



# The Federation of St Mary's Catholic Schools

*"I can do all things through Christ who strengthens me"*

*Philippians 4: 13*

Respect

Compassion

Resilience

## **This week at the Junior School:**

### **Welcome**

This week we have welcomed Mrs Kellett to the Federation. Staff and children are looking forward to working with her.

### **SATs meeting**

Thank you to all who attended the Y6 SATs meeting with Mrs Whitfield and Ms Duffy. If you couldn't attend, your child should have brought home the information. Please ask if they haven't.

### **Orienteering**

What a fabulous day of orienteering we have enjoyed today. Fresh air—with a sunshine bonus, exercise, map-reading, team work...and lots of laughter.

### **Parking**

The police have visited school this week to discuss parking before and after school. Please be mindful of our neighbours at drop-off time.

### **St Patrick's Celebration**

St Patrick's enjoyed their celebration as a house yesterday afternoon. To continue the celebrations, there is a Mass tonight at St Patrick's church at 6.00pm followed by hotpot and entertainment in the club from 7.30 (£5). All are welcome.

### **Toast**

Y5 thank everyone who bought a slice of toast today. This really has been a great success. We will continue until at least Easter.

### **Easter Bingo**

Children are invited to attend Easter bingo on Wednesday **29th** March from 3.30-5.15. We will let children know if they have a place by Friday 24th March.

### **Lent Fundraisers**

Our Lent fundraisers will be taking place every break time in the week beginning 27.3.23. These will be organised by our House Captains and will raise money for CAFOD.

### **Boosters and After School Clubs**

All booster lessons and after school clubs will continue next Monday.

### **Lost Property**




We have a lot of lost property in school. For the next 2 Mondays, our lost property will be available for parents and carers to look through from 3.15-3.45 in the Junior hall.

### **Messaging**

If you are having problems with our messaging service (either not receiving messages or receiving multiple messages) please let the office staff know.

# Award Winners

	Star of the Week	Bee Award
3Ri	Rosa-Maria	Amelie
3Ro	Corey	India
4W	Tomas	Zara
4M	Patrick	Guy
5R	Lola	Korbyn
5HQ	Sadie	Jude
6W	Mia	Lydia
6D	Nathan	Toby

	<b>School Values Award</b>	Mckenzie
	<b>Millionaire Reader</b>	Alejandra
	<b>Rock Hero</b>	No rock heroes this week—who will be next?

## Dates for your diary – Spring 2– St Mary’s Catholic Junior School

<b>Monday 20th March</b>	Lost property in the hall 3.15-3.45
<b>Wednesday 22<sup>nd</sup> March</b>	Lost in Music: Choir event at St Helens Town Hall
<b>Thursday 23<sup>rd</sup> March</b>	Y5 Apple of my Eye – DT day.
<b>Friday 24<sup>th</sup> March</b>	St Mary’s House Celebration Day. Non-uniform  Toast on sale at break. 20p
<b>Tuesday 28th March</b>	Y5 Stations of the Cross. Y5 Families welcome from 2.15pm.
<b>Wednesday 29<sup>th</sup> March</b>	Easter Bingo. 3.30—5.15.  Tickets will be £3 per child and will include a hot dog
<b>Friday 31st March</b>	Toast on sale at break. 20p  School closes for Easter at 3.30pm.



The school would like to express our sincere thanks to the Variety Christmas Savings Club of Newton-Le-Willows for the gift vouchers they have kindly donated to us for our families. This is very much appreciated and will be well received by the families and children.

PE days	
Y3	Monday
Y4	Thursday
Y5	Wednesday
Y6	Tuesday

## Sharing the Gospel

Come and see



In this week's gospel, John 4:5-42, we see Jesus talks with a Samaritan woman about 'living water'. He reveals himself to be the long-awaited Messiah, the Saviour of the world. Many Samaritans come to believe in Jesus because of the woman's testimony.



Loving Saviour, help us to worship in spirit and truth, to know you accept us. May this help us to see you in everyone we meet, and to encourage us to reach out with friendship.

**Amen.**

**Song of the week: Where you there?**

<https://www.youtube.com/watch?v=sCGjM9I8FrI>

## BRITISH VALUES

This week's British Value we have been looking at is:



### Rule of Law

As we move into the future, things develop, change and modernise. Rules and laws will sometimes need to be updated because of this.

The story it links to in the news is:

Book publisher, Puffin, has announced that stories by the famous children's author Roald Dahl are going to be changed, making them more suitable for modern times. Roald Dahl is famous for his books, including *Matilda*, *Charlie and the Chocolate Factory*, and *The BFG*. The changes include taking out unkind descriptions of characters'

appearance such as 'fat' and 'ugly'.

Some people disagree with the changes, including the UK Prime Minister Rishi Sunak and the Queen Consort, Camilla.

Should Roald Dahl's books be changed for modern times?





Kathryn Harrison	Chair
Olivia Lewis	Treasurer
Vicky Gregory	Secretary
Debbie Carroll	Ordinary Committee
Gill Maguire	Members



Next time you're in Tesco Earlestown or Haydock please give us your blue tokens & help us raise money to improve our outside educational areas.

Please ask your friends & family to do the same too!

**UPDATE: We are winning at the moment—please continue to donate!**

**Thank you to everyone who attended the PTFA meeting last night. Exciting times ahead!**



On Friday 31st March (the last day of term), the PTFA will be holding a tuck shop on the playground at the Junior school from 3.30 to raise much needed funds and start the holidays with a smile.



We are holding a coffee meeting on Friday 24th March at 2pm in the Infant hall to raise awareness of the PTFA, who we are, what we do and how you could contribute. All families are welcome to attend.

We have some First Holy Communion dresses in the Junior School that we would love to go to new homes. Please ask in the office if you would like to try one.

## **EASTER HOLIDAYS HAF PROGRAMME:**

Funded by the Department for Education, our FREE holiday activities and food (HAF) programme has been a huge success, providing healthy food and enriching activities for primary and secondary school-aged children eligible for benefits-related free school meals.

The aim of the HAF programme is to support children to eat more healthily, be more active over the school holidays and have a greater knowledge of health and nutrition, as well as be more engaged with school and other local services.

### **Is my child eligible?**

The HAF programme is primarily for children aged 4-18 years who are eligible for and receiving benefits-related free school meals (FSM), and their families. Children who are in receipt of a support plan via Early Help, Child In Need or Children We Look After, EHCP, or if your child receives additional hours at school then you are also eligible for the HAF programme.

Please note that not all activity providers will be able to accommodate the full age range of the programme. Please check with the provider what age group is appropriate to their activity.

### **How do we access the programme?**

To access the programme, simply book a place through one of the providers we list. Please note that booking details differ depending on each provider.

### **How do I know my children are in a COVID-secure provision?**

COVID risk assessments for all HAF activities have been completed and quality assured. These will continue to be updated as national and local government guidance changes. We also have contingency plans in place to deliver activities through alternative venues or formats in the unlikely event that they cannot operate safely.

### **Do you have provision for children with SEND?**

We have SEND specific and SEND accessible activities for children across the programme. Look out for this key guide:

**SS - SEND Specific:** solely for children and young people with SEND and their families.

**S - SEND Friendly:** venue or event where providers have general SEND awareness and small adjustments can be made.

**SA - SEND Accessible:** physically accessible venue or event.

**F - Family Friendly:** accessible for all families.

The school will be receiving the Easter HAF program booklets (hard copies) by Tuesday 21<sup>st</sup> March at the latest. The booklets will be available in school for all eligible children/families at the first opportunity so that they can book the activities that they want for the Easter holidays.

Please see the link below or the booklet available in school. This has all of the information for the Easter programme. Links will go live at 9am on Monday 20<sup>th</sup> March for children/families to book activities:

<https://www.sthelens.gov.uk/holidayfun>

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# BUSINESS FOR YOUTH EASTER EGG APPEAL



Cost of living, inflation, energy, we have so much to worry about.

**LET'S SPREAD A LITTLE CHEER!!**

We would like to give an Easter Egg, to each Primary school child in N Le W.



The eggs will be delivered by our own Easter bunnies, who created so much fun and enjoyment last year.



We hope to collect enough, with your generosity to give one to all teachers and staff also, they are so very deserving for all the hard work they do to provide our children's educational needs.



Donations will be gratefully accepted from businesses to townfolk at **BFY HQ**, every Saturday morning in March, every egg counts to try and get over 3000 eggs



**NISA LOCAL(COOP), PARK RD SOUTH.**

**CROWNWAY COMMUNITY CENTRE** or 12 Queens Drive ,  
throughout the week. |

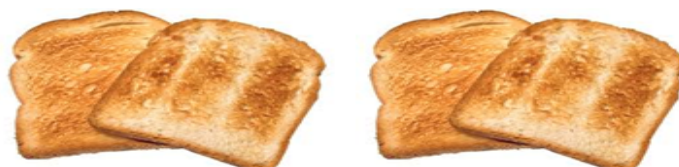
**TESCO Earlestown** will also have a trolley out in store.



## **Toast**

Toast will be on sale at morning break on Fridays at the Junior school. 20p per slice.

This half term it is raising money for the London trip.



# Free Outdoor Activities!



## HAF St Helens Outdoors Programme

Come along for some half term fun at Taylor Park!

**Juniors aged 6-11**

10.00am - 12.30pm

**Seniors aged 12-16**

12.30pm - 3.00pm



For young people aged 6-16 who are eligible for Free School Meals



**WEEK 1:**

Monday 3rd April (land activities)  
Wednesday 5th April (watersports)

**WEEK 2:**

Tuesday 11th April (land activities)  
Thursday 13th April (watersports)

**Book here**



**Free Meal Provided!**

Any Queries/ Questions call Amber 07879993265

SEND Key:



St. Helens Council



Department for Education



# Attendance Ladder

Equates To:



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



National  
Online  
Safety®

#WakeUpWednesday