



Friday 9th February 2024

# FRIDAY POST

## Our School Value: Courage

*"Be strong and brave. Don't be afraid. The Lord your God will be with you everywhere you go." Joshua 1.9*

Dear Families,

Thank you to everyone who came to join us yesterday for our Courage celebration. It was a shame not to meet in the church, but gathering together is always more about the people than the location. It was great to hear children sing and share their own experiences of courage too!

Wednesday afternoon's visit from the Art Shed students at the Chuckle House was a highlight for us all! Their students gave an excellent presentation on what they do at the Art Shed and how charitable donations mean their good work can continue. They were particularly impressed by the thoughtful questions our children asked. We will be gathering together everyone's fundraising ideas after half-term so watch this space for more information!

Mrs Hubbard is in school today working with teaching staff on writing. We are looking forward to her support and to actioning ideas from her training after the half-term break.

Have a wonderful week, however you are spending it.

Miss Phillips



# Champions of Courage



Children shared moments of courage during family worship.



**Ellis:** "I showed courage when I went to a new gymnastics class, now I have made loads of friends there"

**Alex** " I showed courage when I was younger and I went to my first football club"

**Myla** "I showed courage when I started gym at 3 years old I was scared then, but I'm not scared now"

**Rohan** " I love seeing how everyone in out school shows courage all the time!

**Thomas** " I showed courage when I went on the biggest high rope in Europe"



**Belle** "I showed courage when I went to Greece and I was in a water park and my brother Oliver helped me to go on the big drop slide"

**Alfie** "I showed courage when I started my new swimming club"

**Olivia** " I showed courage when my brother helped me to go on a big slide on holiday"



**Freddie** "I showed courage when daddy encouraged me to go to clip & climb and do the big wall"

**Aliyah** "I showed courage when I did my first ever show. Even though I was nervous I did it and now I love performing"

**Ted** "I showed courage when I went on a steep drop slide"



**Aoife** "I showed courage when I had my operations. I was born with a cleft palate and had my first repair when I was 7 months old!"

**Thomas** "I showed courage when I went to clip & climb and did the big drop slide"

Hedgehogs sang our school hymn, 'This Little Light of Mine'

## Safeguarding - Prevent

Preventing children from radicalisation.

It can be hard to know what to do if you are worried about the radicalisation of a child. The NSPCC has some useful information to help to spot signs of radicalisation.

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>



### *Our Safeguarding Team*

Miss Phillips is our Designated Safeguarding Lead

Miss Laing is our Deputy Safeguarding Lead

Should you hear or see something that concerns you, please contact the office to speak to either of them.



Each year on **Thursday 22 February**, members of the Girl Guide and Scout movements celebrate World Thinking Day. It's a day when they think of each other and give thanks and appreciation for the international friendships. 22nd February was chosen as the date for Thinking Day because it was the mutual birthday of Lord Baden-Powell, founder of the Boy Scout Movement, and his wife Olave, who served as World Chief Guide. One of the traditions of Thinking Day is that members of the Guiding and Scouting movements wear their uniforms to school to show others that they are part of the movement, therefore we support any children in the scouting movement if they would like to come to school in their uniforms.



### After School Clubs

Payment for clubs starting after term are now on ParentPay, please pay by 23rd February.

We have spaces left in Gardening, Street Dance & Football if your child is interested in joining please email the office.



### Laches Wood

A reminder to parents in years 3 & 4 that payment for their over night residential visit to Laches Wood is now due, payment is via your ParentPay account. Staggered payments can be made.

# Weekly House Point Tally

Oak

168



Sycamore

73

Holly

103

Each week the team with the most tokens gains 3 leaves on their tree, 2nd gets 2 leaves and 3rd gets 1 leaf. At the end of the term the team with the most leaves will earn a reward.

# Habitat homework





Owls are continuing to learn about portraits in art lessons. In our latest lesson we have enjoyed looking at portraits by the pop artist Andy Warhol and learnt that he created many portraits of iconic people. He used repeating images and lots of different colours. We created our own Warhol inspired portraits by colouring repeated images of King Charles.



Lots of Headteacher postcards home for children reaching the top of the Champion chart three times!

## Nursery - September 2024



We are now taking names for children wishing to start at our school nursery in **September 2024**. Places are limited so please could you drop in / contact the office for a form so we can add your child's name to our list no later than Monday 8th April - places will be allocated w/c 15th April 2024. If you are already in our nursery and wish to change or increase sessions for September then please email the office with your request.

## WANTED

Do you have any unwanted toys that the children could play with at lunchtimes? We are looking for anything that is robust enough to play with outside (no board games) eg cars, trains, My Little Ponies etc



## Lunchtime Menu - next week is week ONE

The children get asked each morning what they would like to eat at lunchtime.

Please note we will **NOT** be offering a sandwich option during winter.

	WEEK ONE	WEEK TWO	WEEK THREE
<b>MONDAY</b>	Margherita Pizza with Jacket Wedges (V)(WG)    Penne with Vegballs in Tomato Sauce (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Green Beans, Sweetcorn St Clement's Shortbread (Ve) Better Health	Margherita Pizza with Jacket Wedges (V)(WG)    Beany Chilli with Rice (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Green Beans, Sweetcorn Lime Shortbread (Ve)	Margherita Pizza with Jacket Wedges (V)(WG)    Penne with Veggie Bolognese (Ve)(WG) Choice of Jackets, [redacted] or Tomato Pasta Sweetcorn, Green Beans Vanilla Iced Shortbread (Ve)
<b>TUESDAY</b>	Penne with Beef Bolognese (WG)    Veggie Cottage Pie (Ve) Choice of Jackets, [redacted] or Tomato Pasta Broccoli, Garden Peas Apple Crumble (Ve)(WG) with Custard (V)	Cottage Pie    Veggie Chow Mein (Ve) Choice of Jackets, [redacted] or Tomato Pasta Broccoli, Garden Peas Chocolate & Pear Sponge with Chocolate Custard (V)	Pork or Chicken Sausages with Mash & Gravy    Veggie Sausage with Mash & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Sliced Carrots, Garden Peas Toffee Apple Sponge with Apple Custard (V)
<b>WEDNESDAY</b>	Roast of the Day with Roasties, Stuffing & Gravy    Homemade Veggie & Stuffing Roll with Roasties & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Cauliflower, Sliced Carrots Chocolate Mousse with Pears (V)	Roast of the Day with Roasties, Yorkshire & Gravy    Roasted Butternut Squash with Roasties, Yorkshire & Gravy (V) Choice of Jackets, [redacted] or Tomato Pasta Cauliflower, Sliced Carrots Jelly (Ve)	Roast of the Day with Roasties, Stuffing & Gravy    Quorn Fillet with Roasties, Stuffing & Gravy (Ve) Choice of Jackets, [redacted] or Tomato Pasta Cabbage, Carrot Batons Chocolate Mousse with Mandarins (V)
<b>THURSDAY</b>	Mild & Sweet Chicken Curry with Rice (WG)    Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Banana Bread (V)	Breakfast for Lunch with Diced Potatoes    Veggie Breakfast for Lunch with Diced Potatoes (V) Choice of Jackets, [redacted] or Tomato Pasta Baked Beans, Cooked Tomato Flapjack (Ve)	Chicken with Golden Vegetable Rice (WG)    Mac & Cheese (V) Choice of Jackets, [redacted] or Tomato Pasta Rainbow Veg Jammy Dodger Flapjack (Ve)
<b>FRIDAY</b>	Fish Fingers or Salmon Fish Fingers with Chips    Quorn Hotdog with Chips (V) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Peaches (V)	Fish Fingers or Salmon Fish Fingers with Chips    Garden Vegetable Goujons with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Banana (V)	Fish Fingers or Salmon Fish Fingers with Chips    Quorn Dippers with Chips (Ve) Choice of Jackets, Sandwiches or Tomato Pasta Baked Beans, Garden Peas Vanilla Ice Cream with Fruit Cocktail (V)
	18/01, 29/01, 19/02, 11/03, 01/04, 22/04, 13/05, 05/06, 24/06, 15/07	16/01, 05/02, 26/02, 16/03, 06/04, 29/04, 20/05, 10/06, 01/07, 22/07	22/01, 12/02, 04/03, 25/03, 15/04, 06/05, 27/05, 17/06, 08/07

Freshly baked bread, fresh fruit, yoghurts and fresh drinking water available daily.

V - Vegetarian Ve - Vegan WG - Wholegrain



## NO NUTS!

Please note do not send children to school with any items containing nuts due to children who have allergies. Thank you



We created our own 'printing block' of either a flower or a fruit and then created our own print inspired by William Morris.



To develop our philosophical thinking we ask the children a BIG question each week! As a family take time to discuss the big question! Miss Phillips listens to the children's thoughts on the question during Worship on Friday.

## Our next BIG QUESTION

Can you be friends with someone you have never met?



Nursery were serenading Mrs Hubbard yesterday with their rendition of Three Blind Mice!

## BOOK REVIEWS



Don't forget to send in your book reviews, we are very impressed by some that have already been sent in! we will share some in the coming weeks.



## Attendance figures

School Attendance 5th February - 8th February 2024

Hedgehogs 95%

Owls 97%

Foxes 96%

Whole School 96.1%

The National target for attendance, as set out in guidance from the DFE is 95%

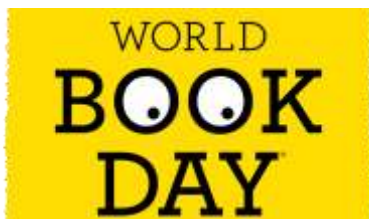
Please note fixed penalty notice referrals will be made to the Local Authority for term time holidays.

To complete our learning about what a church is, we visited St Leonards and spied all of the things we have learnt about. It was great spotting crosses and looking at the bible characters on the stained-glass windows. In phonics, we are really confident with all of our Phase 2 phonemes and graphemes which allows us to play whiteboard games during choosing time. Outside, we looked at the science behind rocket propulsion using balloons attached to a line of string. We had a great afternoon doing outdoor learning. We went spotting for garden birds and saw a robin and some sparrows. We made birdfeeders to try and attract even more. Some of the class also made some stars using natural materials. To finish off the activity we ate pancakes and drank hot chocolate.



# DATES TO REMEMBER

Friday 9th February	Inset Day
Mon 12th Feb - Fri 16th Feb	Half Term
Thursday 22nd February	Rainbows, Brownies, Beavers, Cubs can come to school in their uniform
Thursday 7th March	World Book Day - come to school in PJ's & bring a book
Tuesday 19th March	Parents Evening - <i>more info to follow</i>
Wednesday 20th March	Parents Evening - <i>more info to follow</i>
Friday 22nd March	Easter Church Service - parents welcome to join us at 9.15am
Mon 25th Mar - Fri 5th April	Easter Holiday
Monday 6th May	Bank holiday school closed
Wednesday 15th - 17th May	Foxes - Laches Wood Residential - <i>more info to follow</i>
Friday 24th May	Inset Day
Mon 27th - 31st May	Half Term
Friday 19th July	Last day of academic year
Monday 22nd July	Inset Day



## *Come to school in your PJ's for World Book Day*

Children are invited to come to school in their pyjamas on Thursday 7th March and, if they want to, bring their favourite bedtime short story. We will be spending some time in our teams for stories.

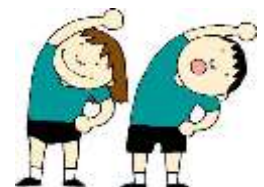
Please make sure your child has their PE kit in school. Thank you for your co-operation

## *PE Timetable February 2024*

Thursday - Owls & Foxes

Friday - Hedgehogs & Owls

Friday - Foxes will be swimming



# Keeping Calm

Calming or Grounding techniques are a good way to reduce our heart rate/blood pressure when feeling worried or anxious. It helps us refocus our attention and overcome those unpleasant feelings so we can feel better and do more.

## 5 4 3 2 1

Take notice of your senses by thinking of:

5 things you can see

4 things you can hear

3 things you can feel/touch

2 things you can smell

1 thing you can taste



## Facts

Think about and name facts about what is going on right now. For example, think:

My age is...

My name is...

I am wearing...

The weather is...

I am in...



## Room Search

Think of a category and search the room for it. For example, look for:

Everything that is a ... colour

Everything that is a ... shape

Things that feel of...

Things made of ...



By **thinking** about things to help us calm down we can then **do** the things we want/need to do and **feel** better and happier.

# DID YOU KNOW?



37 Royal Mail employees a week were attacked by dogs in 2022/23. That's a total of **1,916** posties – with some suffering permanent and disabling injuries.

## Please help us prevent attacks on our posties:

- **SECURE YOUR DOG** in a different room when the postie arrives
- **NEVER OPEN THE DOOR** to a postie when your dog is not secured away
- **INVEST IN A LETTER CAGE OR EXTERNAL DELIVERY POINT** to stop bites through the letterbox
- If your dog is running loose outdoors on your premises **YOUR MAIL CAN BE SUSPENDED**



For more information, please visit [royalmail.com/dogawareness](https://royalmail.com/dogawareness)

EXT-ENG

Following changes to the Dangerous Dogs Act 1991 in May 2014, an owner or/and a person in charge of a dog, can be prosecuted if that dog attacks anyone, in any place in England, Wales or Scotland. Royal Mail can commence a prosecution if the police have failed to do so.

# Online safety: top tips

Going online is a huge part of most young people's lives so it's important to talk to them about online safety. Here's our tips to get you started.



## Chat to them about what they like to do online

The best way to find out what your child is doing online is to talk to them and have regular conversations so that online safety is part of everyday discussion. Ask them open-ended questions like 'What's your favourite game or app to play on?'.

- Listen to what they have to say and show an interest. They could give you a demo of their favourite app or show you their favourite YouTube or TikTok account.
- They will probably be able to teach you things you don't know! This will also give you an opportunity to chat about any safety settings they might already have in place.
- Regular conversations with your child will encourage them to come to you if they ever need support or advice.

## Talk about who they are in contact with online

There are lots of different ways that children can talk to people online – messaging apps, on social media, and less obvious ways such as chat on online games. Talk to your child about who they are talking to and what they are sharing with them.

- Use settings to help limit who can contact your child.
- Remind your child that they shouldn't share personal information with people they don't know online.
- Let your child know they can come to you or another trusted adult if any conversation makes them feel uncomfortable.

## Help manage what they see and do online

Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.

- Device settings – manage things like location sharing, screen time and in-app purchases. Most tech and gaming companies have dedicated pages to support with setting these up.
- App or game settings – in-app tools that can help to keep your child's account private and manage who they're talking to. You can normally find information on these in account settings or directly on the platforms website.
- Mobile or network provider settings – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable. Contact your mobile or broadband provider for more information about setting this up.

Make sure to talk to your child first before implementing any new settings and explain to them how they help to keep them safe.

## Remember it's ok to ask for help!

Remember you don't have to be an online safety expert – that's our job! We're here to help, with resources and advice to help support you and your child.

If your child asks you a question you don't know the answer to, or speaks to you about a negative experience they had online, here are some of things you could do:

- Visit the NSPCC online safety hub: [nspcc.org.uk/onlinesafety](https://nspcc.org.uk/onlinesafety)
- Call the NSPCC helpline **0808 800 5000** to speak to an advisor
- Ask another parent
- Speak to your child's teacher
- If your child needs more support, they can contact Childline: [childline.org.uk](https://childline.org.uk)





www.staffordsport.co.uk



## February Holiday Sports Clubs

At Blessed William Howard Catholic School



Monday 12th February- Friday 16th February

8.30am- 5.30pm - £20 per day  
10am-4pm - £17 per day



Staff are NGB qualified, DBS Checked and First Aid Trained.  
Staff employed by the Stafford Sports and Performance Academy

The days will be filled with sporting fun including football, rounders, gymnastics, dance, cricket, badminton, table tennis and MORE. Sessions are perfect for boys and girls.

IDEAL FOR AGES 5-13

facebook

www.facebook.com/staffordsport



To book a place please call or email:  
07793891029 holidayclubs@staffordsport.co.uk

Please see link below for a 5 minute video from the NHS Mental Health Support Team on how we look after our mental health and wellbeing. After watching the video complete the worksheet below to help students to identify how they can look after their own wellbeing.



<https://www.youtube.com/watch?v=5Nww1Pr-dfQ>



### Things that help me feel good

Draw a picture or write down the things you do to help you look after your mental health.

### People I can talk to:

### Things I want to share.....