



St Albert's Catholic Primary School

Weekly Newsletter Friday, 02 October 2026

www.stalbertsprimary.co.uk



Year 4 First Holy Communion & Reconciliation

All application forms for the Sacramental programme must be handed into Fr David **today before 5pm**. Unfortunately, no applications will be accepted after today's deadline.

The Mass of Enrolment will be held this **Sunday 4th October at 9.45am** in St Albert's Church. Attendance is **compulsory** for all children and parents. The first preparation meeting will follow immediately after the Mass.

Preparation meetings for children and their parents/guardians will take place on the following dates:

Sunday 4th October
Sunday 1st November
Sunday 6th December
Sunday 10th January
Sunday 7th February
Sunday 7th March
Sunday 18th April

All meetings will take place after Mass. Attendance at ALL preparation meetings is compulsory.

Dates for the Holy Communion celebrations are:

St Albert's: Saturday 8th May 2027
St Brigid's: Saturday 15th May 2027

If your child has not yet been baptised, please speak to Fr David and he will arrange this for you.

Geography Trip

We are excited to let parents know that the following Geography field trips will be taking place:

Monday 5th October - Year 5
Wednesday 7th October - Year 3
Friday 16th October - Year 4

Please ensure that consent forms are signed and returned to school as soon as possible.

Opal Stay & Play

Our Stay and Play session on Monday was a great success! It was lovely to welcome so many parents and carers into school to enjoy our outdoor and OPAL areas alongside their children. Thank you to everyone who came along and joined in the fun! The date of the next session will be scheduled soon.

Year 1 Family Learning Session

Y1 parents and carers are invited to join us for a fun Family Learning session on **Tuesday 6th October, 9:00-10:00am**. Come along and enjoy some creative activities linked to Maths, while discovering simple and enjoyable ways to support your child's learning.

Exciting OutSeed Pod Update!

We are delighted to have launched our Outseed Pod this week with an assembly and special visitors. We are extremely lucky to have been chosen to be the first school to benefit from this outdoor learning space. We are excited that our children will have a first-hand opportunity to be part of sustainability, climate and biodiversity projects and studies.

A special thank you goes to Mrs Riddick who won the competition for St Albert's from a huge pool of competition entrants.

Please watch this space as there are many more exciting things to come. Please check out our Instagram for more details.



Chester Zoo Wildlife Project

As you will be aware we have been part of a whole school Zoo Project. Children have had a series of Zoo workshops throughout the half term and we are scheduled for an exciting whole school visit to the Zoo on **Thursday 15th October**. A letter has gone home for each child. This trip is subsidised by the Zoo, so parents only have to make a small donation for the buses. Please make sure that you have sent your child's money and permission slip into school. It will be an early start that day with **buses leaving promptly at 9am**. Please make sure that your child is not late as the bus will not wait!!

Week's Attendance

Rec	91.3%
Y1	98.0%
Y2	93.3%
Y3	99.2%
Y4	93.3%
Y5	94.5%
Y6	93.3%

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.



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Healthy Futures

Our Year 3, 4, 5 & 6 children have continued to enjoy their Healthy Futures sessions this week which focus on developing healthy habits and encouraging children to make positive choices.

As the sessions are interactive and include physical activity, please remember that children should wear their PE kit and bring a water bottle on the day of their session.

Attached to this week's newsletter is a useful Healthy Futures leaflet with information about healthier swaps and some top tips for families, helping you continue the conversation at home.

We hope you find these resources helpful.

PE Days

Mon	Y1 & Y6	Sports with Mr Unwin
Tue	Y3 & Y5	Healthy Futures
Thurs	Y2 & Y5	Sports with Mr Unwin
	Y6	Swimming
Fri	Y3 & Y4	Sports with Mr Unwin
	Y4 & Y6	Healthy Futures

After School Club

Mon	Year 5	Sport with Mr Unwin
Tues	Year 3 & 4 3.15-4pm	Sport with Mrs Michaels and Mrs Cruse
Thurs	Year 6	Sports with Mr Unwin

Big Art Visit

Our Reception children had a wonderful time visiting the Walker Art Gallery on **Wednesday**, where they took part in an exciting Big Art Session. The children had lots of fun getting creative and exploring art in a new and exciting way!

Y6 Secondary School

A reminder to all Year 6 parents and carers that applications for secondary school places are now open through your local authority.

We encourage families to apply as early as possible and to ensure all preferences are submitted before the **closing date of 31 October**. Applications received after this date may be considered late and could affect the offer of a preferred school place.

For more information and to apply, please visit your local authority's school admissions website.

Liverpool ([purple bin])

www.liverpool.gov.uk/schools-and-learning/school-admissions/

Knowsley (blue bin)

www.knowsley.gov.uk/education-and-schools/school-admissions

Closing date: 31 October 2026

Good luck with your applications!

Opening Days

St Edmund Arroemith

Thursday 8th October, 4-7pm

Flu Vaccination

It's that time of year again - Flu Season and all children will be offered a free flu vaccination at school. The vaccine is usually given as a quick and painless nasal spray, helping to protect children from flu and reduce the spread of infection. Flu can be a serious illness for children, and can sometimes lead to ear infections, bronchitis and pneumonia. The nasal spray vaccine has been given to millions of children and has an excellent safety record. Please look out for information and consent forms that will be sent via text from the NHS school immunisation team and return them as soon as possible to ensure your child can benefit from this important protection before the winter flu season.

If you require any further support, please contact the school immunisation team on **0151 351 8805** who will be happy to help.



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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main 1	Beef Burger in a bun served with oven cooked wedges and salad	Spaghetti Bolognese served with garlic bread and Salad	Ham & Cheese Panini served with salad potatoes & salad	Roast Chicken served with roast potatoes, gravy and seasonal vegetables.	Harry Ramsdens Fish Fillet, chips beans or peas
Allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens
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	Choice of Ham, Cheese, Tuna or Egg filled sandwich/Barm/Wrap with salad selection
Allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens
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	Oven baked jacket potato with Tuna, Cheese or beans served with salad selection
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Desserts	Cookie with milkshake				Ice Cream pot
Allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens	please see School Website for Knowsley Council Menu with allergens

Drinks Available Daily: Water, Milk



Mental Health Support Team Knowsley

World Mental Health Day



To celebrate World Mental Health Day, we will be delivering a workshop for children aged 7 to 11 years who attend a Knowsley school during half term

10am
to
11.30am

Monday, 26 October
(The Star Centre, St. Andrew's View, Tower Hill Kirkby, L33 1ZF)

Tuesday, 27 October
(George Howard Centre, Lickers Lane, Whiston, Prescot L35 3SR)

Thursday, 29 October
(New Hutte Children and Families Hub, Lichfield Road, Halewood, L26 1TT)

The sessions will feature a range of autumn themed activities linked to the Five Ways to Wellbeing: Connect, Be Active, Take Notice, Keep Learning, and Give. The workshop aims to promote positive mental health and wellbeing in a fun and engaging way.

On the day we will ask you for ideas to improve our services. Those who help us will be entered into a draw to win a prize (Prize will be provided to school to collect)

**For more information,
contact us on 01925 664 120**

Parents must register their child's attendance by scanning the QR code - places are limited and will be allocated on a first come first served basis. Register by Monday 19 October 2026. Parents and carers must be able to drop young people off and collect at the end of the session.





FREE, PRACTICAL & FRIENDLY HEALTHY LIFESTYLE SUPPORT

FOR 5 TO 17 YEAR OLDS

We help young people and their families to make small, realistic changes that can make a big difference to health and wellbeing.



If you live in Knowsley or have a Knowsley GP and may benefit from one of our programmes to help with healthy growth and weight, we offer:

HAPPY HEALTHY ME

For children aged 5–12 years.

An 8–12-week family programme covering food, activity, sleep and screen time.

FAMILY FOODIES

A cooking programme for families who want to feel more confident in the kitchen

8 weeks of practical sessions developing cooking skills and making everyday meals.

VITAL VIBES

For teens aged 13–17 years.

An 8–12-week teen support programme covering food, activity, mental health and sleep.

HEALTHY LIFESTYLE SCHOOL SESSIONS

Available for both primary and secondary schools.

4 - 6 weeks of sessions helping children and young people to build healthy habits for life.



SOUNDS GREAT, SIGN ME UP...

You can ask your health professional, school nurse or GP to make a referral to Healthy Futures Knowsley. You can also self-refer through our website.

Call: 0151 426 7462

Email: chcp.healthyfuturesknowsley@nhs.net

Website: www.healthfuturesknowsley.org.uk



Front

chcp

HEALTHY FAMILIES

FACT SHEET

Reducing fats in our diet

What are fats?

Fats do play an important role in our diet and health. They provide our bodies with energy, essential fatty acids (omega-3 and omega-6) found in oily fish and helps with vitamin A, D, E & K absorption.

Saturated fats

Mainly found in **animal products** such as **meats, butter, lard & dairy products** including **cheese**.
Products made with these fats include **biscuits, pastries & cakes**.
There are some vegetable fats that are high in saturated fats - **cocoa butter, palm & coconut oil**.

Unsaturated fats

These types of fats are generally found from **plant foods**. Such as **seeds, nuts, olives & avocados**.
Oily fish contains an essential fatty acid called **omega 3**, we are recommended to have two portions of these a week. Such as salmon & mackerel.

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Healthier swaps & top tips

Meat swaps

Swap fatty steaks for beef sirloin, tenderloin, or pork tenderloin

Swap fried fatty meats for grilled lean cuts

Swap fried, breaded chicken for grilled chicken breast

Dairy swaps

Cottage cheese

Reduced fat cheddar / processed cheeses

Low fat natural yoghurts

Using Quark

Oil & spread swaps

Coconut oil 87% saturated fat

Refined oil 7% saturated fat

Butter 54% saturated fat

Olive oil spread 14% saturated fat

TOP TIPS!

Try switching your butter to lower fat options or to vegetable spreads such as olive or sunflower.

When cooking use methods such as grilling, steaming, boiling & baking.

Try reducing red meats. Instead use fish, turkey or chicken.

You could also use plant based proteins such as lentils or beans.

Call: 0151 426 7462

Email: chcp.healthyfuturesknowsley@nhs.net

Website: healthyfuturesknowsley.org.uk



Croissant



Bacon



Donut



Cheese block



Avocado



Nuts



Seeds



Sardines



Olive oil



Meat cut



Grilled lean cut



Lean pork cut



Pork belly



Fried chicken



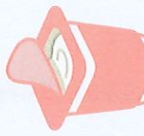
Grilled chicken



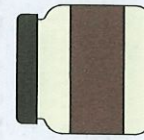
Cottage cheese



Low fat cheese



Low fat yoghurt



Coconut oil



Rapeseed oil



Butter



Olive oil spread



Cake



Quark