



St. Mary's Catholic Academy

February 2024

Messenger



Executive Principal Comments

Dear Parents and carers,

Monday marks the start of 'Children's mental health week', where the theme of the week is **My Voice Matters**. My voice matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

On Tuesday 6th February we will also be marking 'Safer internet day'. Please see the attached leaflet from National Online safety website and the link as below in supporting you to keep your children safe online.

[St Mary's Catholic Academy - Online Safety \(stmarysstoke.co.uk\)](https://stmarysstoke.co.uk)

The link below is to a very short video on how to get the internet safety conversation started with your children.

[Safer Internet Day 2024 - Film for parents and carers - YouTube](#)

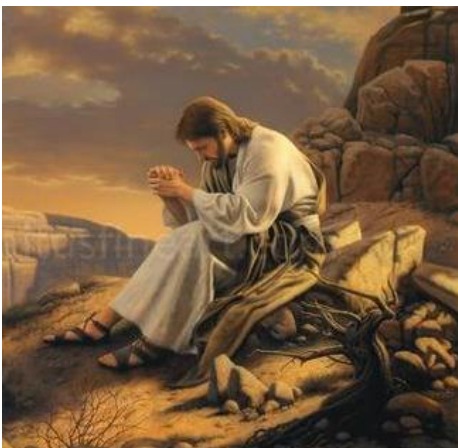
On a final note, please can I direct you to take a look at our new uniform page on the website. We have added pictures to support the uniform policy. We appreciate your support with adhering to the uniform policy – our children wear their uniform with pride!

[St Mary's Catholic Academy - School Uniform \(stmarysstoke.co.uk\)](https://stmarysstoke.co.uk)

Just a little reminder that this Sunday 4th February is Family Mass day @10am. We look forward to seeing you all there.

I do wish you all a lovely weekend!

Mrs Rathbone, Principal



In this week's Gospel, we are reminded that Jesus' life was very busy, but He found peace by going to a quiet place to pray and be with His Father. We too can find peace in the busyness of our daily lives.

During this week where we are thinking about children's mental health, it is a reminder to us that we all have a co-responsibility to teach our children the importance of spending time with God to find peace and strength.

Trip Consent

A reminder to please ensure that consent for trips are completed by the deadline date, which is stated on the parent letters.

Thank you for your co-operation

If your child is absence from school

Please telephone the school on
01782 234820,
or email office@stmarysnewman.co.uk
no later than 9.30am

SPRING TERM

Half Term Monday 12th February to Friday 16th February

School opens to pupils Monday 19th February
School Closes Friday 22nd March

Our term date are also available on our website,
please click on the link below

[St Mary's Catholic Academy - Term Dates](https://stmarysstoake.co.uk)
(stmarysstoake.co.uk)



Thursday 8th February

The children will come to school 'dressed to express'. Children can bring a £1 to school to wear their favourite colour, a range of colours or a whole unique outfit to express how they are feeling.

All proceeds will go to the children's mental health charity 'Place2Be'.



Parents

'Watch me learn' session has been rearranged to Friday 23rd February.
Please keep an eye out for the letter today.



Visual screening for Reception class will be on Thursday 22nd February



Tuesday 6th February stay & play session is cancelled.
We will resume back on Tuesday 20th after half term.

Cancelled



Awards/Celebrations



We would like to congratulate all of the children who received awards

| Year | Headteacher | Reading | Maths | Goldfinch |
|-----------|-------------|------------|--------|-----------|
| Nursery | Flynn | Ezra | Grace | Iasmina |
| Reception | Scarlett | Millie | Roman | Jonah |
| Year 1 | Henry | Connor | Warren | Olivia |
| Year 2 | Maggie | Ankinimbom | Jack | Finley |



Celebration Assemblies can be found on our website on our calendar tab:

<https://www.stmarysstoke.co.uk/calendar/?calid=1&pid=8&viewid=1>



Well done to all our children who represented St Mary's at the World Resorts Arena, Birmingham on 11th January
It was an amazing experience for them.

It has been lovely to see so many children representing St. Mary's during January.
Participating in a range of Competitions/Sport festivals.

Well done to you all.



Music Service Activities

We are so proud of how so many of our children are making progress with singing and instrumental learning. To further your child's skills please take a look at the wide range of FREE Music Groups on weekday evenings, 5.45pm - 7.15pm, provided by Stoke-on-Trent City Music Service at The Bridge Centre, Birches Head.

There are also several groups on Saturday mornings in the local area, please ask Mrs Amison for further details.



Save the date



| | |
|----------------------------------------------------------------|------------------------------------------------------|
| Friday 2nd February | Y2 Gladstone Potteries Museum |
| Monday 5th – Friday 11th February | Children's mental health week |
| Wednesday 7th February | Y4 River study |
| Thursday 8th February | Y3-Y6 VR workshop |
| Tuesday 20th February | Year 3 Swimming (x 5 weeks) |
| Wednesday 21st February | Y1 Middleport Potteries Museum |
| Friday 23rd February | Y3 Inspire workshop |
| Thursday 29th February | Y5 Walker Art Gallery |
| Tuesday 5th march | Parent target meeting (in person) 3.30-6pm |
| Wednesday 6th March | Parent target meeting (school cloud) 5.30-8pm |
| Thursday 7th march | World book day |
| Friday 8th March | Foundation stage – Mother's day activities (morning) |
| Friday 8th March | Mothers day breakfast/Prayer service |

We will soon begin our Lenten Prayer Services in preparation for Easter.

Each class will have the opportunity to prepare and lead a Prayer.

Our first Prayer Service will be held on Thursday 21st February by Year 6.

Please click on the link below for further dates and times:

<https://www.stmarysstoke.co.uk/calendar/?calid=1&pid=8&viewid=1>

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – “My Voice Matters”.

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?