



St Albert's Catholic Primary School

Weekly Newsletter Friday, 02 February 2024

www.stalbertsprimary.co.uk



Communion Dates

Communion preparation meetings for Year 4 children and parents are as follows:

Sunday 4th February, 11am

Sunday 3rd March, 11am

Sunday 14th April, 11am

Children will be making their First Holy Communion on Saturday 11th May 2024 at 10am.

Year 6 London

We are delighted to be heading to London on Monday with our Year 6 pupils. This is a wonderful experience for the children and they are all very excited. Children need to be in school by 7.45am with any agreed medication. Warm clothes needed. We will be posting on our twitter and Instagram account so you can follow all the fun to be had.

All balances for both PGL & London need to be paid before the children go on their trips. Any outstanding balances can be paid either by cash or via Parent Pay. Contact the school office if any issues.



Year 3 Swimming

After half term Year 3 will go swimming on a Thursday. A letter with details will be sent home.

Please make sure your child has the correct swimming kit including a cap. P.E day will move to Gym on a Tuesday.



Recycled Uniform

We have had a great response to our recycled uniform. We still have lots left so please let your class teacher or office know if you would like some. This also ties in with our Living Sustainably Pledges.



Father David Visit

We had a lovely visit from Fr David Potter today who caught up with all the children and staff.

Live Simply Pledges

Our Live Simply Pledge wall is up and running. Take a look at our photo on our Instagram page. We will be adding to our display throughout the week so please continue sending your pledges into school.

Year 1 Road Safety Walk

To try and improve children's road safety skills our school has joined forces with Knowsley's Road Safety Team to provide roadside assessments for our Year 1 children. A letter went home this week, can you please ensure you complete the permission slip and return it to school.

Big Lent Walk

We will be taking part in the Big Lent Walk again after next half term. Children will be introduced to this on Thursday in assembly. You may like to go on some walks over the holidays as living in solidarity is one of our pledges. All money raised will go to Cafod.

Mental Health Week

It's Mental Health Week next week and the theme is 'My Voice Matters'. Please see overleaf for some tips and ideas that can help when discussing feelings with your child.

Show Your Heart For Refugees

The children are going to be taking part in the 'Show Your Heart For Refugees' initiative. This is to raise awareness of the issues faced by refugees and asylum seekers and embedding a culture of welcome and inclusion in school.



Half Term

Reminder! We finish for half term on Thursday 8th February at 3.15pm. We return to school on Monday 19th February at 8.55am.

This Week's Attendance

Rec	94.8%
Y1	88.3%
Y2	91.3%
Y3	96.3%
Y4	89.0%
Y5	96.0%
Y6	77.9%



At St. Albert's, our mission is walking together with Jesus to
LOVE, LEARN AND SERVE

Our vision centres around the 'CHILD'

C for the Child, H for High Expectations, I for Inspirational & Memorable, L for Listening and D for Dreams and Doors.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main	Beef Burger in a Bun Crisscuts & Beans	Spaghetti Bolognaise & Garlic Bread	Chicken Korma with Rice	Roast Chicken, Mash, Stuffing, Seasonal Veg & Gravy	Fish Fingers Wedges & Beans
	Baked Jacket Potato with Cheese, Tuna or Beans	Baked Jacket Potato with Cheese, Tuna or Beans	Baked Jacket Potato with Cheese, Tuna or Beans	Baked Jacket Potato with Cheese, Tuna or Beans	Baked Jacket Potato with Cheese, Tuna or Beans
	Soup Cheese, Ham or Tuna Sandwich	Soup Cheese, Ham or Tuna Sandwich	Soup Cheese, Ham or Tuna Sandwich	Soup Cheese, Ham or Tuna Sandwich	Soup Cheese, Ham or Tuna Sandwich
Dessert	Frozen Toffee Yoghurt Fresh Fruit/Yoghurt	Brownie Fresh Fruit/Yoghurt	Butterfly Cake Fresh Fruit/Yoghurt	Chocolate Mousse Fresh Fruit/Yoghurt	Cookie & Milkshake Fresh Fruit/Yoghurt
Drinks	Milk Fruit Juice Water	Milk Fruit Juice Water	Milk Fruit Juice Water	Milk Fruit Juice Water	Milk Fruit Juice Water

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breathers or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

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