

When I looked up the value of the month for this month I laughed, double checked it and laughed again! I had just been complaining about being fed up with the lockdown, missing all of you, missing going to work in the usual way, missing going climbing with my friends. Then there it was staring up at me from the page, this month's value... PATIENCE.

Well my next prayer/thought was obvious, Tim, be patient! What might God be offering me in this time that I can give thanks for? More sleep? More time with my family? The chance to exercise every day? All of these things I could have missed, if I had carried on being grumpy!

Patience with the lock down is helping our NHS, stopping people getting ill or worse. I will be praying that you are all blessed with a double helping of patience this month. Tim Edwards-Grundy

If you want to join in with a church service, you can search '[A Church Near You](#)' and find what different churches are sharing online, or you can watch the weekly service provided by the [Church of England](#).

The free Daily Hope phone line (0800 804 8044) is available 24 hours a day and offers hymns, reflections and prayers, which will be updated daily.

The Church of England has launched a ten-day [mental health reflections](#) booklet which shares habits to help support good mental health and includes ideas for prayer.

The members of St Mary's Cogges continue to pray for their local community. If you have any prayer requests, please do email them to prayer@coggesparish.com

If you want to listen to Rev Simon Kirby's recent sermons or podcasts, you can do so, for the cost of a local call, by dialling 01993 223670.

If you have any safeguarding concerns you can still report these to Tim Edwards-Grundy the school's Designated Safeguarding Lead (DSL). You can contact him on head.3600@blake.oxon.sch.uk.

[MASH \(Multi-Agency Safeguarding Hub\)](#) – 0345 050 7666 For advice regarding concerns about a child.

The [NSPCC](#) provides lots of helpful resources.

This week we asked Mrs Hayes, who leads the orchestra and teaches in Year 3, about her experience of being at home in the lockdown.

What are you finding hardest about being at home?

I miss not seeing everyone from the Blake, pupils and staff. I also miss not being able to visit places and spend time with my family and friends properly, especially having Sunday roast together. I'm getting better at online chats, quizzes and nights in.

What is the best thing you have done now that you are not in school?

Having time in the evenings and weekends to do my hobbies like gardening, reading, watching films and embroidery. It has been glorious weather to be in the garden with my colourful tulips.

What message do you want to give to the children who are at home?

I have loved receiving the emails that have been sent to me with pictures and videos of your work.

It is such a pleasure when I see some of you around town when I'm on my walks.

I'm still giving out marbles and am looking forward to hearing all your news and seeing you when we get back to school.



Where can we go during the lockdown?

This weekend how about a [trip to Mars](#)!

You can learn about the mission to Mars, move from point to point and travel to different mission sites all from the comfort of your home!

ASICS London 10K and Weetabix Protein are inviting families to virtually take part in an exciting nationwide running initiative, the [Weetabix Protein Youth Challenge](#), to encourage children across the country to get moving.

Entry to the Weetabix Protein Youth Challenge is completely free of charge and open to all children aged 16 and under.

Challengers will be asked to complete a recommended 1 kilometre per week across a 10-week period, starting on 25th May.

Those who would prefer to stay active at home, can join a virtual weekly family fitness session led by Mr PMA.

Upon completion of the challenge participants will receive an exclusive Weetabix Protein ASICS finisher t-shirt and medal.

The government has this week highlighted two websites where you can find safe and reliable advice about young people's mental health. The sites have been created by experts and parents together.

[MindEd for families](#) has lots of different resources to help parents support their children such as building confidence and resilience, parenting in a digital world and keeping strong.

[Every Mind Matters](#) is an NHS website with lots of helpful sections including some specifically related to the Coronavirus. You can also download a free 'Mind Plan' with tips to help manage stress and anxiety, improve your sleep and boost your mood.

Every day at 11am, David Walliams is releasing one of his audio stories for free. Why not make listening to this part of your routine every day?

<https://www.worldofdavidwalliams.com/elevenses/>

Next Friday is the Bank Holiday to celebrate the 75th Anniversary of VE day.

There are lots of [online resources](#) to help you plan celebrations in your home including making bunting, colouring in posters and a recipe to make flapjack.

You can also listen to [veteran's stories](#) to find out what it was like to live, work and serve during the war.

If you are planning a [party at home](#) you can access music from the 1940's and find recipes that would have been made by families celebrating the first VE day.

Schoolreaders provide free volunteers to listen to children read at our school during term time. As the volunteers can't come to school at the moment, they have arranged for some volunteers to do reading videos instead.

[Schoolreaders Storytime - 'The Ravenous Beast' by Niamh Sharkey](#)

The ravenous beast is hungry; he's hungry, hungry, hungry. But is he the hungriest animal of all? Reading age: 5+

[Schoolreaders Storytime - 'One is a snail, ten is a crab' by April Pulley Sayre](#)

If one is a snail and two is a person, we must be counting by feet! Reading age: 3+

[Schoolreaders Storytime - 'This is Our House' by Michael Rosen](#)

A book about the power of sharing. George says the cardboard house is his and no one else can share it. Reading age: 5+

Optional activities to accompany each story can be found [here](#)