

# 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 4<sup>th</sup> February, 11am Sunday 3<sup>rd</sup> March, 11am Sunday 14<sup>th</sup> April, 11am

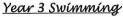
Children will be making their First Holy Communion on Saturday  $11^{\rm th}$  May 2024 at 10am.

#### 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.



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.

# <u>Half Term</u>

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%



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





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 breaths 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.
- A 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.







At St. Albert's, our mission is walking together with Jesus to LOVE, LEARN AND SERVE Our vision centres around the 'CHILD'