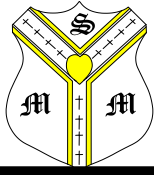


# Saint Margaret Mary's Catholic Infant School Newsletter



Friday 5th February 2021

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



Tuesday 9th February

Next Tuesday, is international 'Safer Internet Day.'

We use the internet all the time and it is a fabulous tool to have fun and to find out about the world. It is very much a part of our everyday life.

It is essential that our children use the internet as they grow and develop in a safe way. The link below gives lots of advice, information and activities for parents and carers to help their children to use the internet in a safe way.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-parent-or-carer>

## Top Tips for Keeping Children Safe Online

(From [www.saferinternet.org.uk](http://www.saferinternet.org.uk))

1. **Be engaged.** Talk regularly about how they use technology. Use it together.
2. **Be aware.** Explore the online features of the devices you already own in your family and the devices you might buy for your child in the future. Knowing how to activate and use parental controls can help protect your child from seeing inappropriate content online.
3. **Be there.** Allow children to use internet devices where you are present. Encourage your child to always tell you if they see something which upsets or frightens them.

## Top Tips for Children using the Internet

1. **Be the change.** Always be kind and respectful.
2. **Be sensible.** Always tell an adult if something worries or upsets you.
3. **Be careful.** Don't share your address, phone number or email.
4. **Be a detective.** Always ask an adult to check out information or sites first.
5. **Be safe.** Never agree to meet up with something you have met online.

## **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.



## **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 \(schooljotter2.com\)](#)

## **REMOTE LEARNING**

### **HANDY HELPFUL HINTS**

1. Have a daily routine, as you would for getting ready for school. This helps your children to know what they need to do each morning.
2. Make weekdays and weekends different.
2. If your child is finding any work difficult or if you're having any problems, let your class teacher know. We're here to help.
3. If something has happened and you have missed a few days or didn't quite get everything done, start again from the next day. Do not try to catch up with work from previous days.
4. We know it is hard at the moment. The wellbeing of you and your children is the most important thing. Do what you can.
5. Thank you for the wonderful support you have shown in helping your children continue to learn.

We think you are doing a wonderful job.





# WEEKLY MEAL PLAN\*

## For Under £15



### Monday

For lunch, prepare half the can of beans as per the instructions on the label. Remember to store the remaining beans for use later in the week.

**3 of your 5 a day**

#### Breakfast

Malted wheaties with chopped banana and milk

#### Lunch

Beans on toast with a boiled egg

#### Snacks

2 smart price fromage frais, 2 garden gang easy peelers

### Tuesday

For lunch, use around a fifth of the pot of tuna mayonnaise and remember to store the rest for use later in the week.

**3 of your 5 a day**

#### Breakfast

2 smart price fromage frais, slice of toast with butter topped with banana slices

#### Lunch

Tuna and sweetcorn sandwich with crunchy carrot sticks

#### Snacks

Glass of milk and garden gang apple slices

### Wednesday

Our snack today uses the leftover tuna mayonnaise from yesterday. Use another fifth of the pot and save the rest for use later in the week.

**4 of your 5 a day**

#### Breakfast

Beans on toast with a boiled egg

#### Lunch

Jacket potato with butter, omega 3 fish fingers and peas

#### Snacks

Cucumber sticks with tuna and sweetcorn dip, garden gang banana

### Thursday

For lunch today, toast a pitta bread and chop into soldiers. Also chop up slices of pepper. The pitta and pepper dippers can then be dipped into the tuna mayonnaise and houmous dips - delicious!

**3 of your 5 a day**

#### Breakfast

Toast topped with butter and chopped banana

#### Lunch

Tuna and sweetcorn dip and houmous dip with pitta and pepper dippers

#### Snacks

2 smart price fromage frais, 2 garden gang easy peelers

### Friday

**4 of your 5 a day**

#### Breakfast

Malted wheaties with chopped banana and milk

#### Lunch

Fish finger sandwich with cucumber sticks

#### Snacks

Slices of red pepper and sliced garden gang apple

### Asda Shopping List

All under £15\*\*

- Asda Malted Wheaties Cereal
- Asda Unsalted Butter 250g
- Asda Semi Skimmed Milk 4 Pints
- Kingsmill Medium 50/50 Bread
- Asda Reduced Sugar & Salt Baked Beans in Tomato Sauce 410g
- Asda Smart Price Fruit Fromage Frais 12 pack
- Asda Garden Gang Apples 6 pack
- Asda Garden Gang Bananas 8 pack
- Asda Garden Gang Super Easy Peelers 500g
- Asda Tuna & Sweetcorn filling
- Asda Wholemeal Pittas
- Asda Grower's Selection Carrots 500g
- Asda Grower's Selection Cucumber
- Asda Grower's Selection Loose White Baking Potatoes
- Asda Grower's Selection Red Pepper
- Asda 10 Omega 3 Fish Fingers
- Asda Frozen for Freshness Garden Peas 1kg
- Asda Houmous 200g
- Asda 6 Medium Free Range Eggs

### Top Tips

- Remember to stay hydrated by drinking lots of water
- Fruit and veg is packed full of fibre, and why not try chopping your fruit into fun and interesting shapes?
- To speed up the jacket potato, heat in the microwave before crisping up in the oven, or you could substitute for pasta if you're short on time!
- For older and more active children you can increase the portion sizes or add an additional snack to their day

\*This meal plan has been developed in line with UK dietary advice by Asda's qualified nutritionists. It is aligned to nutritional requirements for children with respect to calories, fat, saturated fat, protein, fibre and salt and provides at least 3 portions of fruit and vegetables per day. Meal plan is based on feeding one child. For older or more active children, larger portions may be required. \*\*Prices correct of 29/03/2021. Selected Asda stores, subject to availability.

**ASDA**  
**FIGHT**  
**HUNGER**  
**CREATE CHANGE**

## Family Learning

**Below you will find some information about the latest Family Learning courses on offer. Please get in touch if you would like any more information, or to book onto one of the FREE courses.**

**Key Stage 2 Maths (Year 3 – Year 6)** - If you would like to know how you can support your child with learning the 4 rules of number (addition, subtraction, multiplication and division), we offer a series of 2 workshops called 'Key Stage 2 Maths'. These sessions are offered remotely via Zoom and take about 2 hours. You will be given information on how children in Key Stage 2 are taught maths, exploring a range of methods used in schools today. You will also receive ideas for how you can support your child.

### Key Stage 2 Maths – 2 sessions

		Tutor
9.30am – 11.30am	Friday 5 <sup>th</sup> March – Session 1 Friday 12 <sup>th</sup> March – Session 2	Annmaria
1pm -3pm	Friday 5 <sup>th</sup> March – Session 1 Friday 12 <sup>th</sup> March – Session 2	Vicky

**Keeping Up With The Kids Maths** - is a 5 week course covering all aspects of maths. We have an Early Years version for parents/carers of children in Nursery –Y2 and a Key Stage 2 version for parents/ carers of children in Y3 –Y6. You will be able to brush up your maths skills in order to be able to support your child more effectively. We will explore the latest teaching methods being used in schools. You can do any or all of the courses on offer. We will provide you with the activities, instructions and resources, and support you to have a successful learning experience. The course is delivered via Zoom. You will meet for an hour per week as a group . See the timetable below for further details.

### Keeping up with the kids Maths - Week commencing 22<sup>nd</sup> February 2021 - 5 weekly sessions

	Monday	Tuesday	Wednesday	Thursday	Friday
10am - 11am		Annmaria KUWTK Numeracy Nursery –Y2	Vicky KUWTK Numeracy Nursery – Y2		Vicky KUWTK Numeracy Y3-Y6
1pm – 2pm	Vicky KUWTK Numeracy Nursery – Y2	Annmaria KUWTK Numeracy Nursery –Y2	Vicky KUWTK Numeracy Y3-Y6	Vicky KUWTK Numeracy Nursery-Y2	

**Connect 5** - is a course to support families to develop their resilience and manage their emotional health and wellbeing more effectively. We have re-modelled the course for remote delivery via Zoom. It will run over 5 weeks with sessions lasting approximately one hour. The course gives parents/young people an understanding of mental health, it looks at the teenage brain and issues teenagers/young people face and offers strategies for managing stress and building resilience.

### Connect 5 - 5 weekly sessions

1pm -2pm	<b>Dates for the course:</b> Tuesday 23 <sup>rd</sup> Feb, 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> and 23 <sup>rd</sup> March 2021	Tutor - Vicky
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**To book a place choose the day/time which suits you best and ring/email the relevant tutor.**

Annmaria - 07825 117 500 [annmaria.miller@knowsley.gov.uk](mailto:annmaria.miller@knowsley.gov.uk)

Vicky - 07825 117 487 [victoria.powell@knowsley.gov.uk](mailto:victoria.powell@knowsley.gov.uk)

**ALL Family Learning courses are FREE to everyone. If you do not wish to use Zoom but would still like to take part in our courses, please get in touch and we can discuss other ways we can support you to take part. We look forward to working with you soon. □**