

4th February 2022

Dear Parents and Carers,

This week in preparation for Time to Talk Day and Children's Mental Health Week, Ali Ryan, a registered nurse and Co-Director of Parish-wide Health and Wellbeing Support Community Interest Company, came and led the staff meeting on Tuesday evening for teachers. Just like the talk you are all invited to next week, staff were asked to think about their own mental health and how it is of equal worth to their physical health. We were also sign posted to a wealth of organisations and resources that would not only support our own mental health and wellbeing, but that of the children too. I encourage you all to join one of the three sessions being offered next week on Zoom. Please see below for details. A huge thank you to Ali for supporting the whole school community with this.

Thank you once again for your ongoing support with the measures in place to keep the school community safe. Thank you for testing the children, reporting the positive results to us and wearing masks whilst on the school premises. The number of cases in the school has dropped significantly, we on average have one new case a day. We pray for a day when this is in the past.

Drop off and Pick up times:

As I said in last week's newsletter, the school is receiving complaints from its neighbours regarding issues occurring when the children arrive to and leave school, especially not parking in Kimbolton Close.

I have emailed our local councillor to see if there is any support that the school can be offered at these times of the day. I know that some families have long journeys and are under time pressures, however, the school needs to be a good neighbour. The school must have positive relationships with local residents. I know that this does not apply to everyone, but if it does, please be mindful at these times of the day.

Safer Internet Day

Safer Internet Day 2022 is on Tuesday 8th February and will be celebrated with the theme 'All fun and games? Exploring respect and relationships online'.

Safer Internet Day inspires a national conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people. Please visit the Safer Internet website for advice for parents on how to support your children to be safe online. <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

February:

7th-11th: Children's Mental Health Week
8th: Internet safety Day
9th: Mental Health Awareness talk for adults
11th: Dress to Express £1
8th & 10th: Parents' Evenings
14th – 18th: Half Term
21st: INSET Day
22nd: Children return to school



Children's Mental Health Week:

Children's Mental Health Week is taking place on **7-11 February 2022**. This year's theme is **Growing Together**.

We will be encouraging children (and adults) to consider how they have grown, and how they can help others to grow.

Throughout the week, the children will explore the **Wheel of Well-being**. Research has shown that there are five key ideas that help us to look after our wellbeing: connectedness, learning, being active, taking notice and giving to others. Our health and happiness can be boosted by doing certain things on a day-to-day basis. The Wheel of Well-being is a guide to some of them. To find out more please visit: <https://www.wheelofwellbeing.org/>

So alongside learning about how to take care of our mental health, we will do activities that are good for our wellbeing: circus skills, art, time to talk, exercise, reading, mindfulness to name but a few!

Of course, there will be 'Dress to Express' on Friday too- a chance for the children to express their inner self. Please feel free to join us- what's good for the children, is also good for us!



Dress to Express:



On **Friday 11th February** we will be encouraging the children to use clothing and colour to express themselves. We kindly ask that all the children who take part make a suggested **donation of £1**. The children's outfit can be as simple or elaborate as they like! This is an opportunity for self-expression and celebrating a diverse range of emotions. Expressing yourself is about finding ways to share feelings, thoughts, or ideas and is great for your well-being.

They may choose to dress in their favourite colour, or wear a colour which express how they feel or represents their personality. The day provides a great opportunity to be open about mental health and start conversations within our school community. The money raised from this day will be used to buy Circus Skill resources for the school, which can have huge benefits to the children's mental health and wellbeing, in addition to being great fun!

A free Mental Health Awareness talk for adults:



Although the focus during the week in school, will be on the children, we wanted to provide something for our adults too.

<https://www.mind.org.uk/get-involved/time-to-talk-day-2022/>

Why is it important to talk about mental health?

- One in 4 of us will experience a mental health problem in any given year.
- We want everyone to feel comfortable talking about mental health – whenever they like.
- Talking about mental health helps to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it.
- Opening up the conversation about mental health problems is important – by talking about it, we can support ourselves and others.

With all of this in mind, you are all invited to an awareness talk:

"How are you?"

On : Wednesday 9th February via Zoom

<https://zoom.us/j/97149656414?pwd=dzBHK3plcVIMRGtleFFRRExYUTc5UT09>

Meeting ID: 971 4965 6414

Passcode: 0dr3cW

At : 10:00 ; 16:30 or 19:30

By : Ali Ryan : Parishioner of Our Lady of Lourdes Catholic Church

Registered Nurse

Co-Director of *Parish-wide Health and Wellbeing Support*

Community Interest Company

Contact Ali at : phaws4u@gmail.com or [via www.outingdepression.com](http://www.outingdepression.com)



Nursery Places for September 2022

After half term we will be send applications to those families who have registered their interest for a full-time or part-time Nursery place in September 2022. This will be for children who were born between 1st September 2018 and 31st August 2019. I will also be advertising weekly tours of the Nursery and school for prospective parents.

All parents are entitled to 15 hours free nursery provision but some may qualify for the 30 hours free provision. If you think you may be entitled to the 30 hours provision (see below) you should apply for an eligibility code at <https://www.gov.uk/apply-30-hours-free-childcare>.

Parents' Evening:

This term teachers will be offering a 10-minute telephone / video catch-up to all parents/carers of pupils in their class. They will discuss the progress your child has made this term. These calls will take place on the week of the 7th of February, with the bulk of the appointments being offered on the 8th and 10th February. Your child's teacher will be contacting you to arrange a mutually convenient time. It is incredibly important to attend this meeting

These meetings will take place remotely, via the phone or video. I have taken this decision, as you know, due to the number of cases we have had since Christmas and I want to keep everyone safe. I am disheartened that we are still in this position.

Teachers will be contacting you directly and inviting you to book a 10-minute slot on these two evenings:

Tuesday 8 th February	4pm – 7pm
Thursday 10 th February	4pm – 6pm

If you are unable to make time on these two dates, I am sure that the teachers will find a mutually agreeable time to meet with you within this week.

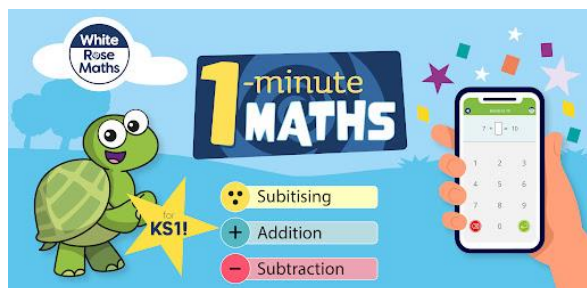
May I also take the opportunity to remind you that these meetings are strictly **10 minutes** long. If you feel that after your meeting you would like to meet with the teacher for a longer meeting, to discuss certain issues at length, this can be arranged. The teachers will have pre-booked appointments and will not be able to spend more than your allocated time with you. Thank you for your understanding in this matter.

Traductora para los hispanohablantes:

Si necesitáis traductora para poder asistir a las conferencias con los profesores, por favor decidme a qué hora tenéis la cita. Mi madre es española y podré traducir para ustedes. Disculpas por no haberlo dicho antes.



White Rose Maths App



The White Rose team have developed an app for children in EYFS and KS1 called '1 Minute Maths'. The idea of the app is to help the children build greater number confidence and fluency by developing their subitising, (the skill of instantly recognising the number of items in a group without counting), addition and subtraction skills.

The app is free to download on both Apple, Android and Amazon Kindle devices and it contains no hidden costs. Each game is one minute long, so the children do not have to spend a long time on the app to achieve a score. Each time your child plays, they can see if they can beat their previous score.

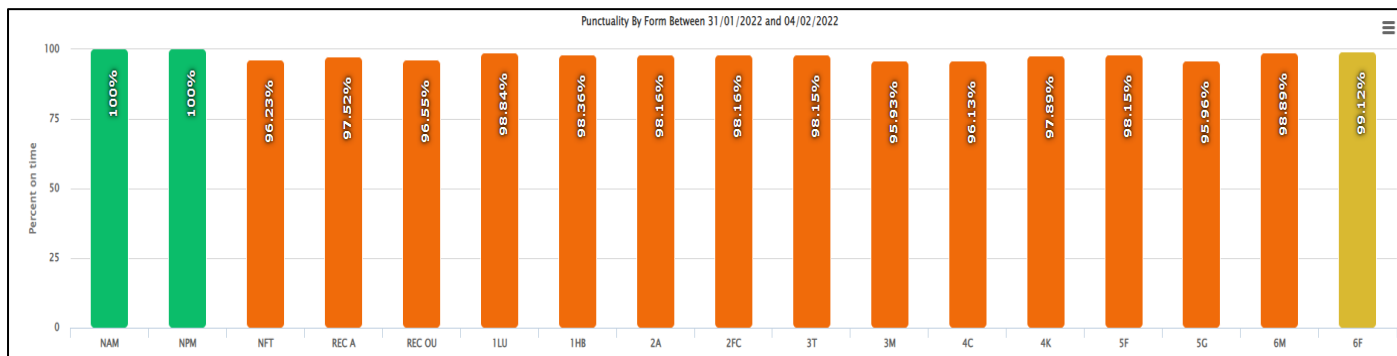
You are not obligated to download this app, I just wanted you to know that this resource exists to support your child. To find out more please search: <https://whiterosemaths.com/1-minute-maths#download>

Notification of Gas & Water improvement works:

Please see the attached letter regarding work that is planned to be carried out on Westthorne Avenue. Please take this into consideration when bring your child/children to school and when collecting.

Punctuality:

Punctuality was better this week... Well done to the classes who achieved 98%+!



This graph shows the punctuality for this week. This week's winner is: 6F! Well done to the 6F on 99.1%! 6M you were very close behind.

British Science Week:

British Science Week will be held between 11-20 March this year. We are planning a celebration of science, technology, engineering and maths.



Do you have a job in any of these areas? We would love you to help us inspire the children, whether this is through demonstrating some mind-blowing experiments at an assembly or in classrooms, or perhaps you are involved in construction or engineering and can run some workshops in classrooms for children. In the past, we have had: a medical doctor talking to Year 6 children about gruesome diseases; an engineer running a bridge construction competition for children in classrooms; a scientist demonstrating how the human body conducts electricity, and an engineer presenting a sewage project to the children.

Can you help us have a science week to remember? Please do contact Ms Fitzgerald at tfitzgerald5.209@swcps.lewisham.sch.uk if you are able to help us develop a fun and engaging science week.

Breakfast & after school activities

These are now on ParentPay. Thank you to everyone who has already paid.



Brass Instruments

Our brass instruments have had better days. We are looking to replace them. If any of you have any unwanted brass instruments at home and would like to donate them to the school, we would welcome them with open arms.

Friends of St Winifred's

Reminder: Any unwanted Christmas presents you may have received, please donate them to the friends, as they will make fantastic Bingo prizes. They are also asking for Easter eggs in preparation for the children's Easter egg hunt at the end of this term.



Technology Plea



The computers, printers and server in the school are over 10 years old in most cases, this in terms of technology is pre-historic. Obviously to buy new computers for every classroom and a new server costs a lot of money, money which we as a school just do not have. Staff are doing their best to keep all the equipment running, but we are at a point where things are just beyond saving. If there is anyone, who has any contacts in IT or has knowledge of any grants, funds we could access in order to update our system, could you please urgently contact the school. Thank you to our one kind parent, who has been in touch already!

Food Bank

Please be reminded that the school's foodbank is open. If you would like to access it, please contact the school office. If you are able to donate to the foodbank, all donations will be greatly received. Thank you to those who had supermarket deliveries to the school this week for the foodbank. Your generosity is overwhelming.

Wednesday Word

Please see the link to this wonderful resource to share with your child, to support them in understanding the Mass Readings for the coming weekend. <https://www.swcps.lewisham.sch.uk/thewednesdaywordwebsite/>

Parent App:

Please, please, please download it! I resent the link this week, I will keep persevering. Thank you to all our new users. There are **265!** app users now, which equates to over 350 children. I still would really like to have all of our families using the app! If you have not downloaded the app yet, please do so. I have had really positive feedback from parents who have started using it. You are able to access all the information we hold on your children. Since using the app, so many contact details have been updated. Vital information that we need, if we needed to contact you in an emergency. If you need any help with downloading it, please do not hesitate to ask us.



Social Media:

Just to remind you, follow us on:



St Winifred's Catholic Primary School



St_winifreds_lee



@stwinifredslee

Thank you for taking the time to read the newsletter, it really is very much appreciated,

Claire Gillespie

