St. Thomas of Canterbury Catholic Primary School

Friday, 10th February 2023



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<u>Thought for the week</u> "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 \Rightarrow activities related to well being and how to look after themselves both physically and mentally. As next \Rightarrow week is half term, it would be a great time to reinforce at home the important messages the children \Rightarrow have received at school. The messages all link to the 'Five Ways to Well being' which are as follows:

- $\begin{array}{l} \stackrel{\wedge}{\rightarrow} \\ \stackrel{\wedge}{\rightarrow} \\ \stackrel{\wedge}{\rightarrow} \\ \stackrel{\wedge}{\rightarrow} \end{array}$ 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)
- $\stackrel{\frown}{\Rightarrow}$ Be active (it is a proven fact that being physically active reduces symptoms of poor mental health, even a short walk is beneficial)
- $\stackrel{\wedge}{\Rightarrow} \Rightarrow Keep learning (try something new, listen to a podcast, attempt a new recipe...you don't have to$ $<math display="block"> \stackrel{\wedge}{\Rightarrow} be academic to keep learning)$
- $\stackrel{\leftrightarrow}{}_{\stackrel{\leftrightarrow}{}}$ \Rightarrow Take notice (be aware of what is around you, use your five senses, breathe)
- \Rightarrow 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.

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



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 ☆ 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)

 $\frac{1}{2}$ 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.

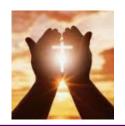
 $\begin{array}{cc} \stackrel{\wedge}{\leftrightarrow} \\ \stackrel{\leftrightarrow}{\leftrightarrow} \end{array}$ Finally, I hope you all enjoy your week and thank you for your continued support this half term. $\begin{array}{c} \stackrel{\wedge}{\leftrightarrow} \\ \stackrel{\leftrightarrow}{\leftrightarrow} \end{array}$

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.



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<u>Message from Fr. Michael</u>	2
Mass for Ash Wednesday	~ ~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
Wednesday, 22nd February	2 22 Z
 St. Julie's Church at 9.20am 	
• St. Thomas of Canterbury Church at 11.00am and 6.00pm.	2
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Children from St. Thomas of Canterbury will be leading the 11.00am Mass for	- 4
their families and parishioners. All are welcome.	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
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<u>Remínder</u>

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

World Book Day - Friday 3rd March 2023 Drama workshops

Our World Book Day them is 'Drama and Playscripts'.

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:

Children don't need to dress up for the day - they can come in PE kits on 3rd March so that they are comfortable.

Blind Date with a Book

In addition to this, we are asking children to wrap up a book that they would like to give away. The book could be in a gift bag or wrapped up, with a label describing the book inside...without giving away the title or the author. If they could bring their wrapped and labelled book in on Thursday 2^{nd} March, it would be great.

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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.

Important Dates for your Diary

Do have a	
<u>Februa</u>	iry
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
<u>April</u>	
12th -	children return to school
17th -	Sacramental workshop 4
18th -	Y5 start Swimming (each Tuesday for 6 weeks)
<u>May</u>	
1st - 1	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
<u>June</u>	
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
<u>July</u>	
1st -	Y4 First Holy Communion - Church 12noon
11th -	Y6 Leavers Mass Church 11am
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