



FIRST RECONCILIATION

Congratulations to the pupils who received the Sacrament of Reconciliation for the First time, last week. We pray that restrictions on Public worship will be lifted soon to enable those children to complete the Holy Communion Programme and receive the Blessed Eucharist.

Children in Need Day: Friday 13th November 2020

On Friday the 13th of November, this week, the school will be joining in with the children in need appeal. Children can wear own clothes, fancy dress, sport's kit or anything yellow or with dots, like Pudsey. Children will join in with the super fun morning move. The

children's donations of £1 or £2 will be



sent to Children in need. Thank you.

The children in Year One were asked about smoke alarms and if they had any at home from the Fire Service online meeting. They asked the school to remind parents about checking their smoke alarms and if they are faulty to contact them through <https://lfrs.egressforms.com/Form/HomeFireSafetyCheck> and request that Red Watch Loughborough attend and it will be the crew that has spoken to the children in Year One.

Important Dates in November and December

- 11th November at 10.45- Year 3 will be leading the school in an online Remembrance Liturgy and a two minute silence. Poppies will only be on sale this week.
- **Friday 20th November:** Nottingham Diocese Youth Fun day. The school will be participating in this with schools from other Diocese's across the country.
- **Monday 23rd November:** Flu immunisations in school. Please ensure you have completed the online forms by Friday the 20th of November
- From the 30th November -11th December: Assessment weeks in school.
- Friday 30th November: beginning of advent and blessing of Class Advent wreaths: online Liturgy.
- **EYFS, Y1 and Y2 Nativities:** this year will have to be presented separately and dvd's filmed to be given to parents, as due to the current Covid restrictions, there cannot be whole school gatherings in the hall. The **Junior carol concert** will also be put together, with each class singing their carols, as sadly we will be unable to have the gathering in the church.
- **11th December:** Christmas jumper day
- 14th Dec to the 18th Dec: class Christmas parties
- 18th Dec: Last day of Advent 2 term
- Christmas holidays: 21st Dec to the 4th January 21.
- 4th January 21: Inset day- staff training
- 5th January 21: Lent 1 term begins.
- 29th January: School closed to pupils: Inset staff

November 9th Newsletter Route to Resilience Information

St Marys Catholic Primary School



ST THOMAS AQUINAS Accredited School
ROUTE TO RESILIENCE
CATHOLIC MULTI-ACADEMY TRUST
IN SCHOOL | AT HOME | FOR LIFE



Dear Parents/Carers

We hope you are well and are staying safe in this further time of lockdown. As a school we are praying daily for an end to the Pandemic. All of us have missed parents visiting school, watching school Liturgies and the Friday Achievement Assemblies, being involved with Coffee mornings or just visiting to see the wonderful learning that is happening in school. Although school routines are different, the staff are working hard to make the curriculum enjoyable and engaging. Through online activities, the children have engaged with visitors, such as Year One with the fire service last week, and Years Three and Four, learning to be financially smart through their money bank lessons. The children are improving their fitness skills with the Sport's coaches and years 5 and 6 are training to be play coaches at lunch times. Please call the school office, if you need any help in anyway. There is a food bank in the Parish hall, if needed.



St Mary's is a Route to Resilience Accredited School!

What is Route to resilience?

Funded as part of the local NHS Future in Mind programme, Route to Resilience is an evidence-based and practical approach to supporting schools and families in their work developing the emotional wellbeing and resilience of children and young people.

Future in Mind

In 2015, NHS England launched Future in Mind, a national report that articulated the need to set about tackling the problems with mental wellbeing in the early years to create a system that brings together the potential of the web, schools, social care, the NHS, the voluntary sector, parents and children and young people themselves. A local Future in Mind transformation programme was established by partner organisations - including the NHS Leicester City Clinical Commissioning Group (CCG), NHS West Leicestershire CCG, NHS East Leicestershire and Rutland CCG, Leicester City Council, Leicestershire County Council and Rutland County Council - that has sought to improve the local children and young people's mental health and wellbeing pathway through a series of fully-funded strategic commissions against each of the five big themes of the national report; including Route to Resilience

What is resilience?

There may be times or situations in our lives that are more difficult than others. The capacity to stay mentally well during those times is what we call 'resilience'. Resilience is not simply a person's ability to 'bounce back', but their capacity to adapt in the face of challenging circumstances, whilst maintaining a stable mental wellbeing.



We believe resilience is something that can change over time and that we, as individuals, have the power to change it. We believe that resilience can be taught, and learned, and that the elements that build resilience can be introduced into everyday life.

Some of the various benefits of becoming more resilient are listed below.

- Improved learning and academic achievement.
- Lower absences from work or study due to sickness.
- Reduced use of risk-taking behaviours
- Increased involvement in community or family activities and increased physical health.

Character Muscles

The following character muscles have been chosen by the staff, children and some of the parents of Saint Mary's school.

Confidence- A child's belief in his/her own abilities is derived from confidence.

Determination- The ability to continue trying to do something even though it is difficult.

Perseverance- Not giving up even when something is difficult.

Reflection- Helps to develop their skills and review their effectiveness.

Empathy- The ability to understand and share the feelings of another person.

Teamwork- A joint effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Integrity (Honesty)- telling the truth and having strong moral principles.

Questioning- The action of asking someone questions to develop a better understanding or if you are unsure.

Respect- Admiring somebody as a result of their abilities, qualities or achievements. Listening to others and considering their views.

Making links- Thinking in depth and connecting ideas and skills together.

Independence- Not relying on others and showing that you can do things on your own.

Resilience- The ability to bounce back from difficulties.

Positivity- The practice of being or the tendency to be positive or optimistic in attitude.

Risk-taking- The act of doing something that involves taking risks in order to achieve a goal.

Listening- Listening politely and respecting other people's ideas.

Communicating- Sharing your own ideas with other people in a variety of ways.

Appreciation- recognition and enjoyment of the good qualities of someone or something.

Forgiveness-The act of forgiving somebody or being forgiven .

Kindness- Being generous, thoughtful and friendly.

Creativity-The use of the imagination especially in the production of artwork.

Enthusiasm-Intense and eager enjoyment, interest, or approval.

Happiness-The state of being happy.

Fairness-Impartial and just treatment or behaviour without favouritism or discrimination.

Love of Learning-Students develop a love of learning when they realise that learning in terms of both content and method helps them throughout life.

Problem Solving-The process of finding solutions to difficult or complex issues.

Patience-The ability to accept or tolerate delay, trouble, or suffering without getting angry or upset.

Self-discipline-The ability to control one's feelings and overcome one's weaknesses; the ability to pursue what one thinks is right despite temptations to abandon it.

Growth Mindset- The belief that you can improve intelligence, ability and performance.

Pride/Proud- A feeling or deep pleasure or satisfaction derived from our own or other's achievements.



How will you see it in school? The staff model the characteristics in what we say and do with the children. We award children for using these character muscles through class dojo and the children are encouraged to model it through their work and play! When the Pandemic restrictions are lifted, parent's events will be organized, so school and families can work together to develop the character

16th - 20th November: Anti-bullying week

The staff and children are determined to keep improving the behaviour and reduce incidents of bullying in school. The children will be taking part in a range of activities next week. Look out for the ways they will involve parents too, in the theme United Against bullying. Children can wear odd socks on the 16th.



Technology Survey

Thank you for the 93 responses! If you've not filled it in yet, please go to your child's class page for the link. This will help the school allocate laptops given by the DFE to families.