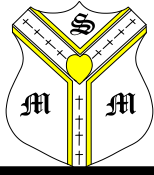


Saint Margaret Mary's Catholic Infant School Newsletter



Friday 29th January 2021

**NEW SCHOOL TELEPHONE 0151 477 8815
OUR OLD TELEPHONE NUMBER HAS NOW BEEN DISCONNECTED**



Children's National Mental Health Week

Monday 1st February– 7th February

Mrs Harris, our Learning Mentor and Mrs Perry, the Learning Mentor from the junior school have put together a brilliant pack of activities and ideas to help support the mental health and well being of our children.

The pack of activities can be found here;

<https://stmargaretmary.sites.schooljotter2.com/parents/well-being-award>.

On Friday 5th February we are inviting all children (whether in school or not) to “Dress to Express” by choosing and wearing clothing that expresses something about them. This could be something as simple as wearing their favourite colour or outfit.

We would love to be able to create a class “mood board” displaying the children and their families engaging in these fun activities. To support us in doing this please upload photographs onto Seesaw

During this time, taking care of our mental health and well being is more important than ever.

The theme of the activities is;

'Start your day, the wellness way'

For each day of the week, there are quick and easy activities that we can all do to help maintain our mental health and well being.

FIVE WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF




TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

 Mental Health Foundation
FOUNDED 1989



“Be yourself, because the people who **mind don't matter. And the people that **matter**, don't **mind**.”**
– Dr. Seuss

SAFEGUARDING

If you have a concern about the safety and welfare of any child, young person or adult, any member of the public can make an anonymous call to Liverpool Careline or Knowsley Mash.

Knowsley Mash 0151 443 2600
Liverpool Careline 0151 233 3800

If you have a concern about the safety and welfare of a child in school which you would like to share, please call school and ask to speak to a safeguarding officer.

All information will be kept in the strictest confidence but may be shared with other professionals to seek advice and support for that child and their family.

Our safeguarding officers are;
Mrs Maddocks, Mrs Harris, Mrs Jennings, Mrs Kerr



ST MARGARET MARY'S CHURCH

Father Ian has decided that during this time the church will not be open to the public for private prayer and daily Mass. This will be the case until the local rate of infections decreases.

[St Margaret Mary Liverpool - YouTube](#)

Please follow this link for the parish newsletter
[School Jotter - Site \(schooljotter2.com\)](#)

Seesaw Art Club with Mrs Codack

"Every child is an artist.

The problem is how to remain an artist when we grow up."

Pablo Picasso

Calling all budding artists!

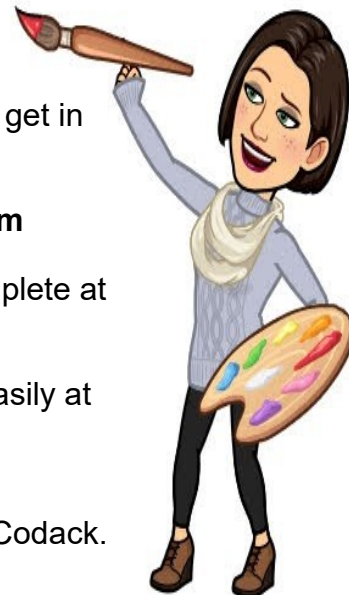
If you would like to join the Seesaw Art Club please get in touch with Mrs Codack by emailing;

sarah.codack@stmargaretmarysinfant.com

There will be a new activity posted each week to complete at your leisure.

Activities and projects will aim to use things found easily at home to encourage independence and creativity.

For more information please feel free to contact Mrs Codack.



Read With Me



FREE: Live Webinar Thursday 11th February 2021
Literacy Counts in Partnership with Cheshire East
Supporting Parents and Carers in Supporting Reading



This first session aims to help you:

- develop a love of reading with your child
- listen and respond to your child as a reader
- support positive interactions around books
- encourage conversations about books

This free webinar includes practical 'take away' activities and solutions for reading to and with your primary school child.

Read with Me

Date: Thursday 11th February 2021

Time: 3-4pm

7-8pm (repeated session)

Location: Zoom

3pm-4pm

<https://zoom.us/j/91478883218?pwd=V3VVQVdPdG5wVTNyT3d3SmhieW5vQT09>

Meeting ID: 914 7888 3218

Passcode: 777418

7pm-8 pm (Repeated)

<https://zoom.us/j/97442367663?pwd=Tk16Q0lrQk5sSVN0YUN2MEdpVmVLdz09>

Meeting ID: 974 4236 7663

Passcode: 489265