

# ST. BEDE'S CATHOLIC JUNIOR SCHOOL

## *celebrating life and learning*

6th October, 2023

### REFLECTION

#### HARVEST PRAYER

Father, as we celebrate  
this season of  
thanksgiving

We give thanks for the  
blessings of food,  
provision and  
nourishment.

Please grow in us a  
harvest for the world.

Come sow a seed of hope  
within our souls Lord,  
that we might yield  
goodness, patience and  
kindness in abundance.

Sow a seed of peace in  
our lives Lord, that we  
might bear the fruits of  
forgiveness, compassion  
and righteousness.

Come sow a seed of love  
in our hearts Lord, that  
others would reap the  
blessings of family,  
friendship and  
community.

May each seed of hope,  
peace and love grow  
within us into a harvest  
that can be feasted on by  
all.

Amen.



At St. Bede's we strive to  
create an inclusive  
environment where every  
member of our school  
community can flourish.

We do not discriminate  
or tolerate discrimination  
against anyone based on  
any of the protected  
characteristics they have.



### WE STILL NEED YOUR HELP!

#### Upcycled Loose Parts



### HELP US PUT FOOD ON THE TABLE THIS AUTUMN

We are delighted that we are a CAFOD Live Simply School and have a focus each month. In October, we commit to raise 'money'. We do this by donating items for the Widnes Foodbank, which is now located on our St. Bede's site!

Central to our faith, is the belief that God created everyone with free will and the power to choose. We all learn that we are accountable for our actions and in order to experience freedom we also need to exercise responsibility.

Widnes Foodbank rely on generous donations from the local community. We can help them to provide for people in need by donating an item or two from the special Harvest appeal shopping list:

- UHT Milk
- UHT juice
- Coffee
- Tinned soup
- Tinned meat and fish
- Tinned vegetables
- Tinned potatoes
- Custard
- Desserts, such as steamed puddings and rice puddings

Please help us to achieve our target  
of 338 items: one for every child  
and staff member in the school!



### SHARING LEARNING

Thank you to the parents and carers who responded so positively to our first Sharing Learning Day. The practice of sending home a special book that captures the children's learning on one particular day in school is evidently appreciated by our pupils' families. Teachers were delighted to read the positive responses made regarding the interesting range of lessons taught, the progress already being evidenced and the chance to see a snapshot of the children's experiences in our lovely school. It is testament to how well we work in partnership with our parents / carers. We will continue to send home the books every 16 school days (or thereabouts) and look forward to sharing our learning journeys with you at home as the year progresses.



## WORLD MENTAL HEALTH DAY

World Mental Health Day is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling. The green ribbon is the international symbol for mental health awareness. Wear your green ribbon - raise awareness and support good mental health for all.



Mental health problems can affect anyone, any day of the year. For Mental Health Awareness Week in 2023, we will be holding a 'Tea & Talk' event at school on Tuesday 10th October between 9.00 - 10.30am to raise awareness and understanding of mental health issues and look at ways that we can support each other as a school community. We would love it if you could join us for an informal get together to share ideas and information about what is available to support children and adults in school and the local area... or to just have a chat!



Please support us this World Mental Health Day:

*'Mental health is a universal human right'.*

We can all play our part in increasing awareness about mental health and wellbeing, particularly by addressing the stigma that is often associated with mental illness.

## NUT ALLERGY

At St. Bede's Catholic Junior School we strive to provide a safe learning environment for all pupils. Some of our children have a severe allergy to peanuts/nuts. This allergic reaction (anaphylactic shock) can occur through ingestion of peanut/nut products, cross contamination and breathing nut dust in the air.

Since this condition can be life threatening, we are asking all members of the school community for their help in minimising the risk to these children by:

1. Not giving children nuts or nut products in their packed lunches. This includes peanut butter sandwiches, other spreads containing nuts such as Nutella and snacks/bars containing nuts;
2. Asking children not to share their packed lunches;
3. Not sending cakes or food items containing nuts into school.

It is important that all parents/carers carry out the suggested measures and reduce the risk of allergic reaction to these children.

Please note: where a member of staff notices a pupil eating a nut product, the product will be removed politely and the member of staff will explain why this has to be done. A message will then be sent to the parent/carer to explain what has happened so they are fully informed.

All school meals provided by Halton Borough Council's Catering staff are nut-free.



## REMINDERS FOR NEXT HALF-TERM: DATES FOR THE DIARY

**Parent/Carer Working Party:** The next Working Party meeting for parents/carers is on Tuesday 24th October at 5.30 pm. All parents/carers are able to attend. An agenda will be sent soon.

**School Photographs:** Wednesday 22nd November. All children should be in full uniform - no PE kits!

**Christmas Film Night (Y3-Y6):** Thursday 30th November from 3.30 - 5.30 pm. Tickets are £4.00 including refreshments

**Christmas Craft Fair:** Saturday 2nd December will be a great day to start your festivities with the Christmas Craft Fair. There will be lots of fantastic stalls; there will also be some arts & craft workshops for children to participate in too.

**Christmas Bingo:** Monday 4th December from 6.30-9.00 pm approx. There are some fabulous prizes to be won, including the usual chocolate extravaganza!

**Christmas Jumper Day:** Friday 8th December - £1 donation. This is always a fun filled day. Any Christmas jumpers, which no longer fit but are in good condition, are gratefully received for a Christmas jumper Swap Shop!

**Non-Uniform Day:** Wednesday 20th December - £1 donation.

## READING AT HOME

Reading is crucial to attainment and success in later life. At St. Bede's Catholic Junior School, we want to ensure that all children can read confidently and fluently. Research shows that children who enjoy reading are better readers, writers and are more able to access the curriculum.

### Read little and often

Just ten minutes a day will have an impact. We understand that children get tired, so sometimes reading just a few pages will help to reinforce a routine.

### Talk about it

You can talk about what you're reading as your child reads it. What is the story about? Why did that happen? What do you think will happen next?

### Mental Health

Frequent reading for pleasure can help to increase your child's well-being. Characters can often be role models and help support your child with empathy.

### Be Seen to Read

Make sure you are reading too. This could include books, magazines, newspapers, comics etc.

### Peace and Quiet

Make the environment peaceful and quiet. Go somewhere where there are no distractions and it is comfortable. Make it special.

When reading seems like hard work, imagine a world without books!

## RAINBOWS

When something significant happens in a family, the entire family is affected. Even though death, separation or divorce appear to be only grown up problems, they do have a profound effect on children. If a parent or close relative dies, or a separation or a divorce occurs, not only do the adults grieve, the children do too. In fact, everyone needs to grieve a loss appropriately. This is a time of pain, anger, sadness, bitterness and tears. Going through these stages into acceptance is a jagged journey. However, if individuals avoid the grieving process, the unresolved grief may become destructive.

Children find it extremely difficult to put their feelings into words because of their age and short life experience. The staff, and some governors, have been trained to help the children to work through their grief and begin to accept what has taken place in the family.

Beginning on 2nd November, there will be twelve weekly support meetings (six before Christmas and six after Christmas) for children who have lost someone close to them, particularly in the last twelve or eighteen months, through death, separation or divorce. The meetings will take place in school time. There will be between three and five children in each group. Nothing discussed during the meetings will be spoken about outside the meeting by the children. The children agree to this when they join the group. The adults guarantee confidentiality unless there is a risk of the child being harmed.

How RAINBOWS will help:

RAINBOWS helps by providing an emotionally safe setting in which children can talk through their feelings with other children who are experiencing similar situations. They are helped to articulate their feelings by a trained adult.

RAINBOWS helps by providing materials; workbooks, story books, games and activities, which form a structured programme to lead the children gently through the grieving process.

RAINBOWS helps by:

- supporting the children to rebuild their self-esteem;
- enabling the children to name, understand and come to terms with the many emotions they experience;
- reassuring the children who have anxieties or feelings of guilt;
- encouraging the children to move towards forgiving those people whom they feel have caused their pain.



SOME IMPORTANT POINTS:

RAINBOWS is NOT a counselling or therapy programme - this requires professional skills. A child showing severe symptoms of grieving should be referred for professional help.

A child who is receiving professional care WILL NOT be accepted on the RAINBOWS PROGRAMME without the consent of the person responsible for that care.

If a child has completed the programme in Year 3 or Year 5, then it is usually not appropriate in Year 4 or Year 6, as the work is on the same level. Level 2 involves children in Years 3 and 4 and Level 3 provides for children in Years 5 and 6.

Mrs. Lloyd-Green (Rainbows Co-ordinator)

## PUNCTUALITY PAYS

Many, many years ago (November, 2011!), the school introduced a new practice at the beginning of the day. Instead of lining up, children come into school from 8.40 am, go to their classrooms, take off coats, hats, etc., put away bags, packed lunches, etc., then sit down and read or undertake a quiet activity.

It was hoped that the new practice would have a positive impact on punctuality. It has promoted a more efficient start for the majority of children, but there are a significant number of children still arriving late.

Being late adds up to loss of learning:

- 5 minutes late every day adds up to 3 days lost each year.
- 10 minutes late every day adds up to 6 days lost each year.
- 15 minutes late every day adds up to 10 days lost each year.
- 20 minutes late every day adds up to 13 days lost each year.
- 30 minutes late every day adds up to 19 days lost each year.



Being on time means not missing out on learning, prayers and information!

N.B. Children arriving after the pupil entrance has closed at 8.50 am must be signed in, at reception, by a parent/carer.



# Live Simply

This monthly challenge encourages us to look at our personal responsibility for making choices that will enable us to **Live Simply, sustainably and in solidarity** with the poor. Each month we will be given a challenge to think globally and make a decision to take simple steps to bring about change for the better.

<b>September</b> I will Live Simply by Recycling. I promise to find out more about recycling in my local area and to encourage my family and school to recycle more.		<b>October</b> This month I will Live Simply by raising money. I promise to make a change for people living in poverty; giving items to the Widnes Foodbank.
<b>November</b> Raising awareness of Fair-trade. I promise to find out more about Fair-trade and encourage my family to buy Fair-trade products.	<b>December</b> Praying during Advent. I promise to pray for the people who do not have a safe place to sleep or enough food to eat this Christmas. I will give to the Sisters of Mercy Mission.	<b>January</b> This month I promise I will Live Simply by finding out about climate change and how we can reduce our carbon footprint.
<b>February</b> I will Live Simply by saving energy. I promise to turn the lights off when I leave a room and not leave things on standby.	<b>March</b> The Live Simply Challenge for March is 'Give it up' Challenge. I promise for the whole of Lent. I will give up something that I do not need and donate so others can have what they do need (food, water, shelter).	<b>April</b> The Live Simply Challenge for April is Recycle, Reduce and Reuse. I promise to write to local businesses about how they can reduce plastic. I will share successful stories from larger companies on how they reduce, reuse and recycle.
<b>May</b> Walking or cycling more. I promise to walk to school more often than I go by car.	<b>June</b> This month our challenge is to Live Simply by not wasting water. I promise to help the environment by turning the tap off when I clean my teeth.	<b>July</b> The challenge for the month of July is to persevere. I promise to Live Simply from now on because I know that by making small changes to my own life, I can help make the world a better place for everyone.