



**Don't hide your light! Let it shine for all; let your good deeds glow for all to see, so that they will praise your heavenly Father. – Matthew 5:16**



## **St Mary and St Thomas CE Primary School Newsletter**

**w/b: Monday 5<sup>th</sup> Feb**

### **FIRST DAY BACK**

Today (Friday 9<sup>th</sup> Feb) is our last day of half term. Please have a lovely, restful half term and we look forward to seeing you on **MONDAY 19<sup>TH</sup> FEBRUARY** for our first day back.

### **NUMBER DAY**

Today we have also celebrated NUMBER DAY in aid of the NSPCC. Thank you to all who have donated and dressed up in some wonderfully number themed clothes! Please have a look at our twitter to see what activities our children got up to- they particularly enjoyed the number hunt organised by Mrs Fiendley.

### **SAFER INTERNET DAY**

This week we have celebrated Safer Internet Day. The children have all spent time in classes discussing on the importance of staying safe online. Please have a chat to your child over half -term about the importance of this. Please see a special edition of an online safety newsletter attached below.

### **CHILDREN'S MENTAL HEALTH WEEK**

This week we have celebrated children's mental health week. Miss Pennington has spent time with each class sharing some high-quality texts focussed on our emotions. The children had some excellent insights on how important it is to prioritise our mental health. We were also very pleased to welcome Will and Becca from the MHST team who led two assemblies promoting this year's children's mental health week theme of 'Your voice matters'. There are lots of things you can do at home to further promote this work and resources can be found here:

<https://www.childrensmentalhealthweek.org.uk/families/>

Also, we have attached some resources to this newsletter. Please have a read.

### **VALENTINES DISCO**

What a fun time was had at our Valentines disco! As always thanks so much to Mr Lacey for his amazing DJ skills and all the staff which helped make this event happen- we know how much the children enjoys these type of events!

### **CHILDREN EAT FREE THIS HALF-TERM**

Please have a look at the flyer below to see where children can eat free this half-term.

### **STORIES AT ST TOM'S**

Please join us on Sunday at St Thomas' Church at 11am for stories, crafts and activities. The session will be for 1 hour and all are welcome. Juice and biscuits will be provided

### **Y6 FAMILY LEARNING**

Thank you to all the parents and carers who joined us for the Y6 family learning session. I am sure you were amazed by all the hard work the children have put in to their online safety workshop. This week they have not only presented this to you but also Y4 & Y5 children. We are really proud of them and hope they have encouraged others to apply their learning online.

### **Y3 SWIMMING LESSONS**

Y3 will begin their swimming lessons after half term starting on the first day back Monday 19<sup>th</sup> February. Please ensure you send your child in with the required kit – swimming costume/trunks, swimming hat and a towel. Please note swimming shorts are not allowed.

**Believe in ourselves, each other and God; Achieve in all we do; Shine every day!**

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)

**Y3 FAMILY WORSHIP**

All Y3 families are invited to join us for Family worship on Thursday 22<sup>nd</sup> February in the school hall at 9am. Please join us if you can. Note latecomers will not be allowed in.

**Y5 ASH WEDNESDAY SERVICE**

All Y5 families are invited to join us for the Ash Wednesday service on Friday 23<sup>rd</sup> February at St Thomas' Church at 9:30am. Please join us if you can.

**Y4 TRIP: BENIN WORKSHOP**

The Friday after half term (23<sup>rd</sup> February) is Y4's trip to The International Slavery Museum / World Museum in Liverpool to enjoy the Benin Workshop. The children will be travelling by train from St Helens Central and should be back for normal dismissal time. If your child normally has a school meal a packed lunch will be provided. If your child normally brings a packed lunch please ensure they are brought in a disposable bag and no glass bottle or cans of drinks are allowed. The cost of the trip is £6 which includes train fare and entry to the workshop and can be paid via trips on Arbor.

**HENRY 'HEALTHY FAMILIES' FREE 8 WEEK COURSE**

A fantastic free 8 week course is being run at various locations in St Helens to support parents and carers (aimed at families of children aged 0-5yrs). It aims to help families give their children the best start in life and covers topics including emotional well-being, healthy weight, parenting skills, oral health, nurturing relationships, physical activity sleep and activity ideas. Please see the orange flyer attached to this newsletter for more information.

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## FAMILY OF FAITH

### *A reflection from... Belle, Y4*

***Forgiveness is important. If you fall out with someone, you have to forgive them at one point. It's one word and it's easy to say. People should always say sorry.***

Our **Christian value** focus this half term is...

## Forgiveness

Our school **bible verse** of the week is...

Colossians 3:13

*“Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.”*

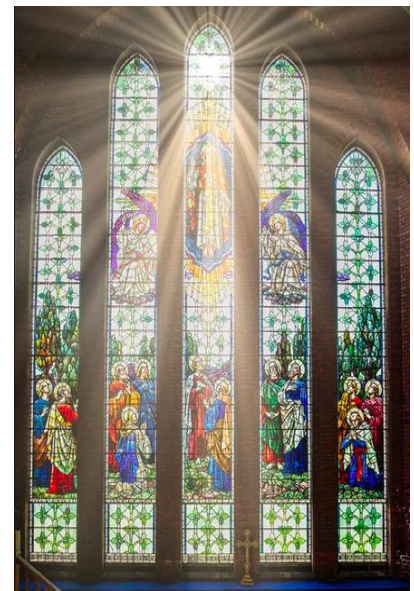
### **St Thomas Church**

Peter Street, St Helens, WA10 2EB  
01744 732463 / stthomaseccleston@gmail.com

#### Sunday Services

Parish Mass: 9.30am – 10.30am  
Evening prayer: 6.30pm

*“Seeking to love God and neighbour in the community of which we are part.”*



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# BEHAVIOUR MATTERS!

*Ready, Respectful, Resilient*



## Mrs Lewis' Golden Book

Each week, staff write the names of children who have gone above and beyond in Mrs Lewis' Golden Book. It is so exciting when the names and reasons are read out in our celebration assembly!

It may be that a child has been ready to learn every moment of every day. Maybe they have been incredibly respectful to a visitor or a friend. Or maybe they have been resilient in a way that has wowed the staff!

## OUR SCHOOL RULES

### READY

"WE ARE ALWAYS READY TO LISTEN AND LEARN!"

### RESPECTFUL

"WE SHOW RESPECT TO EVERYBODY IN SCHOOL AND IN THE COMMUNITY!"

### RESILIENT

"WE NEVER GIVE UP AND TRY OUR BEST IN ALL WE DO!"

## Class Dojos

Children can receive Dojo points for being ready, respectful and resilient throughout the school day. They receive 5 Dojos if they read five times, which they should do every single week.

Each child has their own Dojo character and milestones are celebrated with certificates and prizes each time they meet one.

We celebrate milestones such as 100, 200 and 300 dojos in assembly too!

## Headteachers Award Winners

N - Hope for trying really hard to write her name

R - Hugo for super effort with reading and writing!

Y1 - Brodey for great work on time in maths

Y2 - Amelia Lundy for excellent Maths and English

Y3 - Connor for his amazing problem solving in maths

Y4 - Isabella for super focusing in class all the time

Y5 - Sophia for working really hard in maths and pushing herself to succeed

Y6 - Aleksis for his continued effort to improve his

## Lunchtime Award Winners

YR - Aiyilah

Y1 - Poppie

Y2 - Anna

Y3 - Cameron

Y4 - Isabella

Y5 - Amelia S

Y6 - Natalia



**ALWAYS ON TIME  
TONI**

# ATTENDANCE MATTERS. ALL DAY, EVERY DAY



**ALWAYS IN SCHOOL  
SANDY**

## TONI SAYS,

*"Our school starts at 8.45am; that's when the doors open!*

*Children should arrive at school on time, so they don't miss any learning! Regularly missing lessons can have a negative impact on wellbeing and on your academic achievement too.*

*Being on time is such an important skill for life and sets you up for a life of success and positive wellbeing!"*

## EVERY DAY COUNTS!

School and **future success** starts with good attendance!



Remember - your education is important - **don't miss out!**

## SANDY SAYS,

*"Children should be in school EVERY DAY... unless you're poorly. Every day counts!*

*Every minute in school is a learning minute. The research tells us that children who are in school every day achieve more, and their wellbeing is better too!*

*Please let school know if you'll be absent before 9.15am or we'll have to contact you to check in."*

**Whole school attendance this year to date...**  
**95.1%**

**Whole school attendance this week...**  
**91.8%**

**Class attendance winners...**  
**Y3**

## Class Attendance

YN - 81.1%  
YR - 78.7%  
Y1 - 89.3%  
Y2 - 96.7%  
Y3 - 99.0%  
Y4 - 92.3%  
Y5 - 94.7%  
Y6 - 97.7%



# 2023/24 PLANNER

## ST MARY & ST THOMAS CE PRIMARY SCHOOL

### JANUARY

**Thursday 1st:**  
Y2 Parent Insight morning  
**Friday 2nd:**  
Y3 Family Learning  
**Tuesday 6th:**  
Valentine's Disco & Safer internet day  
**Friday 9th:**  
Y6 Family Learning  
**Thursday 22nd:**  
Y3 Family Worship  
**Friday 23rd:**  
Y5 Ash Wednesday service @ St Thomas  
Y4 Slavery Museum  
**Thursday 29th:**  
Y2 Family Worship

### FEBRUARY

**Friday 1st:**  
YN Stay and Play  
**Wednesday 6th:**  
Rec/Y1- Dear Zoo trip  
**Thursday 7th:**  
Y1 Parent Insight morning  
**Friday 8th:**  
World Book Day  
**Friday 15th:**  
Y4 Sleepover  
**Wednesday 20th:**  
Rec trip to Transport Museum  
**Thursday 21st:**  
Reception stay & play  
**Friday 22nd:**  
Reception stay & play  
**Tuesday 26:**  
Easter Bingo  
**Thursday 28th:**  
Y4 Easter church service

### MARCH

**Monday 15th:**  
Y1/2 Parent Consultations  
**Tuesday 16th:**  
Y3/4 Parent Consultations  
**Wednesday 17th:**  
Y5/6 Parent Consultations  
**Thursday 25th:**  
Y1 Family Worship  
**Friday 26th:**  
Y2 Family Learning

### APRIL

### OTHER INFO

**Half Term Dates:**  
**Friday 9th February**  
Children break up for half term  
**Monday 19th February:**  
Children return to school  
**Thursday 28th March:**  
Children break up for half term  
**Monday 15th April:**  
Children return to school  
**Wednesday 22nd May**  
Children break up for half term  
**Monday 3rd June**  
Children return to school  
**Tuesday 23rd July**  
Children break up for half term  
**Wednesday 4th September 2024**  
Children return to school



### JULY

**Wednesday 3rd:**  
BAS Award night  
**Monday 8th:**  
Sports Day  
**Friday 12th:**  
Mini Police visit to the Museum  
**Thursday 18th:**  
Reception end of year assembly  
**Friday 19th:**  
Y6 Leavers' Service

### JUNE

**Monday 3rd:**  
Y4 Multiplication test period  
**Wednesday 5th:**  
Whole school Eucharist  
**Tuesday 11th**  
Y6 Moving on service  
**Thursday 13th**  
Y2 Eureka  
**Friday 14th:**  
Nursery stay & play  
**Tuesday 18th-20th**  
Y6 London Residential  
**Friday 21st:**  
Class photos  
(Change for Life week)  
**Tuesday 25th:**  
Y3 to Rock & River  
**Wednesday 26th:**  
Y1 Liverpool Beatles tour &  
**Thursday 27th:**  
PSE Day

### MAY

**Tuesday 7-8th:**  
Y5 Petty Pools  
**Wednesday 8th:**  
Y3/4 Horrible Histories' @ Theatre Royal  
**Thursday 9th:**  
Y3 Ascension Day service  
**Monday 13th -16th:**  
KS2 SATs  
**Tuesday 21st:**  
Y3 Parent Insight



**Free 8-week programme starting  
February 2024!**  
**Supporting parents and carers to give children the best  
start in life.**

**The programme covers:**

- Emotional wellbeing
- Healthy weight
- Parenting skills
- Oral health
- Nurturing relationships
- Physical activity
- Sleep
- Activity ideas

**Drop in sessions will be available to sign up  
and find out more information.**

**Wednesdays 10.00am - 12.00pm  
Thatto Heath Children's Centre**

**Mondays 10.00am - 12.00pm  
Sutton Family Hub**

**Tuesdays 1.30pm - 3.30pm  
Central Link Family Hub**

**Tuesdays 1.00pm - 3.00pm  
Moss Bank Children's Centre**

**BSL Interpreters are available on request. To get in touch  
with us please contact:**

**Email: [childrenscentres@sthelens.gov.uk](mailto:childrenscentres@sthelens.gov.uk)**

**Telephone: 01744 673420    Text: 07761045427**



**ST HELENS**  
BOROUGH COUNCIL

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# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 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?

# Online Safety Newsletter

# Safer Internet Day

Established by the UK Safer Internet Centre (UKSIC), Safer Internet Day is celebrated around the world. This year, on Tuesday 6th February 2024, it will be celebrated with the theme:

**Inspiring change? Making a difference, managing influence and navigating change online.**

## How can I get involved?

### UK Safer Internet Centre Resources

As usual, the UKSIC have created some fantastic resources, which includes top tips, help and advice and a short film to help you start a conversation with your child. Find out more here:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

### My child keeps asking to play a game, or download an app that I don't know about, what can I do?

The UKSIC answer this question and provide links to useful websites to help you decide what is suitable for your child:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/my-child-keeps-asking-to-play-a-game>

### Who influences your child?

An influencer is somebody prominent on social media such as YouTube and Instagram, who have a high number of followers. Influencers share their opinions/ideas and may be paid to advertise/promote products through their account. The NSPCC have created an article detailing what you need to know about online influencers here:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/2023-05-16-the-influence-of-influencers/>

### Digital futures

As Safer internet Day is all about change, Internet Matters have published advice on new and emerging technologies:

<https://www.internetmatters.org/tech-and-kids-digital-futures/>

### Making a difference: being kind online

The BBC have curated a host of videos and articles incorporating ideas and advice to help make the online world a kinder place:

<https://www.bbc.com/ownit/collections/being-kind-online>

### Apple online event: Thurs 8<sup>th</sup> Feb 3.30pm – 4.30pm

Apple will be hosting an online event to celebrate Safer Internet Day. They will be joined by Will Gardner (from Childnet and UKSIC) who will provide an overview of the importance of Safer Internet Day and then Apple will provide a demonstration of their controls. Find out more here:

[https://events.apple.com/content/events/pst/gb/en/default.html?token=xww6uj7woR0X9A3f9q4OQk9VdH60MurN7MAvJSY75sHQxWqaTEhMjEmalXqC7MMJuZhb5cjK2\\_RsJEnGDWirXhcGlvVfbeOSca2wjYDoLAT3GkRLh-DcTmEHQI72rxQfFw&a=1&Locale=en\\_GB&l=e](https://events.apple.com/content/events/pst/gb/en/default.html?token=xww6uj7woR0X9A3f9q4OQk9VdH60MurN7MAvJSY75sHQxWqaTEhMjEmalXqC7MMJuZhb5cjK2_RsJEnGDWirXhcGlvVfbeOSca2wjYDoLAT3GkRLh-DcTmEHQI72rxQfFw&a=1&Locale=en_GB&l=e)



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024

[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)



### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from  
From Mon 12th - Fri 23rd February 2024

### SAINSBURY'S CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

### TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### YO! SUSHI

From Mon 12th - Fri 23rd February 2024  
kids eat free with every £10 adult spend

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.

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Mental Health Support Team

# WELLBEING WEBINARS



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

## TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



### WHEN

4pm to 4:45pm



### WHERE

Zoom

(link will be emailed)



To register please email which  
webinar you want to attend to  
**[events@merseycare.nhs.uk](mailto:events@merseycare.nhs.uk)**

Webinars will be recorded.  
No chat function will be available  
for safety purposes.

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## **Advice for parents in School and Childcare settings during the winter.**

At this time of year it is common for many respiratory and stomach bugs to circulate, also other illnesses such as scarlet fever and chickenpox, which usually peak in late winter and early spring. Therefore it is important to re-emphasise basic infection prevention and control principles to reduce the spread of illness and infections in school and in the wider community.

The UK Health Security Agency (UKHSA) recommend some simple key actions:

### **1. Follow Good Hygiene Habits:**

Encouraging good hand-washing habits is one of the most effective ways to stop the spread. Regularly wash hands in soap and warm water for 20 seconds.

When should hands be washed?

- Whenever they are visibly dirty.
- Before eating.
- After using the toilet.
- After touching any potentially contaminated surfaces.
- After sneezing or blowing your nose.
- After handling pets.
- Before and after messy play.

Using a tissue to catch coughs and sneezes, binning it and then washing hands will help prevent infection from spreading.

### **2. Stopping the Spread of Stomach Bugs**

If you or your child have diarrhoea and vomiting, washing your hands with soap and warm water and using bleach-based products to clean surfaces will help stop infections from spreading.

Don't prepare food for others if you have symptoms or for 48 hours after symptoms stop.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for at least 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

.

### **3. When to keep your child at home**

If your child has a fever and is unwell, they should stay home from school or nursery until fever has passed and they are well enough to attend.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

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