



Spring Term Newsletter

Number 433 – 2nd February 2024



Dear Parents,

We are almost at end of another very busy half term here at St Margaret Clitherow School. We are all looking forward to a well-earned rest at the end of next week.

Children's Mental Health Week

Children's Mental Health Week will take place from 5 to 11 February 2024, with the theme of My Voice Matters. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe - "My Voice Matters."

Pancake Tuesday and Ash Wednesday

These days fall during half-term this year and we will have a Lenten Assembly with the children once we return to school. It would be great if you could talk to your children about Shrove Tuesday and Ash Wednesday at home.

World Book Day

The annual World Book Day will take place on Thursday 7th March 2024. World Book Day changes lives through a love of books and reading. It encourages reading for pleasure, offering every child and young person the opportunity to have a book of their own. In 2024, the celebrations will encourage children to Read Your Way. Every reader is different, and there's no right or wrong way to enjoy reading, so encourage children to think about what reading looks like for them with the 15 fantastic World Book Day books. Providing adventure, mystery and laughter, children and young people will be able to discover reading on their own terms, and as a hobby. This World Book Day, we're encouraging children to start their reading journey with a sentence, a page, a chapter or more. Every child is a reader however they choose.

This year at school we are encouraging all children to create a potato book character to bring to school on 7th March.

See examples below

Should you have any queries please contact us on: admin@clitherow.brent.sch.uk
iheath@clitherow.brent.sch.uk or bnolan@clitherow.brent.sch.uk



Brent Libraries

Brent Libraries run many events throughout the year to encourage children to read more and to help foster a love of reading in children. All of these events are free.

Trips

Year 4 had a trip to the Welsh Harp today They were learning all about water, rocks and soil. Thankfully, the weather was kind and the children had a wonderful day.

Homework

Homework in this school is set by class teachers to ensure that learning is embedded and that children can further practise new skills. It is set with a purpose in mind and the expectation is that all children complete this set work. While most parents are very supportive and always ensure that homework is completed, we are finding an increase in the number of children who do not complete homework. Any child failing to complete homework will be asked to complete this work during playtime. We ask for all parents to support us in ensuring that homework is completed.

Online safety

Online safety education provides students with the knowledge and skills they need to stay safe in online environments. It involves acknowledging the benefits and opportunities offered by the online world, while understanding the risks and avoiding potential harms. A meeting will be held on Wednesday 7th February at 2:15pm to address crucial aspects of online safety. Your participation is highly encouraged and we look forward to seeing as many of you as possible.

After school clubs

If your child attends an after-school sports club e.g., Multisports, Football club, etc, then they are encouraged to come to school on that day wearing their PE kits. We have many clubs running and changing spaces are limited so we hope that this will make it easier for children who are attending the clubs and ensure that the clubs can run on time without having to wait for children to change.

Parental Conduct

It is important to remember that our school is a very inclusive, welcoming school, we have a very diverse make up of families and children and we cater for a variety of needs. We try our hardest to support all our families and children despite the current funding cuts. It is important to remember we are all unique and special and loved by God and the Holy Family. We do understand that there can be issues between children, but it is important for all adults to model to our children the importance of accepting and loving all of God's family. Also, as you are aware, we have an open-door policy so any concerns or issues which you may have need to be brought to the attention of school staff. We pray for those in our communities who are suffering conflict of any kind in their personal or work lives.

Uniform

We have noticed more and more children wearing incorrect uniform. All parents have signed a home school agreement to follow the school requirement for uniform. Please ensure that correct uniform is worn. If unsure, check on the school website for the correct items. We have also seen children wearing incorrect footwear, some of which is not only incorrect uniform but offers little in foot support and could actually cause damage to growing feet. School coats need to be in school colours of black or navy. Tights are also not to be worn under jogging bottoms on PE days. If people persist in ignoring this, you will be asked to have a meeting with the Chair of Governors to discuss this.

Jewellery

No dangly earrings or hoops are permitted to be worn in school. This is a health and safety requirement. Children wearing these earrings will be asked to remove them. No other jewellery is permitted to be worn apart from a watch, which may not be a **smart watch of any kind**.

Have a lovely weekend and thank you for your ongoing support.

Mrs Heath





News Items



Week ending 2nd February 2024

Year 1 - Amelia, Kira

**Year 2 - Victoria, Mia G,
Kacper**

Year 3 - Isabella, Ayla

Year 4 - Maya, Aleks, Joanna,

Year 5 - Kezia, Alex G, Edward B.

Year 6 - Elijah, Ayannah

FORTHCOMING DATES

5 th Feb – 9 th Feb	Children's Mental Health Week
6 th February	Safer Internet Day
7 th February @ 2.15pm	Online Safety Meeting for Parents in the School Hall
9 th February	Year 4 Class Assembly @ 2.15pm
9 th February	Year 6 Mass – MacMillan Coffee Morning – English Martyrs
12 th -16 th Feb	Half Term Week
23 rd February	Year 3 to Mass
1 st March	Year 6 trip, Tower of London
7 th March	World Book Day

**Please check out the calendar on the jotter
for dates and times of events.**

ATTENDANCE WEEK COMMENCING 22nd Jan to 26th Jan 2024

Year 1 – 93.7%
Year 2 – 94.9%
Year 3 – 95.7%
Year 4 – 96.6%
Year 5 – 97.0%
Year 6 – 99.3%
Whole school overall – 96.2%

**EXPECTED ATTENDANCE MINIMUM OF
96%**

**MacMillan Coffee Morning organised by Year
6 pupils**

**9th February 2024 at 10.30am
(After Mass at English Martyrs)**

**Please send in your cake donations by
Thursday 8th February. All parents are very
welcome to attend. Your support for this
worthy charity is greatly appreciated.**

10 WAYS TO SUPPORT YOUR CHILD'S MENTAL HEALTH

- 1 Show them you love them and give them a hug if they will let you. If they don't like hugs, you could always give them a high five or make up a special handshake.
- 2 Try to create a home environment where they know they are safe to be themselves. Accept them as they are and don't try to force them to be something they are not.
- 3 Take a genuine interest in the activities and things they love. If they love dinosaurs, learn about it so you can chat to them about their interest – get them to teach you.
- 4 Tell them that you recognise their strengths and show them you notice when they do the right thing. Praising a child will show them that positive actions lead to positive results.
- 5 Make time and space for your child and give them your full attention. A little bit of undivided attention and active listening every day is great. Turn off your phone and really listen to them.
- 6 Show them that everyone is human and makes mistakes. By doing so you can model effective ways to deal with difficult situations. They will learn from you that it's okay to make mistakes and healthy ways to deal with it.
- 7 Make sure your child knows the family boundaries and what the consequences are if they cross the line. It's not the severity of the consequences that is necessarily important, but the fact they know there are clear boundaries and you will follow through.
- 8 Encourage your child to talk about emotions and mental health. Simply encouraging them to share their day and how things make them feel is a great way to support them.
- 9 Help your children to set and achieve goals. You can help them to do it and show them how to break their goal down into manageable sections. This is a really helpful life skill and very good for wellbeing.
- 10 Show children it's important to take care of your physical and mental health. Model good habits to them and explain to them why it's equally important to look after your mind as well as your body.

