

Focus on....Children's Mental Health Week



Next week is national children's mental health week where the theme is 'Express Yourself'. The aim is to encourage children to express themselves in a variety of ways in order to explore their feelings. Children could express how they feel through a piece of artwork or writing, or they could express it through a performance such as dance or drama. An important part of this theme is that expressing yourself doesn't mean that you're the best at something. It's all about finding a way to show other people who you are and how you feel. It's about showing how you see the world and finding a way to 'express yourself' which feels good to you. Expressing yourself in a way that's unique to you is a great way to improve mental wellbeing.

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

Inside out day- Wednesday 3rd February

On Wednesday we would like everyone to wear an item of clothing inside out. This is to remind us that you never know how someone else is feeling on the inside. By wearing our clothes inside out on Wednesday it will give us chance to stop and think about each other's feelings.

Stories are also a great way to engage children of any age as a way of exploring their feelings. Lucy's Blue Day is about a very special little girl with magical hair. It changes colour with her emotions. If she is feeling happy, it is purple. If she is jealous, it will turn green. This charming story is the tale of when Lucy wakes up and her hair is blue, and she doesn't understand why.

Lucy soon learns that it is #OKNotToBeOK



<https://www.lucysblueday.com/>

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29.01.2021



*Believe, Trust and Be Ready
"That they may have life, and to
the full" John 10:10*

Gospel Contemplations by Mrs Holland

The Gospel this week tells us of Jesus' visit to a synagogue where he talks to the people about God. The difference between Jesus and other scribes though, is here is a person who speaks with a courage and a wisdom that struck the ordinary people with its ring of authority. The Gospel story goes on to describe the casting out of demons which had never been seen before. On reading this, we mustn't think of demons in the literal sense but more of our own personal demons in life which serve as weights on our shoulders. We can all feel burdens within our lives engulfing us at times making it difficult to see a way forward. It is during these times that we should remember just how powerful Jesus is. Turning to Him, allowing Him to be close to us can help ease those burdens enabling us to move forward with courage. In doing so, we learn to notice and appreciate the small signs of God's work all around us; signs of love, trust and kindness.

Star of the Week Awards

This afternoon I named the children who will receive the Star of the Week awards for this week.
Star of the Week Award – Super work and effort.

Year Group	STARS OF THE WEEK	
Reception	Araoluwa	Zara
Year 1	Ivan	Noah
Year 2	Ethan M	Harry
Year 3	Elliott	Olivia
Year 4	Jessica	Lucas
Year 5	Jonathan	Isabella M
Year 6	Nancy	Alex

Dear Parents and Carers,

It's the end of yet another busy week and it will be February on Monday - time certainly does go fast! Whatever you have been through, no matter how big or small, you are not alone and you're doing a brilliant job. Remember, we're in this together. I keep saying to you all to remember that your child is unique and you know your child the best.

Remember that at the end of all this, your child's mental wellbeing is more important than their academic skills. It will be how they felt during this time that will stay with them long after the memory of what they did during these months of restrictions. Please respond well to your child's needs; spend time talking and sharing activities. Remember you are the adult and in control. How you handle this situation will determine how resilient they are. So give yourself a break this weekend and enjoy your family time. Have a lovely weekend.

God Bless,

Miss Groarke and everyone at St. Vincent's

Big Garden Birdwatch

Big Garden Birdwatch is this weekend 29th -31st January. Why not spend time in the garden or looking out the window and observe the birds and take part in a birdwatch. <https://www.rspb.org.uk/get-involved/activities/birdwatch/>

Times Table Rock Stars

The Battle of the Houses began again on Monday 25th at 12 o'clock and runs until Monday 1st February at 12 o'clock. Please encourage your child (Year 2 – Year 6) to take part, as you have to be in it to win it!! The winning house and top 3 people in each house will be announced during the live assembly that afternoon. Good luck everyone!

Father David and St. Vincent's Church

Please watch weekly messages from Father David saved in class files on Teams

Public acts of worship are permitted under the lock down regulations. Please remember to keep a safe distance of 2 metres from anyone not in your household, in church, and anywhere in the church grounds. Church is open for masses: - Tuesday to Friday – 9:30 am, Saturday – 5:30 pm and Sunday – 9:00 am and 11:00 am. It is still restricted on numbers so please book before attending Church. <https://www.picktime.com/stvincentdepaul>

HOLY HOUR WITH SPIRITUAL REFLECTION AND ROSARY

Please join Father David each Friday at 11 am on the live stream where he will pray for an end to the Pandemic. The service will be recorded.

Year 6 prayers.

I pray for the children who can't go to school
I pray for the teachers who have too - by rule!
I pray that we all can reunite very soon
I pray every night by the light of the moon.
I pray that our friends and family are well
I pray for doctors and nurses who are living through hell. I pray particularly for our year six class
I pray that we can have our leavers mass.
I pray that our lives will be normal again quick
I pray that Gods love will everything fix!
AMEN

By Evangeline

Dear God,
Thank you for all the wonders you have placed upon my eyes.
Thank you for all the gifts you have given me inside!
Thank you for all the promises you have made and never broke.
Thank you for all you've given me, my Family, my friends, my hope.

Amen

By Cait

Year 2 prayer by Harry

Dear Jesus,

Thank you for keeping me and my family safe.

Thank you for my talents and for helping me to appreciate all that I have and all the love that surrounds me.

Amen



Well done to Year 3 for making these fantastic Stone Age houses.



Children in School

Children in school need to arrive on time. Some live lessons start at 9 o'clock and children arriving late into school are disturbing these. Parents and secondary school children need to wear face coverings unless they are exempt. As a school, St. Vincent's remains open for vulnerable and critical worker children **ONLY** and we will continue to teach in school the home learning tasks set on Teams with supervision by any staff available. If you are a critical worker and require a place in the future, please email school **with at least 48 hours'** notice. Please email Mrs Watson at admin@stvincents.cheshire.sch.uk. Please stipulate the days and also send in proof of critical work status. The children will be mixing in key stage bubbles. All children who have to attend school need to be in school uniform and bring all books in on the days in. **It is your responsibility** to ensure your child brings their books in each day they are in school as children in school are doing the same work as those at home.

Birthday Wishes!

So "Happy Birthday" to the following children:-

Look who
is

11

Isla

The Week Ahead

Live sessions via Teams

Week beginning 1st February 2021

(Times may change)

	<i>Year 1</i>	<i>Year 2</i>	<i>Year 3</i>	<i>Year 4</i>	<i>Year 5</i>	<i>Year 6</i>
Monday 1st	10.15 -11.15	9.15 -10	9-10	9-10 11.15 – 12.15	10-11 1-2	10-11
Tuesday 2nd	10.15 -11.15	9.15 -10	9-10 11.15 – 12.15	9-10	10-11	10-11 1-2
Wednesday 3rd					1-2pm	
Thursday 4th	10.15 -11.15	9.15 -10.15	9-10	9-10 11.15 – 12.15	10-11	10-11 1-2
Friday 5th	10.15 -11.15	9.15 -10	9-10 11.15 – 12.15	9-10	10-11	10-11

Information will be on your class page on Teams.

Miss Quinn will notify you via Tapestry as to when Reception sessions are to be held.

Whole school assemblies via Teams

Monday: Worship assembly 2.30pm to 3pm

Wednesday: 9.10am – 9.25am (then live stream Mass 9.30am)

Friday: Award assembly - 2.30pm to 3pm

