



St. Mary's Catholic Academy

February 2025

Messenger



Dear Parents and carers,

On Friday 24th January, we, along with millions of others, celebrated the official launch day of the Jubilee Year 'Pilgrims of Hope' starting with a live stream assembly. Following on from this, the children and parish will take part in activities to action the Jubilee Year of Pilgrims of Hope within our local and wider community. As a pilgrim of hope, we want to build a fairer world, where every person, and the earth can flourish.

Monday marked the start of 'Children's mental health week', where the theme of the week was '**Know Yourself, Grow Yourself**'. Know yourself, grow yourself is about encouraging children and young people to embrace self-awareness and explore what it means to them. It is so important children understand their likes and dislikes, strengths, fears, hopes and dreams. Our emotions play a key role in telling us just that, and being aware of how to listen to and express ourselves is a major part of building self-awareness. The children had a fabulous week and due to the 'dress to express day' on Wednesday we raised £248.00 for Place2Be. Please find attached the Tips for children and Tips for Families which you may find useful.

On Tuesday 11th February we will also be marking 'Safer Internet Day'. The children will learn to recognise possible scams and how to keep safe when on line. Please see the links as below in supporting you to keep your children safe online.

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

[Tips for Parents and Carers - UK Safer Internet Centre](#)

I do wish you all a lovely weekend!

Mrs Statham

Head of School

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

Please ensure that medical and dental appointments are booked outside of school hours where possible.
If an appointment is unavoidable please ensure your child is absent for a minimal amount of time from school.

SPRING TERM

Half term Monday 17th February – Friday 21st February
School Closes Friday 22nd March

SUMMER TERM

School opens to pupils Monday 8th April
MAY DAY – SCHOOL CLOSED
Half term Monday 27th May – Friday 31st May
School closes Friday 19th July

2025/26 dates are available on our website,
please click on the link below

[Click here for term dates](#)

EVERY SCHOOL DAY COUNTS

“Keeping up is easier than catching up!”



stoke.gov.uk



We are offering free workshops this term with the Family Hub;
We have a few places left for 11th February – I can animate (please speak to the office if you would like to attend)



On Wednesday we had non uniform day
'Dress to Express'

We raised £248.00

All proceeds will be donated to **'Place 2 be'**
A children's charity for mental health.

Thank you for your contributions!



Stay safe speak out

The children learned how to keep themselves safe and how to speak out to a trusted adult.
Next week Y2, Y5 and Y6 have a guest speaker from the NSPCC to deliver a workshop.



If any parents would like to come in and act as a mystery reader we would love to have you in. Please email the school office to register your interest.



We have pre-loved uniform available .
All items are priced at £1; please click on the link below;

Westminster Catholic Cathedral in London are looking to recruit boys from all over the UK for their outstanding choir.

There is a Zoom session at 6.30pm on Wednesday 12th March for parents to find out more. Please see their website at choirschool.com and email lfreeman@choirschool.com for more information.



Y3 RECORDER FESTIVAL
12.30-1.30pm

Wednesday 19th March 2025
Victoria Hall, Hanley.

Please refer to the letter on how to book [your tickets](#)



A reminder that our stay and play sessions are every Tuesday @2pm.
The session is FREE

Parents and children aged (2-4 years old) are welcome to join us.

Valentine's MENU

~A 'Pizza' my heart~
served with Criss Cross Chips & 'Sweet' corn

Or
Lovey Dovey Tomato & Basil Pasta Bake
served with Garlic Bread

All my Love Vanilla Shortbread Heart

Thursday 13th February



Valentine Disco

Thursday 13th February

EYFS/KS1	5.00-6.00pm
KS2	6.15-7.15pm

£3 Admission

Includes snack, crisps and unlimited juice
(bring your juice/water bottle along to help us save on plastic)

Additional items can be purchased:
Glow wand £1
Hot dog or Vegetarian option £1.50
(cash only)

Book your tickets via Scopay

THINK BEFORE YOU PARK

BE CONSIDERATE TO OUR NEIGHBOURS
YOU COULD ENDANGER A CHILD'S LIFE





Awards



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

Year	Headteacher	Reading	Maths	Goldfinch
Year 3	Osayuwa	Aiden	Maggie	Jack
Year 4	Amelia	Jenson	Arabella	Callum
Year 5	Liam	Luca	Romaya	Fawaz
Year 6	Antoinette	Emilie	Elliot	Isobel



Celebration Assemblies have moved to a **new time of 9.05am**, you can view these on our website calendar:

[click here to view the calendar](#)



The children had an amazing night at the 2025 Young Voices Concert. They worked incredibly hard to rehearse all of the songs and dance moves to take part in an unforgettable night. Well done everyone!



It has been lovely to see so many children representing St. Mary's during January. Participating in a range of Competitions including the Utilia Cup and potted sports. Well done to you all !!



Save the date



Spring Term 2025

Date	Event
Monday 6th January	School opens for Spring Term
Thursday 9th January	Y6 SATS information meeting 5pm
Thursday 16th January	Young Voices
Monday 13th January	Deadline for reception applications
Tuesday 14th January	Y4 Swimming (x5 weeks)
Monday 20th January	Academy Photographers - Music/Sports and other groups
Tuesday 21st January	Academy Photographers - Class groups
Thursday 23rd January	Y1 Phonics parent meeting 3.30pm and 5.30pm
Thursday 23rd January	Y2 SATS information evening 5.30pm
Tuesday 4th February	Nurs to Y2 - phonics watch me learn - 9am
Tuesday 11th February	Safer internet day
Thursday 13th February	Nurs to Y1 - 1:1 Read with me reading sessions
Thursday 13th February	Valentines disco (times tbc)
Monday 17th February-Friday 21st February	Half term
Monday 24th February	School closed to pupils - Inset day
Tuesday 25th February	Y3 Swimming (x5 weeks)
Tuesday 4th March	Y2 inspire workshop - Easter garden
Tuesday 4th March	Parent Target meeting (in person) 3.30-6pm
Wednesday 5th March	Parent Target meeting (school cloud) 5.30-8pm
Thursday 6th March	World book day
Monday 10th march - Friday 14th March	Science Week
Thursday 13th March	English/reading morning and evening 9-10am & 5:30 - 6:30pm
Tuesday 18th March	Reading watch me learn - 9am
Friday 21st March	Y6 Inspire workshop - Lent
Thursday 27th March	Foundation stage - Mother day activities 1.30pm
Friday 28th March	Mother day breakfast
Friday 28th March	Y1 Mothers day Liturgy 9am
Monday 31st March	Academy Photography - FS graduation and leavers photos
Tuesday 8th April	Foundation stage Easter bonnet parade 2:30pm
Thursday 10th April	End of term assembly 1.45pm
Friday 11th April	Stations of the Cross Liturgy
Friday 11th April	School closes

School Masses will take place on a weekly rota basis— led by Whole school, EYFS, KS1 or KS2.

All of these Masses take place on a Wednesday morning at 9.25am
(*unless otherwise stated*).

We encourage all parents, grandparents and members of the parish to support these Masses where possible.

All masses can be found on our website under the calendar tab;

[St Mary's Catholic Academy - Calendar \(stmarysstoke.co.uk\)](http://stmarysstoke.co.uk)



TIPS FOR FAMILIES

Place2Be's
CHILDREN'S MENTAL HEALTH WEEK

1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

Place
2Be

1 Be curious about your emotions

You're fascinating! Take notice of your emotions and thoughts, either as they come up or maybe later on that day. You can use techniques like meditation or journalling to help you make sense of what is going on inside of you.

2 What matters most

Our values are often what make us tick, so reflect on what really matters to you. Are you ambitious, funny, kind, creative? Similar to Riley, our beliefs can evolve as we grow older and have new life experiences. If you're feeling lost or confused, take a moment to think about what drives you. It may help you understand yourself better and make choices that feel right for you.

3 Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots

4 Get creative expressing yourself

Creativity can often help us express emotions and show parts of ourselves that are sometimes hidden. If you are feeling blue like Sadness, painting might help. If you are feeling bright and happy like Joy, song and dance could be the creative outlet for you. Whether it's painting, music, dance, drama or something else, find your creative outlet and share it with others.

If you're a young person struggling with any kind of mental health worries, reach out in a way that suits you. From speaking to someone or grabbing some info, to webchat or text, there's people ready and waiting to help [Here4You.co.uk](https://www.here4you.co.uk)

