



St Patrick's Catholic Primary School

NEWSLETTER – ISSUE 23 20th March 2026

Dear Parents, Carers and Parishioners,

What a celebration we had for St Patrick's Day. Chris Little was great with the children during the ceildh sessions and he said that they were fantastic at following the instructions and had a lot of talent. It was capped off with an amazing session with family and friends. It is always wonderful to have our school community coming together and to celebrate how wonderful our school is. A special thank you to Mrs Holtham for organising the event.

Enjoy your weekend,

Paul Rogers

Parent's Evening

Parent's Evening will be taking place on Tuesday and Wednesday. We are looking forward to seeing you and discussing the amazing progress the children are making. If you have any problems regarding your appointment please get in touch.

CAFOD – The Big Lent Walk

To support the work of CAFOD during Lent we will be having a non-uniform day on Wednesday 1st April. Children are asked to bring in a donation. During the day, the children will be supporting CAFOD's Big Lent Walk by walking around the school grounds. An invitation for parents, family and friends is extended to join the walk with us from 2pm. Please can you donate generously to the amazing work that CAFOD does to support one global family.



St Cuthbert Crosses at Ushaw

St Cuthbert's Crosses that have been decorated by pupils will be on display over the Easter holidays if you are planning a visit!

St Patrick's Catholic Primary School

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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.**

Late arrivals

We understand that mornings can be hectic and that, on occasion events beyond parents' control can cause delays on the journey to school. However, we have noticed that the number of children arriving at school after the gates have closed at 8:55am has increased in recent weeks.

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.**





| Year | Attendance this week: |
|-----------------------------------|-----------------------|
| R | 97.53% |
| 1 / 2 | 99.38% |
| 3 / 4 | 96.07% |
| 5 / 6 | 98.22% |
| Weekly Overall Attendance: 97.8% | |
| Yearly Attendance to date: 94.35% | |

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.







Use well the gifts that God has given you

| HOUSE POINTS | | | | |
|---------------|---|---|--|---|
| Feast Days: | St. Bede | St. Cuthbert | St. Hilda | St. Aidan |
| 25th May |  |  |  |  |
| 20th March | | | | |
| 17th November | | | | |
| 31st August | | | | |
| Weekly total | 373 | 318 | 364 | 391 |
| Running total | 8631 | 8979 | 8836 | 8882 |

You will see your child's house points add up throughout the week via Class Dojo. This will only be used for house points this year and not school to home communication.

Stars of the week

| | | | |
|---|---------|------------|---|
|  | Gaja | Year R | For challenging herself and succeeding. |
|  | Finley | Year 1 / 2 | For setting a good example by following instructions. |
|  | Summer | Year 3 / 4 | For showing a great effort in maths. |
|  | Jackson | Year 5 / 6 | For giving excellent explanations using evidence and knowledge. |

Rainbow Rewards

| | | |
|---------------|---|-------------------|
| Red | Is for the blood he gave (Be Kind) | Jackson, Emily M, |
| Green | Is for the world he made (Be a steward) | Georgie, Amelie |
| Yellow | Is for the light so bright (Be humble) | |
| 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) | Anya, |
| Blue | Is for the sky he made so we can aim high (Never give up or take the easy option) | Lucas H, Albert |

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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10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

1 SPOT THE SUBTLE SIGNS



Look out for changes in mood, behaviour, or energy levels, such as irritability, withdrawal, clinginess, or frequent headaches. These may indicate that a child is feeling overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.

2 KEEP CONVERSATIONS FLOWING



Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet classroom moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.

3 MAKE MOVEMENT PART OF THE DAY



Physical activity can dramatically reduce stress hormones while improving mood and focus. Encourage movement through activities children genuinely enjoy – from team sports to dancing around the kitchen. Even light activity like stretching or walking the dog can help us all unwind.

4 SUPPORT HEALTHY SLEEP PATTERNS



Poor sleep makes stress harder to manage. Establish a calming evening routine that avoids screens before bedtime and promotes winding down, such as reading, listening to music, or chatting quietly. Good sleep hygiene helps reset mood, enhances concentration, and boosts emotional resilience.

5 PRACTISE MINDFULNESS



Mindfulness doesn't have to mean long periods of meditation. A few slow breaths before lessons or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce emotional reactivity, and build inner calm over time.

6 SET DIGITAL BOUNDARIES



Excessive screen time, especially before bed or on social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and suggest screen-free alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.

7 NURTURE SOCIAL CONNECTIONS



Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a good friend, ensure children have people around them they can talk to and spend quality time with. Help them build those bonds through shared activities and meaningful interaction.

8 PROGRESS OVER PERFECTION



Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as learning opportunities. This helps build confidence and reduces the fear of failure.

9 TEACH EVERYDAY PROBLEM-SOLVING



Use real-life scenarios to build resilience. Encourage children to identify problems, consider possible solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.

10 BE THE MODEL THEY NEED



Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how you manage stress constructively, you help normalise these behaviours and encourage children to do the same.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

The National College®

| Date | Event | Time | Parents Invited |
|-------------------|---|-----------------|-----------------------|
| Tuesday 6.1.26 | Return to school for Spring Term | 8.50am | |
| Wednesday 14.1.26 | Year 6 Parent SATs Meeting | 5.00pm | Yes |
| Thursday 29.1.26 | Year 4 Parent Tables Check Meeting | 3.30pm | Yes |
| w/b Monday 9.2.26 | Children's Mental Health Week | All week | No |
| Tuesday 10.2.26 | Safer Internet Day | All Day | No |
| Tuesday 10.2.26 | Year 1 Parent Phonics Meeting | 3.30pm | Yes |
| Friday 13.2.26 | Year 3/ 4 Class Mass | 9.30am | Yes |
| Friday 20.2.25 | Break up for half-term holiday | | |
| Monday 2.3.26 | Return to school for Spring 2 nd Half Term | | |
| Thursday 5.3.26 | World Book Day: Book Character and 'Breakfast with a book' / Assembly | All Day | Yes 8.30am/ 9am |
| w/c Monday 9.3.26 | Science Week | All Week | |
| Monday 9.3.26 | Reception Stay and Discover (Parent and Pupil sessions) | 2.00pm – 3.25pm | Yes |
| Tuesday 10.3.26 | Class 4 Learn with me (Parent and Pupil sessions) | 2.00pm – 3.25pm | Yes |
| Wednesday 11.3.26 | Class 3 Learn with me (Parent and Pupil sessions) | 2.00pm – 3.25pm | Yes |
| Thursday 12.3.26 | Class 2 Learn with me (Parent and Pupil sessions) | 2.00pm – 3.25pm | Yes |
| Friday 13.3.26 | Someone Special Celebration | 2.45pm | Yes |
| Tuesday 17.3.26 | St Patrick's Day Celebrations: Non – uniform – wear something green | All Day | No |
| Tuesday 24.3.26 | Parents Evening | 3.30pm – 6.00pm | Yes |
| Wednesday 25.3.26 | Parents Evening | 3.30pm – 6.00pm | Yes |
| Monday 30.3.26 | Stations of the Cross – Led by Year 3/4 | 3pm | Yes |
| Thursday 2.4.26 | Easter Service | 2pm | Yes |
| Thursday 2.4.26 | Break up for Easter Holidays | | |
| Monday 20.4.26 | Return to school for Summer Term | | |

Future events will be added when confirmed.

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