

St. Thomas of Canterbury Catholic Primary School

Friday, 10th February 2023



Thought for the week

"I shall spend every moment loving."

St Bernadette
to mark the Feast of Our Lady of Lourdes
11th February

A message from Mrs. Rawlinson

This week has been mental health week at school and the children have been taking part in different activities related to well being and how to look after themselves both physically and mentally. As next week is half term, it would be a great time to reinforce at home the important messages the children have received at school. The messages all link to the 'Five Ways to Well being' which are as follows:

- ⇒ Connect (talk, chat, visit, reach out—relationships and friends are a key part of well being and it is important to take time to connect with others)
- ⇒ Be active (it is a proven fact that being physically active reduces symptoms of poor mental health, even a short walk is beneficial)
- ⇒ Keep learning (try something new, listen to a podcast, attempt a new recipe...you don't have to be academic to keep learning)
- ⇒ Take notice (be aware of what is around you, use your five senses, breathe)
- ⇒ Give (supporting and helping others improves our own happiness)

To have good mental health is so important and the 'Five Ways to Well being' can be used by adults as well as children. So, over the half term why not take time to go for a walk as a family, listen for the birds, enjoy the sun (hopefully) and fresh air, take some exercise...do whatever you can to look after yourselves both mentally and physically.

I am actually practising what I preach and am trying something new at the weekend; I am attempting my very first cross country run in Liverpool, so wish me luck!!



We have also discussed internet safety with the children which is an ongoing conversation embedded in our curricular offer. This is an incredibly important discussion to have to keep our children safe and happy when using the internet in whatever capacity (games, social media, chat apps etc)

My intention is to plan a parental workshop around this topic in the near future. I will confirm a date as soon as I can.

Finally, I hope you all enjoy your week and thank you for your continued support this half term.

Growing Together in God's Love

Earthquake in Turkey and Syria

The recent events in Turkey and Syria have been most upsetting to watch on the news.

I know some children have been moved by what they have seen as they have suggested many fundraising ideas to help the people affected by this terrible disaster.

If your child is concerned about the events in Turkey and Syria, it may help by saying this prayer together:

Almighty God, we pray for the people of Turkey and Syria, for the victims, the injured, and all those affected by the devastating earthquake. We pray for first-responders, and all those working tirelessly to rescue survivors from beneath the rubble. May God's peace sustain their efforts.

Amen.



Message from Fr. Michael

Mass for Ash Wednesday

Wednesday, 22nd February

- ♦ St. Julie's Church at 9.20am
- ♦ St. Thomas of Canterbury Church at 11.00am and 6.00pm.

Children from St. Thomas of Canterbury will be leading the 11.00am Mass for their families and parishioners. All are welcome.

Reminder

*Children are back to school on
Monday, 20th February 2023.*

Drama workshops

Drama is a great way to excite and inspire children, and our **'Turn the Page'** workshops, delivered by Altru Theatre company, will help children to see themselves as readers. Each class will have the wonderful opportunity to take part in a workshop during the day, giving them time to learn about new books and making the process of selecting and reading a book lots of fun. We want to help children develop a lifelong habit of reading for pleasure, as we know this leads to greatly improved outcomes for young people. Each session will allow children to:

Blind Date with a Book

They can then swap their books in class, hopefully going home with a lovely gift of a book for the weekend!



We would like to thank the PTFA for covering the cost of these Drama Workshops.

Growing Together in God's Love

Important Dates for your Diary

February

- 20th - children return to school (this was originally an INSET day)
- 20th - Y5 Bikeability Training Week
- 21st - Y4 trip to Deva Discovery Centre Chester
- 22nd - Ash Wednesday Mass Church 11am

March

- 3rd - World Book Day
- 6th - Whole School Photographs
- 8th - Y3 trip to Liverpool World Museum
- 10th - Y3 Collective Worship
- 17th - Y2 Collective Worship
- 21st - Rock Steady concert
- 22nd - Parents afternoon/evening
- 27th - Y4 Collective Worship
- 27th - Y6 residential to Conway Centre (return 29th March)
- 31st - End of Spring term

April

- 12th - children return to school
- 17th - Sacramental workshop 4
- 18th - Y5 start Swimming (each Tuesday for 6 weeks)

May

- 1st - Bank Holiday
- 8th - Bank Holiday
- 9th - Start of Year 6 End of Key Stage tests (SATs)
- 12th - Y4 Collective Worship
- 18th - Ascension Day Mass in Church 11am
- 26th - May procession Church 11am

June

- 5th - Year 4 Multiplication tables check (2 week window)
- 12th - children return to school
- 13th - Y4 start swimming (each Tuesday for 5 weeks)
- 20th - Y6 Leavers Photographs
- 23rd - EYFS Collective Worship
- 29th - St Peter & St Paul Holy Day of Obligation Church 11am

July

- 1st - Y4 First Holy Communion - Church 12noon
- 11th - Y6 Leavers Mass Church 11am



Well done to our stars of the week.

**This week's award is for:
Building positive relationships in class**

Nursery: Margot Benecke

Reception: Sienna Barclay

Year 1: Noah Grundy

Year 2: Bridget Leighton

Year 3: Joshua Gibson

Year 4: Alfie Tasker

Year 5: Emily Lyons

Year 6: Amelia Witter

Sports competitions

This week our Y5 football team attended a schools football competition at Sutton Academy.

The children played exceptionally well and achieved 1st place out of a total of eight teams, bringing the trophy back to school!

The children also received a gold medal.

Well done, we are very proud of your achievement!