



Our Lady's Catholic Primary School

Weekly Newsletter

"A place of learning – A community of Christ"

5th February 2021



Dear Parents,

This week has been Children's Mental Health Awareness week. I know that the teachers have been using the Place2Be resources with the children this week with the theme Express Yourself. It is really important that as parents we look after the whole family's mental health. First of all, we have to look after our own. Our mental health, our general mood and our happiness has a real effect on our children. They pick up on our feelings and will often align themselves with them. Remember they learn first and foremost by copying. If we don't look after our own mental health it will rub off on them. Please remember that we are here to help so please reach out if you need to.

Place2Be also produce some resources for parents to help support their children. I think these are really useful and can help prevent problems in the future. Their website is:

[Parents and Carers - Children's Mental Health Week 2021](#)


I have included some of their tips later on in this newsletter but one tip I would give is to make sure you get your children outside. Children thrive being outside. In school we notice a real difference if the children can't get out even for a breaktime. There is something about being out in the fresh air that seems to make them feel happier.

Starting last Monday, all staff in school began lateral flow testing for Covid-19 twice a week. Although it isn't the nicest thing to do in the world, it does give another layer of protection. As we move towards reopening again, I hope that this will reassure parents that we continue to reduce the risk to everyone. Schools have always been safe, particularly for children, but this is just another weapon in our armoury. Our numbers of critical worker's children are quite high now, we have almost hit 60 on some days this week. Please could I

remind parents only to use it when they really have to. If you aren't working five days a week then your child really shouldn't be in school 5 days a week. I really want to avoid having to turn people away but it relies on parents being fair and only using it when they need to. Thank you.

Have a great weekend

God bless,

M. Hold 



WHAT CAN YOU DO?

Here are a few simple ways you can encourage your child to express themselves.

1. Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
2. Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by... could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
3. Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.
4. Listening carefully can help children feel more comfortable and confident when expressing themselves. Try to minimise distractions and give your child your full attention when you're spending time together, being aware of your own body language and eye contact. You might want to try summarising what they've shared and acknowledging their feelings.
5. Children are expressing themselves all the time but not necessarily with words. 'Listen' to everything they are trying to tell you with their behaviour, or with their play and creativity or with their silence. It's all self-expression.
6. Remember – you don't need a lot of expensive equipment to get creative at home. Recyclable materials or older items you no longer have a use for can provide amazing inspiration, and of course there's no limit to your imagination!

Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: place2be.org.uk/help

SHOP for OLS PTA – AVAILABLE VACANCY

The PTA would like to pass on our appreciation and gratitude to Annabel Grindley, who has served as our 'Shop for OLS' representative for 5 years!

We are now on the look out for a volunteer who is able to commit to 5-10 hours per month, to oversee the day to day running of the scheme, in collaboration with Ray McCarthy who deals with the banking, accounting and record keeping.

WHY WE NEED YOU:

The scheme raises, on average, £10,000 per year!

BENEFITS:

There are so many reasons to become a volunteer for the school...

- 1. An opportunity to meet and talk to parents across all year groups**
- 2. The voucher scheme is such a great way to fundraise extra money for the school, as it costs you nothing to register or to sign up**
- 3. To become part of a great community**
- 4. Extremely rewarding to know that you are facilitating much needed funds for our wonderful school**

If you are keen to get involved and would like to find out more about the role, please contact Sharon Dodd on ourladysschoolpta@yahoo.co.uk

We can't wait to hear from you!

The PTA

Top Doodlers

The top 3 classes for earning stars over the last week on the Doodle Apps are:

	DoodleMaths		DoodleTimesTable		DoodleEnglish		DoodleSpell	
Gold	Year 3	890	Year 3	303	Year 3	326	Year 3	405
Silver	Year 1	773	Year 5	154	Year 2	164	Year 1	196
Bronze	Year 5	771	Year 2	125	Year 5	65	Year 5	186

As you can see Year 3 are at the top again. Please make the most of the Doodle English and Doodle Spell as we only have it until the end of March.

Accelerated Reader

Top readers this term

Words Read	
Year 5	1, 988, 792
Year 4	1, 676, 508
Year 6	1, 454, 286
Year 3	305, 311

Children who have already read over 100, 00 words this half term

Year 4

Wiktor
Louis
Ewan
Lucy
Harry
Alex
Amelia
Albert
Ula

Year 6

Sarah
Olivia
Gabriel
Malachi
Aidan S
Filip

Year 5

Buddy
Charlie
Ben
Amelia
Robert
Callen
Michael