



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership

ST. PATRICK'S



St. Patrick's Catholic Primary School Newsletter - Issue 17 - March 2024

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Dear Parents, Carers & Parishioners,

The mornings and nights are starting to brighten up and the daffodils are blooming at the front of our school—signalling that Easter is nearly here. In the lead up to Easter, we do have some Liturgies in school which you are more than welcome to attend. Please see the dates on the calendar. This week we have enjoyed welcoming parents and carers into school for Parents Evenings—we hope you found the conversations useful. If you did not manage to book an appointment—please contact the school office. We hope you have a great weekend.

Best wishes,

David and Sam

Next Week

St. Patrick's Day Celebrations—Monday 18th March

To mark St. Patrick's Day, the children are invited to wear something green for the day. Teachers will lead St. Patrick's related activities in class and Mr Keys will talk about St. Patrick's story in our Celebration of the Word.



Choir Concert—Thursday 21st March

At 4pm, our wonderful choir will be entertaining us all with their concert. All are welcome.

FOSPA Disco—Friday 22nd March

Full details from FOSPA were sent out by email yesterday. Reception and Class 2 will have their disco during the school day and KS2 will have their disco just after school.



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Any new dates added to the calendar will be shown in blue.

Date	Event	Time	Parents Invited
Monday 18th March	St. Patrick's Day Celebrations—Wear something Green	All Day	No
Thursday 21st March	Choir Concert	4pm	Yes
Thursday 21st March	Teambuilding Activities (Class 2, 3 and 4 will need outdoor PE Kit)	-	No
Friday 22nd March	School Disco (EYFS and KS1 during the school day. KS2 after school)	FOSPA Letter Sent	No
Monday 25 th March	Year 1 & 2 Palm Sunday Liturgy	2:45pm	Yes
Tuesday 26 th March	Year 3 & 4 Last Supper Liturgy	2:45pm	Yes
Wednesday 27 th March	Year 5 & 6 Garden of Gethsemane Liturgy	2:45pm	Yes
Thursday 28 th March	Crucifixion and Resurrection Liturgy	1:00pm	No
Thursday 28 th March	Break up for Easter holiday	3:25pm	-
Monday 15 th April	Return to school for Summer Term	8:45am	-

Diary Dates for the Summer Term coming soon!

Thank you!
FOR SUPPORTING

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attendance MATTERS

Procedure for appointments during school hours

If you have to take your child out of school for any reason, including a medical, dental, school visit appointment, please could you inform the school office prior to the appointment along with any supporting evidence of the appointment. This is so that we can authorise the absence where we can and your child is not marked as unauthorised in our register.

Please see below guidance from the government regarding school attendance. <https://www.gov.uk/school-attendance-absence>

Children should aim to arrive in school by 8.55 am at the latest. **Persistent lateness causes disruption to your child's education.**

Year	Attendance this week:
R	91.67%
1 / 2	95.92%
3 / 4	100%
5 / 6	94.58%
Weekly Overall Attendance: 95.95%	
Yearly Attendance to date: 94.75%	

Late arrivals

Class registers are taken at 9:00am prompt as we don't want to miss any learning opportunities. **All children should be in class and sat down by 9:00am.**

We want all of our children to be sat down at their desks for 8:40am whenever possible.





Standards at St. Patrick's

Our expectations on attendance must remain strong and, as the parent community know, we take this part of our job very seriously indeed. We will be contacting parents/carers of those children who are persistently absent, this means any child with an attendance percentage of 90% or less. Please understand that this is a supportive measure and that we are working hard to leave no stone unturned to help your child achieve the very best possible outcomes.



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HOUSE POINTS

Feast Days:	St. Bede	St. Cuthbert	St. Hilda	St. Aidan
<div style="color: red; font-weight: bold;">25th May</div> <div style="color: purple; font-weight: bold;">20th March</div> <div style="color: green; font-weight: bold;">17th November</div> <div style="color: orange; font-weight: bold;">31st August</div>				
Weekly total	216	201	232	216
Running total	2686	2314	2356	2400

Stars of the week

- ★
Thomas
Year R
for always trying his best.
- ★
Harriet
Year 1 / 2
For being a lovely, happy member of class.
- ★
Aria
Year 3 / 4
for pushing herself in maths.
- ★
Shauna
Year 5 / 6
for being kind and helpful to the younger children in school.

Rainbow Rewards

Red	Is for the blood he gave (Be Kind)	Natalia, Mr Snow, Jacob, Jackson, James, Oliver B, Mackenzie
Green	Is for the world he made (Be a steward)	Finn, Matilda
Yellow	Is for the light so bright (Be humble)	Roma
Orange	Is strong and full of might (Be courageous)	
Purple	Is for his hour of sorrow (Be compassionate and say sorry)	
Pink	Is for a new tomorrow (Be just and fair)	
Blue	Is for the sky he made so we can aim high (Never give up or take the easy option)	

The rainbow is a sign of God's promise,
 He will guide us through any storm.
 When you feel battered by life's storms,
 Just remember God's rainbow is coming -
 It's only a prayer away.

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Ask your child



We're sure you all ask your children what they have learned at school every day. We're also sure that the depth of answers that you receive will also vary, with some children saying, 'nothing'. To help aid your discussions, each week in the newsletter we will include a starter question that will help your child to talk about what they have been learning that week in school. Try it tonight

Reception	Who painted a famous painting called 'Sunflowers'?
Year 1 / 2	What happened on Palm Sunday?
Year 3 / 4	What is the recommended calorie intake per day for an adult?
Year 5 / 6	What stages are in a frog's life cycle?
General	What is a compliment?

Article 14: The right of freedom of thought, belief and religion

The Gospel in Church - Sunday 17th March



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 the 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.

*Adapted from John 12: 20-33
The 5th Sunday of Lent. Year B*

Dear Lord Jesus, thank you for giving your life for us and for calling us to **follow** you, so that our world may become a better place. Amen.

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An Old Irish Blessing for St. Patrick's Day

May your days be many and your troubles be few.

May all God's blessings descend upon you.

May peace be within you, may your heart be strong.

May you find what you're seeking wherever you roam.

May the strength of God pilot us, may the wisdom of God instruct us.

May the hand of God protect us, may the word of God direct us. May thy Salvation, O Lord, be always ours this day and for evermore.

Amen.



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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've 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.



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