



# St Albert's Catholic Primary School

## Weekly Newsletter Friday, 13 February 2026

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



### Children's Mental Health Week

This week, we took part in Children's Mental Health Week with a range of class-based activities focused on the theme 'This is my place'. The aim was to help children feel a sense of belonging in their friendships, schools, and communities, encouraging them to connect and feel supported. On Wednesday, pupils enjoyed a live assembly with children's author and mental wellbeing advocate **Katie Hopper**, who shared inspiring stories and messages about understanding emotions and looking after our mental health. We also welcomed **Fierce Exercise**, who delivered yoga sessions for pupils in Years 3-6, helping children develop calmness, focus, and wellbeing strategies. It was a positive and engaging week for all.

### Y5 Swimming

Y5 started their swimming lessons on **Thursday** and they thoroughly enjoyed it. Please ensure your child brings their swimming kit to school every Thursday. PE kits can be worn on this day as they will be walking to and from the swimming baths. Please ensure they also have a waterproof coat.

### PGL Meeting

Year 5 parents are invited to a meeting after school on **Wednesday 25th February** to discuss details about your child's residential trip to PGL. We hope you're able to attend.

### Celebration of The Word

Today, the children gathered for a 'celebration of the word' linked to the theme of repentance as we prepare for our Lenten journey.

### Chinese New Year

**Wednesday 25<sup>th</sup> February** is Census Day and we are offering a Chinese themed lunch to celebrate Chinese New Year.

Children can choose from Crispy Shredded Chicken, Vegetable noodles with soy sauce, Spring rolls and prawn crackers. This will be **£1** for those who usually pay for school meals. This will be the only meal option for this day so if your child does not want this then please provide them with a packed lunch.

### Valentine's Drawing Competition

Thank you to everyone who took part in our Valentine's drawing competition – we were blown away by the creativity, effort and love shown in all the entries.

Congratulations to our winners:

Reception - Zainab

Year 1 - Autumn

Year 2 - Ember

Year 3 - Zarghona

Year 4 - Nita

Year 5 - Imogen

Year 6 - Shaydon

Overall winner - Glory, Y6

Well done to every child who entered. We hope you enjoyed taking part and celebrating Valentine's Day through art!

### Half Term

We break up for half term today and return on Monday 23<sup>rd</sup> February at 8.55am.

### Week's Attendance

Rec	96.7%
Y1	91.7%
Y2	92.0%
Y3	91.3%
Y4	93.8%
Y5	95.9%
Y6	90.7%

*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.*

### Tapestry

Alby Tots - Reception parents, do you access your child's Tapestry account? Are you engaging in their education? If not, let's get you signed up. Photographs and videos are uploaded showing all the lovely things your child is doing in our early years' provisions. It's a lovely way to celebrate learning and build strong connections with families. If you are not signed up, please email Miss Lee for further support. [Katie.lee@stalbertsprimary.co.uk](mailto:Katie.lee@stalbertsprimary.co.uk)

### Reception Class Snack Money

A reminder to Reception parents that snack money is £2 per week. This helps cover the cost of daily snacks provided in class.

### Assembly

Today we gathered together for a thoughtful and reflective assembly centred on the word *repentance*. The children explored what it means to recognise when we have made mistakes, to say sorry with sincerity, and to make positive changes

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Ravoli in a tomato sauce served with wedges and crusty bread.	Macaroni Cheese	Chinese New Year	Farm Assured Beef, Mash, yorkshire pudding, gravy and seasonal vegetables.	Fish Finger sub, homestyle cooked chips beans or Spaghetti Hoops
Allergens	Contains: Cereals containing Gluten, Celery	Contains: Cereals containing Gluten, Milk		Contains: Cereals containing Gluten, Egg, Milk	Contains: Fish, Cereals containing Gluten
Sandwiches Deli bar	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection		Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection
Allergens	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard		Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard	Contains: Milk, Fish, Egg, Cereals containing Gluten, Soya, Mustard
Jackets	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection		Oven baked jacket potato with Tuna, Cheese or beans served with salad selection	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection
Allergens	Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs		Contains: Fish, Mustard, Milk, Eggs	Contains: Fish, Mustard, Milk, Eggs
Dessert	Flapjack				Chocolate brownie

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### World Book Day

Advanced notice, World Book Day is on **Thursday 5<sup>th</sup> March**. The student council will be organising lots of famous author themed activities for the whole school to celebrate. Come dressed as your favourite character from a book. More details to follow after half term.

### Library Visits

After half term, in celebration of World Book Day, Reception-Y6 will be visiting Stockbridge Village Library and given the opportunity to select and read for pleasure across a wealth of books. A letter will be going home with more details. Please complete and return your child's permission slip.

**Tuesday 24<sup>th</sup> February - Y6**

**Wednesday 25<sup>th</sup> February - Y5**

**Thursday 26<sup>th</sup> February - Y3**

**Tuesday 3<sup>rd</sup> March - Y1**

**Wednesday 4<sup>th</sup> March - Y2**

**Friday 6<sup>th</sup> March - Y4**



**Tuesday 10th March - Reception**

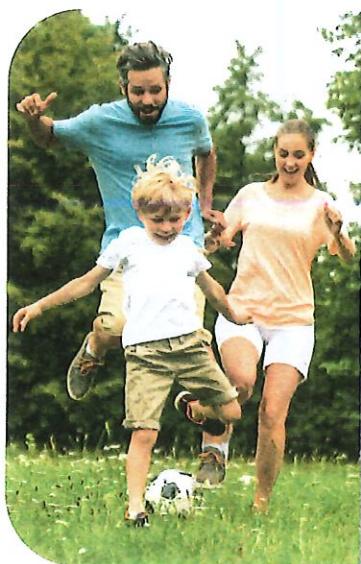
# ADHD Learning Programme

for parents and carers in Liverpool

New to our  
Liverpool  
offer

ADDvanced Solutions  
Community Network  
Supporting you to find the answers

Our new learning programme for Liverpool families is designed for parents and carers whose child or young person has a diagnosis of ADHD. Subject to availability, places may be available to those whose child is under assessment for ADHD. If you are awaiting a neurodevelopmental assessment or are just exploring the possibility of neurodiversity in your family, please join our Community Network Group or ND Learning Programme where we will support you to find the answers.



**The ADHD Learning Programme** equips parents and carers with a greater understanding of ADHD and its impact on children and young people. We will share practical strategies that can be used to support the challenges and promote positive outcomes.

The programme covers:

- Recognising the different presentations of ADHD.
- Understanding the impact on everyday life.
- Sharing a diagnosis and talking to your child or young person about their ADHD.
- Supporting mental health and wellbeing.
- Exploring medication, strategies, interventions and lifestyle choices.
- Managing everyday challenges of ADHD at home and in school.
- Latest research, legislation and support services.

Our learning programmes and workshops are funded by NHS Cheshire and Merseyside and are free to attend.



across 3 Mondays  
9.30am - 2:30pm - Liverpool Location

[contact us to register](#)

in person

Session 1 & 2  
Monday 9<sup>th</sup> March

Session 3 & 4  
Monday 16<sup>th</sup> March

Session 5 & 6  
Monday 23<sup>rd</sup> March



across 6 Thursdays afternoons  
12:00pm - 2:30pm

[Click here to register](#)

Session 1  
Thursday  
26<sup>th</sup> Feb

Session 2  
Thursday  
5<sup>th</sup> March

Session 3  
Thursday  
12<sup>th</sup> March

Session 4  
Thursday  
19<sup>th</sup> March

Session 5  
Thursday  
26<sup>th</sup> March

Session 6  
Thursday  
2<sup>nd</sup> April

Delivered online via zoom, this learning programme is a webinar format, slides will be shared on screen and our facilitator will guide you through the programme, sharing practical strategies and lived experience. Microphones and videos are switched off and interaction is via the chat and Q&A function, you will need a free zoom account to register.

for more information about our full offer in Liverpool [download our newsletter](#)  
email: [info@addvancesolutions.co.uk](mailto:info@addvancesolutions.co.uk) or call 0151 486 1788

## ADDvanced Solutions Community Network

is an open access offer that supports the emotional health and wellbeing of neurodivergent children and young people, their families and the professionals that work with them.

**NHS**

**Cheshire and Merseyside**

## Parent Partners



Finch Woods Academy Parent Partners is an opportunity for parents to meet with the expert teams and professionals who support children with SEND, gain a deeper understanding of SEND and how to support their children's needs in the home, and become more involved in the life of the school.

The school offers tailored SEND sessions and an opportunity for parents to gain advice and strategies from experts in the world of SEND.

### Upcoming dates for your diary:

#### **Tuesday 10th March 2026**

Supporting Speech, Language, and Communication skills through games  
Chelsie Davies—Speech and Language Therapist

#### **Tuesday 21st April 2026**

Sleep Support  
Alison Peace—School Health Team

#### **Tuesday 19th May 2026**

Understanding Autism: Post Diagnosis Support  
Diane Strevens—Autism Advisory Teacher

#### **Tuesday 9th June 2026**

Supporting Sensory Regulation  
Kerry Anne Warburton—Occupational Therapist

#### **Tuesday 7th July 2026**

Supporting Mental Health (specific focus TBC)  
ZunTold

All sessions will take place at Finch Woods Academy, Bailey's Lane, Halewood, L26 0TY. The sessions will run for local schools 9:15—10:15am, and for parents of pupils at Finch Woods Academy 10:30—11:30am. Light refreshments will be available. To book a place, please contact: [vrhead@finchwoods.mhat.org.uk](mailto:vrhead@finchwoods.mhat.org.uk)

# ADHD SUPPORT SERVICES

## Focus Forward

### **What you'll experience:**

- 1-to-1 coaching that understands ADHD
- Small, supportive group sessions
- Time to build confidence and wellbeing
- Help exploring work, training, or education

- A supportive 8-week programme designed for young people with ADHD who feel stuck, overwhelmed, or unsure about next steps.
- Delivered in Huyton
- January to end of March
- Small group (10 people max)

### **This programme is:**

- ✓ ADHD-informed
- ✓ Supportive, not overwhelming
- ✓ Practical and person-centred
- ✓ Completely free

### **Why this works better for ADHD**

- Fewer choices = less decision fatigue
- Short lines = easier scanning
- Emotional reassurance upfront
- Clear structure without overload

**Free for young people in Knowsley aged 18-21 who are not in employment, education or training and with, or have signs of, ADHD'**

### **Get in touch**

To Complete our contact form go to [www.bit.ly/3NilsBS](http://www.bit.ly/3NilsBS)

Email: [info@adhdsupportservices.co.uk](mailto:info@adhdsupportservices.co.uk) See our Website [ADHDsupportservices.co.uk](http://ADHDsupportservices.co.uk)



**YOUTH GUARANTEE**  
Funded by UK Government



**METRO MAYOR**  
LIVERPOOL CITY REGION



Knowsley Council

# KNOWSLEY'S RESPONSIBLE DOG OWNERSHIP EVENT



Wednesday 18th February  
Jubilee Park (car park)  
Park View  
Dinas Lane  
L36 2NW  
10am- 2pm

Free Microchipping  
Free 'Check your Chip' service  
Free dog behavioural training advice  
All dogs welcome



Supported by  
**RSPCA.**

# STEP INTO THE CLASSROOM WITH OUR ONLINE SCHOOL SUPPORT PROGRAMMES

Liverpool City Region  
Combined Authority



Fully-funded

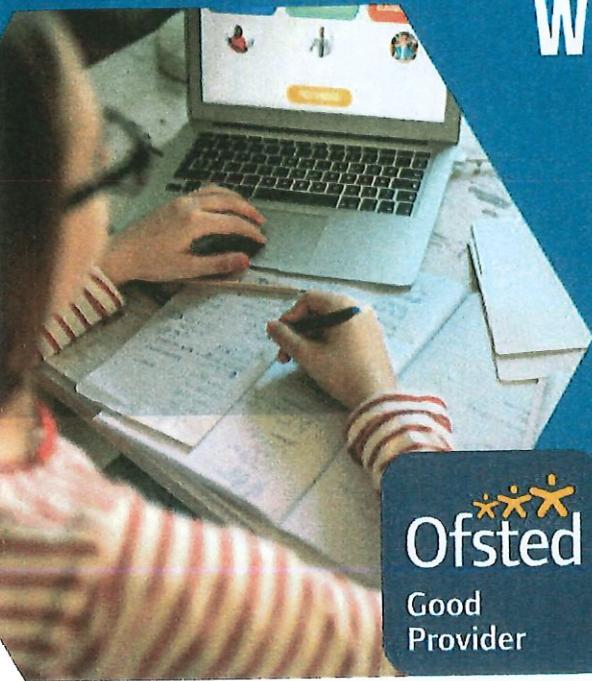


6-week course



Post-course  
certificate

Start date: 2<sup>nd</sup> March 2026



## Our Course:

### Online

Will be completed through Microsoft Teams, and will follow a flexible learning model (Monday to Friday)

## Career Pathways:

- Teaching Assistant
- 1:1 Support Roles
- Lunch Time Supervisor
- & so many more!

## What does it include?

 Level 2 Certificate in  
**Understanding Children and  
Young People's Mental Health**

Level 2 Certificate in  
**Understanding Autism**

**ENROL  
TODAY**



07534 175965

adam.shearer@aspireeducationacademy.co.uk

*Take that leap and go through with it. People will support you. It's for your own growth. Take that step - it will be okay! The confidence you will gain from this course is invaluable*





METRO MAYOR  
LIVERPOOL CITY REGION

Level 2 Education Support Course

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Liverpool City Region  
Combined Authority

FREE



Fully-funded

6-week course

Post-course  
certificate

Start date: 2<sup>nd</sup> March 2026



## Our Course:



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Will be completed through Microsoft Teams, and will follow a flexible learning model (Monday to Friday)

## Career Pathways:

- Teaching Assistant
- 1:1 Support Roles
- Lunch Time Supervisor
- & so many more!

## What does it include?

 Level 2 Certificate in  
**Understanding Safeguarding  
and Prevent**

Level 2 Certificate in  
**Behaviours that Challenge**

**ENROL  
TODAY**



07534 175965

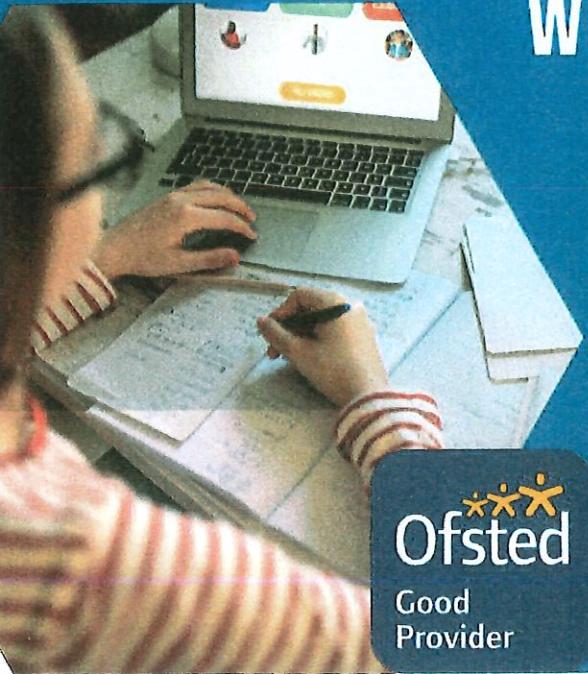
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Level 3 Education Support Course

# STEP INTO THE CLASSROOM WITH OUR ONLINE SCHOOL SUPPORT PROGRAMMES

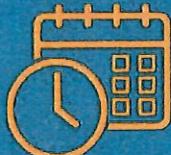


Liverpool City Region  
Combined Authority



FREE

Fully-funded



6-week course

Post-course  
certificateStart date: 2<sup>nd</sup> March 2026

## Our Course:



### Online

Will be completed through Microsoft Teams, and will follow a flexible learning model (Monday to Friday)

## Career Pathways:

- Teaching Assistant
- 1:1 Support Roles
- Lunch Time Supervisor
- & so many more!

## What does it include?



Level 3 Certificate in  
Special Educational Needs

“Take that leap and go through with it. People will support you. It's for your own growth. Take that step - it will be okay! The confidence you will gain from this course is invaluable”

ENROL  
TODAY



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