

RELATIONSHIPS ARE NOT CANCELLED

LOVE IS NOT CANCELLED

READING IS NOT CANCELLED

DEVOTION IS NOT CANCELLED

MUSIC IS NOT CANCELLED

IMAGINATION IS NOT CANCELLED

KINDNESS IS NOT CANCELLED

CONVERSATIONS ARE NOT CANCELLED

Useful Educational Websites:

<https://www.pdst.ie/DistanceLearning>

<https://www.scoilnet.ie>

<https://www.studyclix.ie/>

<https://www.webwise.ie>

<https://www.audible.com>

<https://www.cjfallon.ie>

Scholastic has created a free learn-from-home site with 20+ days of learning and activities –

<https://classroommagazines.scholastic.com/support/learnathome.html>

Health & Wellbeing Websites:

<https://www.headspace.com>

<https://www.balanceapp.com>

<https://www.downdogapp.com>

<https://www.mindfulness.ie>

Mindfulness.ie are offering twice daily guided meditations at 12pm and 8pm on Zoom.

Entertainment Websites:

<https://www.irishmuseums.org>

Irish Museum Online are curating a fantastic list of content from museums around Ireland. Including virtual tours, podcasts, online exhibitions, activities resources and much more !

<https://www.recreate.ie>

Recreate are offering workshops to give you and your family a range of different activities to take part in from the comfort of your own home.

<https://www.jigzen.net>

Jigzen is an Irish made intuitive, atmospheric jigsaw app. The developer has made all in app purchases free for the duration of the Covid-19 emergency.

Supports for Parents:

- The Early Learning Initiative will be posting videos, links and suggested activities for parents:

https://twitter.com/ELI_Docklands

<https://www.facebook.com/earlylearninginitiative/>

NALA (National Adult Literacy Agency) are providing free over-the-phone tuition for adults. www.nala.ie

They have tutors on the phone that can help with: - Reading, writing and spelling - Numbers and basic maths - Filling in forms, for example for social welfare benefit - Helping kids with school work - Understanding health information - Understanding financial information, for example applying for mortgage relief -

Call them on Freephone 1800 20 20 65, or Text LEARN to 50050 and they will ring back with more information and set up a session with one of their friendly distance learning tutors -

Their phone line is open Monday to Friday 9.30am-5pm and they will reply to all texts within two days.

Resources from Jigsaw:

<https://jigsawonline.ie/working-with-young-people>

<https://jigsawonline.ie/parents-and-guardians/mental-health-awareness-course/>

<https://jigsawonline.ie/parents-and-guardians/self-care-for-parents-and-guardians-course>

More awesome free learning websites:-

<https://www.starfall.com/h/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://pbskids.org/>

<https://www.highlightskids.com/>

Talking to Children and Young People about COVID-19 (Coronavirus)

Advice for Parents and Schools

- Children and young people need factual, age appropriate information about the virus and concrete instruction about how to avoid spreading of the virus.

Without the facts, they often imagine situations far worse than reality. See :

<https://www2.hse.ie/conditions/coronavirus/coronavirus.html>





Wash, wash, wash your hands,
Get them very clean,
Do the rub, do the scrub,
Germs are very mean.

Wash, wash, wash your hands,
We should sing this twice,
Do the rub, do the scrub,
Being clean is nice!



Is Key !

Interactive Timetable:

9.00 am – PE with Joe Wicks

https://youtu.be/6v-a_dpwhro

10.00 am – Maths with Carol Vorderman
www.themathsfactor.com

11.00 am – English with David Walliams
<https://www.worldofdavidwalliams.com/elevenses/>

12.00 pm – Lunch: Cooking with Jamie Oliver
<https://www.jamieoliver.com/feat.../category/get-kids-cooking/>

1.00 pm – Music with Myleene Klass
<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30 pm – Dance with Darcey Bussell
<https://twitter.com/diversedance.../status/1241098264373592065>

2.00 pm – History with Dan Snow (free for 30-days, then charges apply)

<https://tv.historyhit.com/signup/package>

See you all soon!

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