

St Joseph's Catholic Primary School: Newsletter 15.03.24

Mission
Together we love, learn, follow Jesus
Vision
At St Joseph's Catholic Primary School, through an open and generous heart, we learn together as a family in faith, following the gospel values of love.
Values
Hope Thankfulness Collaboration Compassion Friendship Resilience Empathy Creativity Justice Respect



A Message from Miss Dewhurst: This Sunday marks another patron saint day: the feast of St. Patrick. Undoubtedly you will see or even be part of many Irish celebrations this weekend to mark the feast of the patron saint of Ireland. St. Patrick was actually British and thought to have been born somewhere in the south of Wales. He was then captured by Irish pirates and taken over to Ireland. After six years, he had a dream of his escape and fled. St Patrick actual wore blue, not green! When George III created the Order of St. Patrick, its official colour was a deep blue. However, in the 18th and 19th Century, the shamrock and the colour green started to be associated with Irish identity St. Patrick played a pivotal role in bringing Christianity to Ireland and taught people about the Holy Trinity using the shamrock; using each leaf to represent the Father, the Son and the Holy Spirit. Wishing all of our families who are celebrating this weekend, a very happy Saint Patrick's Day!/"Lá Fhéile Pádraig Sona Duit!"



Award Winners

- ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
- ★ **CI R/1:**
- ★ Dojo Champion: **Mattie**
- ★ School Values/Mission: **Valentina**—respect
- ★ "Spotted": **Isaac** for showing enthusiasm in all subjects
- ★ **CI 2/3:**
- ★ Dojo Champion: **Sienna**
- ★ School Values/Mission: **Rowan**—respect
- ★ "Spotted": **Oscar** for the story he wrote about time travel on Science Day
- ★ **CI 4/5:**
- ★ Dojo Champion: **Ava**
- ★ School Values/Mission: **Harriet**—empathy
- ★ "Spotted": **Freddie** for taking pride in his English work and applying 100% effort
- ★ **CI 6:**
- ★ Dojo Champion: **Ben**
- ★ School Values/Mission: **Halle**—resilience
- ★ "Spotted": **Sam** for his amazing rallying skills in badminton



Sunday Gospel: Jesus said, "Now the hour has come for the Son of Man to be glorified. I tell you, most solemnly, unless a wheat grain falls on the ground and dies, it remains only a single grain; but if it dies, it yields a rich harvest. Anyone who loves their life loses it; anyone who hates their life in this world will keep it for eternal life. Whoever serves me, must follow me; wherever I am, my servant will be there too. If anyone serves me, my Father will honour them. And when I am lifted up from the earth, I shall draw all people to myself." By these words he indicated the kind of death he would die. John 12: 20-33 (Wednesday Word)

This week spotted: Willow H
For being a kind friend and thinking of other people

St. Joseph's Day



St Joseph's Day: On Tuesday, we will be celebrating this occasion in school. Every class will have the opportunity to play laser tag in the morning. All pupils can come to school in their PE kit. At 1.15pm Fr Raphael will be in school to lead Mass. You are invited to join us for this. Please come to the main school gate and we will let you into the hall.

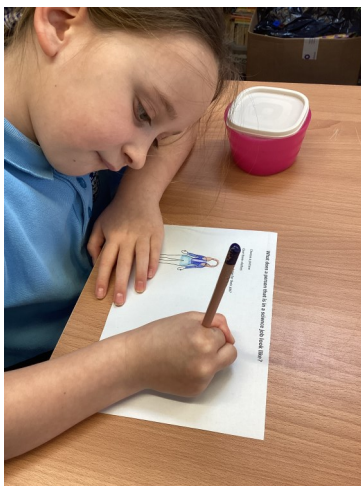


Happy Birthday: Lavinia, Ruby, Riley & Henry

Classroom Catch Up: To celebrate British Science Week, Class R/1 enjoyed participating in a 'Humpty Dumpty' themed experiment. The children had fun using different every day materials such as fabric, tinfoil, play dough, kitchen roll and cardboard to make crash mats to help save Humpty when he fell off the wall! 'Meerkat Mail' is our focus text in English which is a story about a friendly Meerkat named Sunny. Sunny Meerkat lives in the Kalahari desert with his family. Under the hot sun, Sunny and his brothers and sisters work together, play together, eat together and learn together. Sunny needs a break, so he decides to take a trip to visit some relatives. The children have enjoyed reading Sunny's postcards home and are looking forward to writing their own postcards soon! In maths, Year One have been learning how to count by making groups of 10 and partitioning numbers into tens and ones. Reception have been mastering 1 more and 1 less and number bonds to 10.



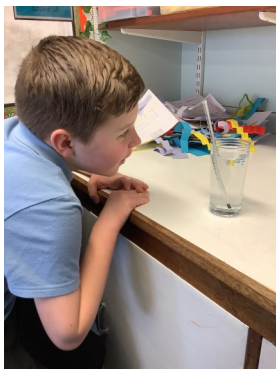
Humpty Dumpty Experiment
PIC•COLLAGE



In Class 2/3 maths this week, we have continued with our units on 'measurements' and 'multiplication'. Y2 have been looking at multiplication and division facts surrounding the 5 times tables, and Y3 have shown fantastic understanding of mm, cm and metres. In English, we have written the first part of our modelled write on 'The Accidental Prime Minister', applying our grammar focuses of 'inverted commas' and 'noun phrases'. On Science Day we wrote a story about a time travelling machine and drew a picture of what we think a scientist might look like. Thank you to everyone who took



part in our "Great Fire of London" workshop this morning—we hope you learnt a lot!



We've had a productive week in Class 4/5 this week! On Tuesday, we celebrated British Science week and completed 2x experiments linked with this year's theme of 'time'. The children



worked with a partner to test each other's reaction times and then looked for patterns within results. Then, we looked at how temperature changes over time when it comes to liquids being cooled. In English, the children have

been focusing on writing their own folktale which includes parenthesis - they have done an amazing job and are looking forward to sharing them with Class 2/3 next week. In maths, Y5 have been looking at fractions of amounts whilst Y4 focused on improper and mixed number fractions. In RE, we have been thinking about sacrifices and the sacrifices we ourselves (and the others around us) make in daily life. We thought about how (usually) sacrifices are made because of love.

Maths in Y6 has been building on previous knowledge of decimals, now converting between fractions, decimals and percentages. We have been using our understanding of equivalent fractions, to ensure the denominator is a power of 10. In English, we have finished our presentation piece of 'The Highwayman', which look absolutely incredible, and we are now ready to start our new unit on 'The Great Kapok Tree'. Our science experiment aimed to "smash the stereotype" by seeing who is more sporty—boys or girls!



School Attendance:

	This Week	This Year
Yr R	100%	96.8%
Yr 1	100%	97.5%
Yr 2	100%	93.7%
Yr 3	82.7%	93.6%
Yr 4	98.2%	94.2%
Yr 5	100%	98.1%
Yr 6	98%	96.3%
Total	97.2%	95.8%

Children's Liturgy: Sunday is 5th Sunday of Lent.

Jesus wanted us to understand that like a seed his death was necessary, if new life was to be given to many. In the Gospel he says that unless a grain of wheat falls into the earth and dies, it remains a single grain. But if it dies then it will give a rich harvest.

What do you think Jesus means by that? Jesus is using this image to explain that he must die on the cross so that he can rise again and so people will believe he is the Son of God.

Jesus had to die so that he could rise again. Through his death and resurrection he gave us all new life. And he calls us all to follow him, in all that we do.

Just like a seed, our actions, even if we do just one little thing, can also grow into something big. Especially if we join together with others. For example if I want to make the world a fairer place, on my own I am easy to ignore. But if all of us come together and get our friends and our families to join in too, we are much harder to ignore!

What will you do this week to make a difference to someone else?

We do hope you can join us at 9:30am Mass - it would be lovely to see you.



Pope Francis: *Young people, never get tired of being instruments of peace and joy among your peers!*
(Taken from X)

- **Diary Dates:** Over the next few weeks, there are a lot of events taking place in school as follows.
- **Monday, 18th March**—Start of Careers Week
- **Tuesday, 19th March**—St Joseph's Day; Mass at 1.15pm
- **Wednesday, 20th March**— RockSteady concert at 10am
- **Wednesday, 20th March**— Parents of pupils in CI R/1 invited to lunch at 11.45am
- **Thursday, 21st March**— Drama Club performance
- **Friday, 22nd March**—CI 4/5 work shop for parents at 9.15am
- **Friday, 22nd March**— PTFA Easter Bingo
- **Thursday, 28th March** Lenten Walk, Easter bonnet competition & Easter lunch
- **Thursday, 28th March: School closes at 1.15pm**



Forest School: This week in Forest School, we attempted to build a fire to cook on but the weather wasn't on our side. Nevertheless, the children still enjoyed a tasty treat of a hot dog with onions and ketchup. The children demonstrated our school values of thankfulness, collaboration, and respect wonderfully. We are looking forward to hopefully cooking some food on a fire during next week's session.



Reception Class: Don't forget, please remember to check Tapestry for updates and photos related to your child's learning as Miss Ollerton posts regularly. If your activation email has expired, you should have had a new link.

Holiday Club: We are excited that school will be hosting an Easter Holiday Club which will be running from Tuesday, 2nd April to Friday, 5th April. The sessions will be taking place from 8.15am to 12.15pm and activities will include laser tag, an Easter egg hunt and glow in the dark events! More details will be sent out next week.

A PRAYER FROM THE HOLY FATHER FOR PEACE

“LET US PRAY WITH ONE HEART AND ONE SOUL - LORD COME TO OUR AID, GRANT US PEACE, TEACH US PEACE, GUIDE OUR STEPS IN THE WAY OF PEACE.

OPEN OUR EYES AND OUR HEARTS AND GIVE US THE COURAGE TO SAY: NEVER AGAIN WAR.’ LORD HEAR US.”

“MAY THE WEAPONS BE STOPPED: THEY WILL NEVER LEAD TO PEACE, AND MAY THE CONFLICT NOT WIDEN! ENOUGH! ENOUGH, BROTHERS! IN GAZA, LET THE WOUNDED BE RESCUED IMMEDIATELY, LET CIVILIANS BE PROTECTED, LET FAR MORE HUMANITARIAN AID BE ALLOWED TO REACH THAT STRICKEN POPULATION. MAY THE HOSTAGES BE FREED, INCLUDING THE ELDERLY AND CHILDREN. EVERY HUMAN BEING, CHRISTIAN, JEWISH, MUSLIM, OF ANY PEOPLE OR RELIGION, EVERY HUMAN BEING IS SACRED, IS PRECIOUS IN THE EYES OF GOD AND HAS THE RIGHT TO LIVE IN PEACE. LET US NOT LOSE HOPE: LET US PRAY AND WORK TIRELESSLY SO THAT THE SENSE OF HUMANITY MAY PREVAIL OVER HARDNESS OF HEART.”

IN JESUS’ NAME.
AMEN



Monday (March 11th) marked the Archdiocese “Day of Prayer for Peace in the Holy Land”. Schools across the Archdiocese gathered together to pray for peace.

This is the prayer that was sent to all schools from the Director of Education, Joan McCarthy.



BRINDLE ST JOSEPH'S PTFA

EASTER
BINGO

FRIDAY 22ND MARCH

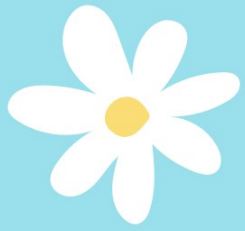
DOORS OPEN - 6PM

EYES DOWN - 6:30PM

BINGO - RAFFLE - BAR - REFRESHMENTS

ADULTS £1 - CHILDREN 50P

**GREGSON GREEN COMMUNITY CENTRE
TICKETS ON SALE FROM MONDAY 26TH FEBRUARY**



ST JOSEPH'S



EASTER BONNET COMPETITION



To celebrate Easter, children in all year groups are invited to enter this year's Easter Bonnet Competition.

Please send the bonnet into school with your child on Thursday 28th March in order for them to participate in the Easter Bonnet Parade.



We look forward to seeing everybody's creations! If you have any questions, please speak to Miss Ollerton.



Should mobile phones be banned in all classrooms?



British Values

Rule of Law
Sometimes bans can be put in place, which means something is officially or legally prohibited (disallowed). Rules and laws are there to help protect us and keep us safe.



Stanley Grange: This week's group helped to give the greenhouse a spring clean before checking on the garlic and planting their potatoes.



Recent Correspondence
Please find below a list of information that has been sent out this week. Remember to check School Spider for all communication from school:
Sacramental Preparation Class
Easter holiday club
PTFA Non-Uniform Day
Stanley Grange (Group 1)
Wednesday Word
Yr 6 Meeting
Author Visit: 20.03.24
Wraparound Provision and School Meals
CI 2/3 & CI 4/5: Workshops
CI R/1: Join us for lunch

Easter Eggs:

Many thanks for all the donations that were sent in today. A limited number of tickets for next Friday's bingo are still available from the school office.



News from the Mini Vinnies:
We are happy to announce that the entire school will be taking part in the Big Lenten Walk for Cafod on the morning of Thursday, 28th March—weather permitting! Parents, carers and family members are welcome to join us at 9.30am, but no dogs please. Donations can be made via our Just Giving page:
<https://schools.walk.cafod.org.uk/fundraising/st-josephs-hoghton-fundraising-page>
If you can help, please let Mrs Cox know so that we can allocate adults to classes. Thank you

Having a Clearout?
Don't forget the Clothes Recycling Bank at school

Please recycle clothes and shoes - be an eco warrior and help raise much needed funds for school!



Can you help Class R/1?

We are looking for volunteers to help source and/ or make some new structures to enhance the outdoor area in Class R/1. Please speak to Miss Ollerton if you are able to help in any way.

Thank you!

Donations Welcome

Bamboo Canes



Old Sheets/ Fabric



Cable Reels



**Fairy Garden Accessories/
Outdoor Ornaments**



Pebbles/Rocks



Tubing



Class R/I are looking for donations of the items pictured above. If you can help in any way, please speak to Miss Ollerton. Thank You!

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

