

# St Patrick's Catholic Primary School Newsletter

Learn from Jesus, Love like Jesus, Live like Jesus

## A message from the Headteacher

Dear Parents and Carers,

Unbelievably, we are now half way through this academic year – how time flies! I have been particularly impressed with how focused the children have been with their learning this half a term and I hope you felt this was reflected if you joined your child for their book look.

Since Christmas, the weekly Gospels have had a similar theme of Jesus being revealed to us: through baptism, his first miracle and being presented at the temple. I have been encouraging the children to think about how they can reveal Jesus to others through their words and actions.

We have enjoyed welcoming Mrs Kleeman, Mr Noble, Ms Mendis and Mrs Shuter to our community this term and I know they have got to know the children over these past weeks. Sadly, Mrs Coetzee, who supports learning in Year 2, is leaving us at half term: she has been successful in securing a teaching job at St Bernadette's and we wish her every success as she moves on to her exciting new role.

On the Thursday after half term, we have parent meetings taking place. If you are yet to book, I do encourage you to do so as it is a very valuable time to discuss your child's progress. If you are looking to book an appointment and there isn't space, or you are unable to make the date, please contact the school office and they can arrange a meeting at an alternative time.

With best wishes for a happy half term break,

Mrs Tong

## Healthy Eating, Lunches and Snacks in School

As we approach the mid-point of the year, I thought it would be helpful to gently remind parents of our school expectations around healthy eating, lunches and snacks. We are blessed that our children come from diverse home background, cultures and ethnicity and know that food is a really important part of any culture. We also recognise that some children avoidant eaters or have restrictive diets for a variety of reasons (including health or religious grounds) therefore these are guidelines about the food we would expect to see in school. They are here to help parents and ensure health and equality for all children.

- Water— it is scientifically recognised that concentration, being ready to learn and behaviour improves when children drink water throughout the day. Children are encouraged to bring a bottle of water to school every day. **This should be water and not squash.**
- Snacks—children in Reception, Year 1 and 2 will be offered a piece of fruit every day. This is provided free. In KS2 (Years 3, 4, 5 and 6) children may bring a piece of fruit or vegetables (e.g. carrot or cucumber stick/slices, mange-tout peas) NO sweets, chocolate, crisps or biscuits should be sent in as a break snack.
- Lunches— A nutritionally balanced school dinner is available for all children every day. Early Years and KS1 classes are entitled to a free school meal under the Universal Free School Meals Scheme.

### Packed lunches

Wherever possible, we would encourage a packed lunch to be balanced with a range of food groups.

These may include:

- At least one portion of fruit and or vegetable (this could include dried fruit)
- Meat, fish or other source of non-dairy protein (e.g. lentils, chick peas, hummus)
- A sandwich that includes a savoury filling (e.g. egg, tuna, cheese, cooked meat) \*
  - A starchy food such as bread, pasta, rice, noodles.
  - Dairy food such as cheese, yogurt, fromage frais.
    - A smoothie or yogurt drink
    - A bottle of water
  - A biscuit not coated in chocolate
- Crisps (baked or other low fat options if possible) or other snack such as savoury crackers, breadsticks etc.

### Packed Lunches should avoid:

- Confectionery such as chocolate bars, chocolate coated biscuits and sweets.
- Sausage rolls and pre-prepared snack pot type meals should only be included occasionally
  - No fizzy drinks
- **Nuts and nut products (e.g. peanut butter) should never be sent to school because of allergy concerns.** Neither are children allowed to share food items for this same reason.

Staff will not be “checking” lunch boxes.

# Safeguarding Corner

## Age ratings

**Age ratings exist to help protect your child**, so we thought we'd provide you with a reminder of how important it is to check the age ratings of what your child is accessing online. Here are the age ratings of some of the more popular apps that young people are accessing.



Whether your child is viewing films, accessing apps, playing games online or using social media – make sure you check the age rating first to see if your child is old enough. In addition, the likes of PEGI (Pan European Game Information) provide further content descriptors, which will give you an indication of the type of content that your child might view e.g. violence or bad language.

### **What else should I review?**

It is important to note that whilst age ratings do allow you to see if something may be appropriate for your child, it is also important to review the content yourself. This will allow you to make an informed decision as to whether it is suitable for your child to access and if it would be beneficial to apply further parental controls. For example, does it include the ability to communicate with others and are in game/app purchases available?

### Further information

You can find out more here: <https://eegamesmart.co.uk/articles/how-age-ratings-help-families/>

### **Smartphone Free Childhood**

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young. The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here:

<https://smartphonefreechildhood.co.uk>

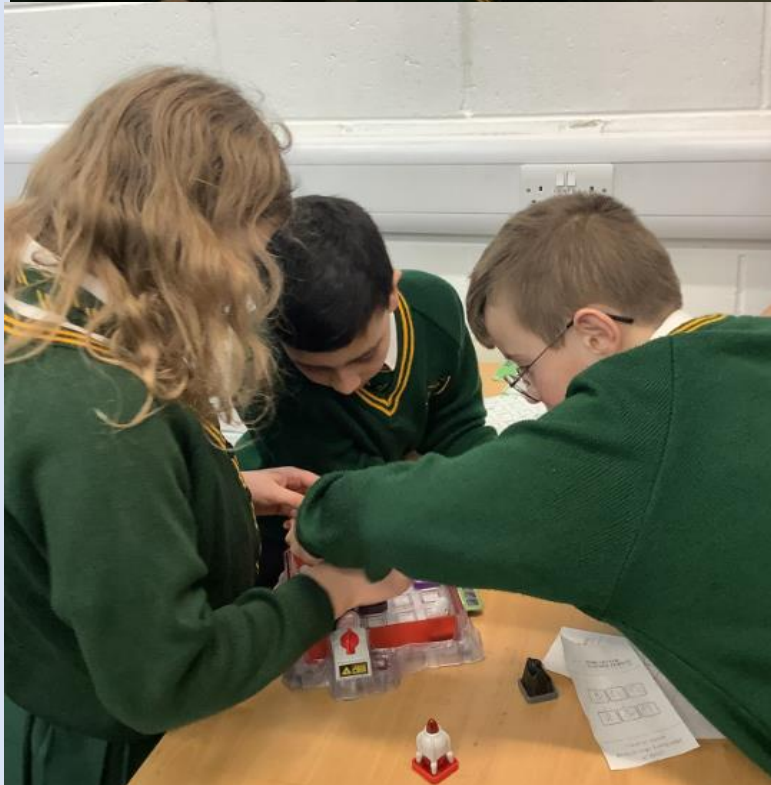
### **Digital differences between men and women revealed**

Ofcom have released their annual report into our daily habits. The findings show that women and teenage girls are more worried about online harms. You can read the full report here:

<https://www.ofcom.org.uk/media-useand-attitudes/online-habits/digitaldifferences-between-men-and-womenrevealed/>



Year 5 had a fantastic trip to Winchester Science Centre. When we arrived, we were treated to a show in the planetarium all about our solar system, which we all really enjoyed. We were then able to explore the Science Centre. We were lucky enough to be able to take part in a workshop, where we were able to have a go at lots of different activities including investigating how light travels.



Year 3 had a lovely time at Buster Ancient Farm. We got to explore a round house and learn how they were made. We also got to have a go at making copper rings that people were given as prizes. The children got to have a go at building a wooden fence using the same techniques used in the Iron Age and finally the children had a go and weaving some wool to make clothes. It was a very busy day but lots of fun was had too!



On the 31<sup>st</sup> of January, our school came together for a special Equality and Diversity assembly, a moment to reflect on the importance of respect, inclusion and fairness for everyone, no matter their background, beliefs or abilities.

The assembly began with an inspiring presentation by the EARA delegates about what equality and diversity mean in our daily lives.

The message was very clear that when we accept and celebrate each other's differences, we create a school community where everyone feels valued and respected.

Feeling a sense of belonging is important for us all, and by embracing diversity, we ensure that no one feels left out or unheard.

Well done, EARA Team.

## Jubilee launch

On Friday 24<sup>th</sup> January, the Chaplaincy Team launched the Jubilee Year of Hope in school. A Jubilee happens every 25 years and is a landmark moment in the life of the global church. School communities are invited to join together as pilgrims of hope, pledging to work together for God's kingdom of justice, peace and love. They shared Scripture from Luke 4, where Jesus makes it clear that his mission is to bring the justice and freedom to all. They shared the official hymn and prayer for the year and looked at the logo.

This is the logo for the Jubilee Year—at home, can you describe what you see and notice and what you think each part of the logo represents?

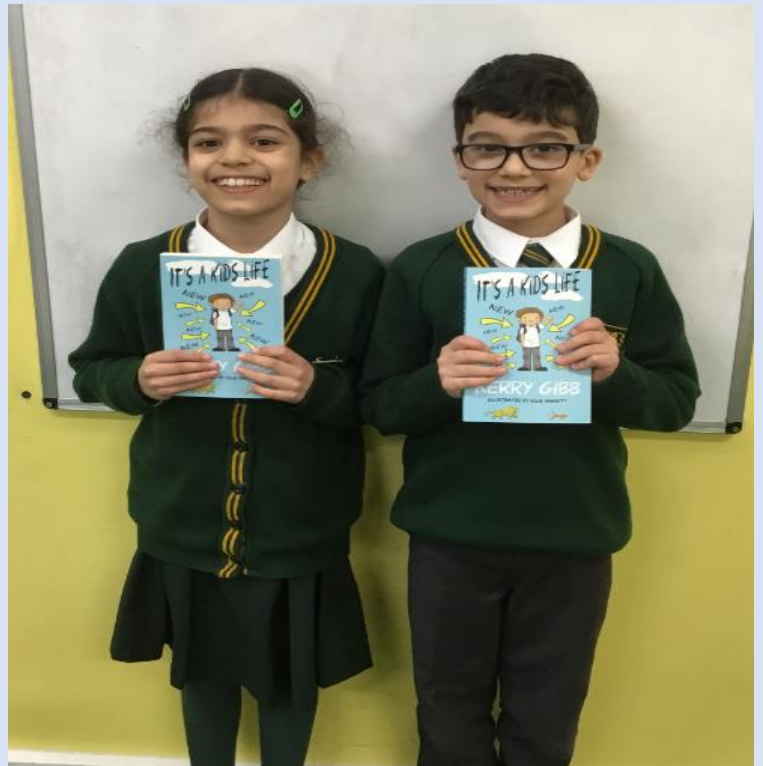


The Chaplaincy team did a wonderful job of leading a Celebration of the Word about the Jubilee Year. Pope Francis has called all of us to celebrate this in 2025 and the theme of the Jubilee Year is 'Pilgrims of Hope'. The Chaplaincy team shared scripture on hope and ways we can deepen our faith, be hopeful and show love to others through our actions.



On the 5<sup>th</sup> of February, students from Salesian College visited us to perform some music. They were incredible and the children really enjoyed it. Hopefully it has inspired some children to learn how to play an instrument, too!

This Tuesday, author Kerry Gibb visited the children to talk to them about her life as an author and to read them a few chapters from one of her books. The children absolutely loved the talk and asked some really great questions. Kerry hopes that she has inspired them with their reading and writing and sparked some creativity within them. Kerry spoke to the children about How we can be inspired by the world around us when creating stories and how there is no such thing as a child who doesn't like to read; they just haven't found the right book yet!



# Attendance Corner

Year Group	Attendance %	Days missed in the class
Year R	93.65%	180.5 days
Year 1	96.81%	92 days
Year 2	96.72%	94 days
Year 3	96.85%	103 days
Year 4	94.69%	163 days
Year 5	96.88%	100 days
Year 6	96.7%	91.5 days

## Attendance Ladder



## Back to School reminders

- **Parents Evening** – 27<sup>th</sup> February, face to face appointments from 1:30 to 6:30
- **Scholastic book fair** – the book fair will be set up at school from Friday the 28<sup>th</sup> of Feb until the 7<sup>th</sup> of March
  - **Ash Wednesday** – 5<sup>th</sup> of March, KS2 are going to mass
  - **World Book Day** – 6<sup>th</sup> of March, dress up as your favourite book characters!
- **St Patrick's Mass** – from 10:30 on the 17<sup>th</sup> of March we will be holding Mass at the school. Parents are welcome to join us.
  - **Inset Day** - Friday 21<sup>st</sup> March
- **Easter Play** – on the 2<sup>nd</sup> of April, performances at 2pm and another at 6pm





# Young Designer Competition

## IT'S TIME TO LET YOUR IMAGINATION SHINE!

M&S and YoungMinds are looking for inspiring designs to feature on two pieces in their 2025 YoungMinds kidswear collection.

What would you say to a friend who needs you? How would you brighten their day? Whether it's words, drawings or doodles, we're looking for something that stands out and reminds everyone that just one chat can change everything.

If you're aged 5-11, this competition would love to see your ideas. You can choose to design a hoodie or a sweatshirt and they'll choose two lucky winners. The winners will have their designs featured on their 'Hello Yellow' pieces and all profits will support YoungMinds.

Be bold, be bright, and put what's inside on the outside. Good luck!

## HOW TO ENTER

Please visit the website linked below for details on how to enter this competition for a chance to win!

<https://mnsyoungdesignercompetition.powerappsportals.com>

### STEP 1

Get your young person to draw their design for the hoodie or sweatshirt on a plain sheet of A4 paper or use the design template – remember to include their age.



DOWNLOAD THE DESIGN TEMPLATE

### STEP 2

Take a photo of the design completed by your young person using any phone or smart device.



### STEP 3

Click the 'Enter the Competition' button below, and upload the photo along with your personal details. Be sure to read the [T&Cs](#) before submitting.



ENTER THE COMPETITION

Please see below free training which is available to all parents, parents-to-be, carers, grandparents and teens.

<https://www.hants.gov.uk/socialcareandhealth/publichealth/solihullapproach>

Free online courses for ALL parents, parents-to-be, carers, grandparents and teens living in Hampshire. Plus courses for professionals working with children.

UNDERSTANDING YOUR CHILD



SOLIHULL APPROACH

# Solihull Approach

Welcome to Hampshire County Council's partnership with the Solihull Approach. These free online courses offer advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.



## Courses for families: from bump to 19+ years, including adult relationships:

### New courses

Moving up to secondary school for children with additional needs

- 1a. Understanding pregnancy, labour, birth and your baby (Antenatal)
- 1b. Understanding pregnancy, labour and your baby: for female couples (Antenatal)
2. Understanding your baby (Postnatal)
  - 2a. Understanding your preterm or sick baby in hospital
  - 2b. Understanding your preterm or sick baby now you're home
- 3a. Understanding your child from toddler to teenager
- 3b. Understanding your child with additional needs (0-19 years)
4. Understanding your teenager's brain
5. Understanding your brain (for teenagers only)
6. Understanding your feelings (for teenagers only)
7. Understanding your child's feelings
8. Understanding your child's mental health and wellbeing
9. Understanding your relationships
10. Understanding the impact of the pandemic on your child/teenager
11. Understanding your own trauma



# Why do we need a **Building** fund?



## St Patricks's Catholic Primary School **DIOCESAN BUILDING FUND**

All schools are allocated capital funding each year, but church schools only receive 90% of their allocation. The Diocesan Schools Building Fund (DSBF) was introduced in September 2000 in order to make up this difference and to provide the contribution needed towards building and repair projects at all Voluntary Aided Schools in the Diocese of Portsmouth.

We ask parents for a donation of just **£45 per child** or **£15 per term** to cover this 10% shortfall. This helps the school make up the difference and carry out much needed improvements to the school.

### **How do I pay?**

You can pay through various ways the Parentmail payments system, by standing order, cheque or cash or via a direct BACS payment.



Parentmail



Standing Order  
Cheque or Cash  
BACS payment

For for information please ask at the school office or read more in ParentMail.

### **TOGETHER WE WILL TRY TO:**

Learn from Jesus,  
Love like Jesus,  
Live like Jesus.

# P.A.C.E

2025  
PARENT & CARER EVENTS

A **free** mental health & wellbeing event  
for all parents and carers who support  
or work with young people

## WHAT CAN I EXPECT?

PACE events consist of two main components:

1. A number of introductory sessions on young people's emotional health and wellbeing.
2. Information stands from local organisations.

Attendees can choose which sessions they would like to attend; select as many or as few as you would like to attend.

THURSDAY, 27TH FEBRUARY 2025

QUEEN MARY'S COLLEGE, CLIDDESSEN RD,  
BASINGSTOKE, HAMPSHIRE RG21 3HF

## SESSIONS:

**NEW** Connecting with your child, Tics and Tourette's, Understanding ADHD - an extended session

To find out more  
and booking  
scan this QR code



BOOK YOUR SESSION SPACE AT:

[hampshirecamhs.nhs.uk/events](https://hampshirecamhs.nhs.uk/events)

TIME	SESSION 1	SESSION 2
9:30 -10:30	<p><b>Supporting a child with eating difficulties including AFRID</b> This session solely focuses on eating disorders as a mental health disorder for young people. This will cover Avoidant Restrictive Food Intake Disorder, which is a feeding and eating disorder. People with ARFID find it hard to eat enough for healthy growth, development and functioning.</p>	<p><b>Supporting trauma recovery</b> Understanding the impact of trauma on children and young people and how together we can help them to recover.</p>
10:45 -11:45	<p><b>Introduction to managing ADHD - ADHD Team</b> What is ADHD? Spotting the signs and symptoms from 5 years to 18 years. How to support a young person with symptoms of inattention, hyperactivity and impulsivity with or without an ADHD diagnosis.</p>	<p><b>Supporting a young person in crisis &amp; managing self-harm</b> Supporting a young person in crisis &amp; managing self-harm.</p>
12:00 -13:00	<p><b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.</p>	<p><b>Introduction to autism</b> What is Autistic Spectrum Condition? Spotting the signs and symptoms Diagnosis: the process and things to know about the diagnostic assessment How to support a young person with ASC.</p>
13:30 -14:30	<p><b>Understanding and supporting a young person with Obsessive Compulsive Disorder (OCD)</b> This session aims to give an introduction for parents and carers supporting a young person with Obsessive Compulsive Disorder (OCD). It will provide information regarding what OCD is, how this develops and what keeps it going. It will give an overview of the treatment options for OCD and ways family members can support a young person at home.</p>	<p><b>Looking after yourself to support your child</b> This session will focus on the needs and challenges for parents and carers, as well as provide a range of practical advice and strategies around how to look after yourself in order to better support the wellbeing of your child.</p>
14:45 -15:45	<p><b>New Connecting with your child</b> Understanding what true connection, co-regulation and compassion are, why we need them as humans (adults and children), and how they influence our nervous system states. Including ways to build them into your everyday life to support your child's wellbeing and your own.</p>	<p><b>Understanding &amp; managing anxiety</b> What anxiety is and how to spot the signs and symptoms of anxiety in children and young people. How to support a child and young person who experiences anxiety with practical strategies.</p>
16:00 -17:00	<p><b>Coping and resilience strategies to support children &amp; young people</b> Exploring the terms coping and resilience - what are they and how might we build coping and resilience into our lives. This session uses easy to understand metaphors that can be shared with children to help them to explore their own coping and resilience.</p>	<p><b>New Tic's and Tourettes</b> An introduction to what are Tics and what is Tourette's. This presentation will cover what can make tics wax and wane and explore ideas and interventions that can help young people, their carers and other people who may support them.</p>
17:15 -19:30	<p><b>New Understanding ADHD</b> This session will include what ADHD is, practical strategies to support the child/ young person with identifying their strengths, prioritising tasks, building resilience and has a focus on maintaining wellbeing. It includes evidence-based parent/carers skills to manage behaviour that can challenge using Non-violent resistance skills. Overall the event provides tools to support children and young people with ADHD to thrive.</p>	<p><b>Supporting your autistic child to thrive</b> This two-hour session will consider what areas of life can be challenging for autistic young people. We will think about how we can adapt our communication and the environment around the young person to make life easier and more suited to their needs. We will discuss practical changes that can be made in all the areas and give example of what these look like in real life. We will support you to think about the specific needs of your child and develop the beginnings of an individualised plan, providing the opportunity for discussion with other group members and the facilitators.</p>



## **SALESIAN COLLEGE OPEN EVENTS**

### **Tour and Talk - 10, 14, 24 & 28 March 2025**

*We welcome parents of Year 5 students to come and have a tour of the College during the working day with a member of our Senior Leadership Team, followed by the opportunity for a discussion over refreshments*

### **Open Morning Saturday 10 May**

*The whole family are invited to hear from the Headmaster, staff, and students, tour the campus, engage in activities, and chat with our Admissions Team over refreshments.*

### **Taster Day Monday 30 June**

*Year 5 boys are able to experience life and learning at Salesian College through our Taster Day. During the day they will experience sample lessons, games and a hearty lunch.*

**To book your place at these events:**

[www.salesiancollege.com](http://www.salesiancollege.com)



**SCAN ME**

FEBRUARY 2025



# WHAT'S ON THIS HALF TERM

THE ULTIMATE WHAT'S ON GUIDE FOR FAMILIES TO FIND THINGS TO DO IN FARNHAM, CAMBERLEY, FLEET, BORDON, ALTON AND FARNBOROUGH

[www.farnhamrocks.co.uk](http://www.farnhamrocks.co.uk)



## FIND HALF TERM FUN

Half-term fun made easy! The Farnham Rocks website is packed with family-friendly activities, from exciting parks and scenic walks to our holiday club guide. And to make things even simpler, we've added a handy button to help you find it all in a flash!

-  **HALF TERM FUN**
-  **PARKS & WALKS**
-  **HOLIDAY CLUBS**

## OUR FAVOURITE HALF TERM ACTIVITIES

**Winter Nature Spotter Trail** - at The Vyne National Trust

**Meet Bluey & Bingo** - at The Rural Living Museum

**Create & Grow** - at Squires Garden Centre



[www.farnhamrocks.co.uk](http://www.farnhamrocks.co.uk)

