

St Martin's Newsletter



SPRING TERM - Friday 22nd March

Attendance

Whole school attendance this week is back up to **93%**. Well done and thank you for your support 😊

Extra Curricular Clubs

There are **no clubs** after school next week, please arrange for the children to be collected at the normal time of 3.25pm unless you book them into after school club. Please remember there is no afterschool club available on Thursday.

Easter Break

A reminder that next week we finish for Easter on **Thursday 28th March** at **1:30pm**. We return to school on **Monday 15th April** at normal time.



St Martin's Stars

Well done to everyone who got a certificate this week.

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

Pre-School – Layla C

Year R – Fraser H

Ava-Grace C

Year 1 – Ruby-Rae C & Addison Hone

Mabel R

Year 2 – Joshua N & Dougie S

Harper MK

Year 3 – Fyona M & Pennie S

Lennox R

Year 4 – Ewan W & Noah MC

Ella C

Year 5 – WHOLE CLASS

Gabby M

Year 6 – Sam S & Jayden H

Sam S

Family Learning Workshop

A reminder that the **Online wellbeing** for Year 4, 5 & 6 is this **Wednesday 27th March, 2024** at 1.30 – 3.00 pm.

These are available to book on using the school spider app but there are limited places left.

No Smoking/Vaping

A reminder that school is classed as a public building and as such, it is **illegal** to smoke or vape anywhere on the grounds. This includes on the playground. Please be respectful and remember there are children about.



Y5 Shakespeare Performance

Yesterday, the **Y5 class** performed an amazing version of Romeo and Juliet in Norton Priory. We will be performing this for parents to come and watch on **Wednesday 17th April** at 2.45pm.



Stations Of The Cross

Easter is a very special time in the Church and to remember this each class has created a piece of art to represent different Stations of the Cross. Parents are invited to come in on **Thursday 28th March** at 1pm to view the Stations with your children before taking them home. Year 6 will be leading the prayers at each Station.

Attendance

Year R - 94% 2 Lates

Year 1 - 98% 6 Lates

Year 2 - 95%

Year 3 - 93% 5 Lates

Year 4 - 89%

Year 5 - 91% 8 Lates

Year 6 - 90%

4 Classes with less than 10 lates

Well done to year 3, this weeks Dojo Champs

Anyone who comes into school after 8:50am is marked as late. Please try to be an attendance



Mass

All children making their First Holy Communion this year should attend mass this weekend for **PalM Sunday**. Please let a catechist know you are there so they can add your name to the register.



Fundraising Events

Part of our Lenten Journey is to give to worthy causes We have started the **Big Lent Walk** to raise money for **CAFOD**. As a school we need to walk a total of at least 200km. Each class will contribute from preschool to Y6. If you would like to donate/sponsor your child you can do so by following this link to our JustGiving page.

<https://schools.walk.cafod.org.uk/fundraising/cafod-big-lent-walk185>

https://trk.justgiving.com/f/a/hyaZXC_tujofwYxNxrNkRQ~/AAME8QA~/RgRnyu3ePOSYaHR0cHM6Ly9y2hvb2xzLndhbGsuY2Fmb2Qub3JnLnVrL2Z1bmRyYWlzaW5nL2NhZm9kLWJpZy1sZW50LXdhbGsxODU_dXRtX21lZGl1bT1lbWFpbCZ1dG1fc291cmNlPVBvc3RPZmZpY2UmdXRtX2NhbnBhaWduPURTX0VWRU5UUy1MRkNfVHJhbnNfUGFnZUNyZWFOZWRXA3NwY0IKZeLeaOhloelCPlldaGVhZEBzdC1tYXJ0aW5zLmhhbHRvbi5zY2gudWtYBAAAAAM~. We have now walked 243km (our target was

200km) and raised **£55** 😊 Further donations are very welcome.

Last Friday we raised **£106** for **Comic Relief**.

On **Wednesday 27th March** we will doing the 'Hop for the Haven'. Children can buy headbands to wear during the hop and sponsor forms have been sent home. All money raised goes to Halton Haven Hospice.

Next Week

Monday 25th March

Y5 Easter Journey morning
Holy Week reflection

Tuesday 26th March

Tiny steps graduation photos
Y6 leavers photos
Decorate the egg competition run by school council

Wednesday 27th March

Whole school Mass @ 10am
Special Easter lunch
Hop for the Haven

Thursday 28th March

Easter Bonnet parade
Easter egg raffle draw
Stations of the Cross exhibition
School closes at 1.30pm

Decorate the egg competition – all entries should be brought into school on Monday or Tuesday. To enter please pay £1 on the school gateway – winners from each class will win an Easter egg. **Hop for the Haven** – After Mass on Wednesday all the children will 'hop' across the playground to raise money for Halton Haven. Headbands are £1 and can be purchased on the gateway. Sponsor forms should be brought back to school by Wednesday. **Easter Raffle** – Raffle tickets are available to buy on the gateway app for **50p** an entry. First prize is a chocolate easter hamper with many runner up prizes of easter eggs.

Guess the Bunny's name – £1 per guess available on the gateway – bunny's name will be chosen at random



Parent Guides

This week's guide contains expert advice on having open conversations at home about what goes on online <https://nationalcollege.com/guides/10-top-tips-for-parents-and-educators-encouraging-open-conversations-at-home>. Click the link or see the attached guide for more information.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here; you could consider regular trips to a coffee shop or a café, or just a weekly walk.

9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College