



St Joseph's and St Edmund's Catholic Primary Schools

St Joseph's Roman Catholic Primary School- Newsletter 10 9th February 2024

Dear Parents, this week in school we have been thinking about Children's mental health and Safer Internet Day. The focus this year for mental health week is encouraging children to use their voices. As adults, we should try to empower children and young people to speak out, providing them with time, space, and opportunities to express themselves. Enabling children and young people to use their voice can have a positive impact on their health and wellbeing. Research has shown that children and young people who feel that their voices are heard have higher levels of self-efficacy and self-esteem. They also have a greater sense of community they are better equipped to work together, to create positive changes for themselves, and for others. In school we teach the children that their voice matters and they will always be listened to.

In the news children's access to technology is hotly debated. Today, most children are exposed to some form of digital content; this may not always happen at home, so we must teach the children how to protect themselves, and to have the confidence to alert adults when they need to. In class the children have read the Chicken Clicking book by Jeanne Willis, which is available on you tube. I have included the link for you to read the book at home, it is an excellent starting point for lots of on-line safety discussions.

<https://www.youtube.com/watch?v=FSasSWwi5Tk>

We take seriously our responsibility for online safety and have recently had whole school online safety training for all staff. We use the Suffolk County Council Smoothwall filtering.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers>

Please use the link to access lots of information about using the internet safely. There are many links that will provide specific advice on a range of subjects.

<https://www.place2be.org.uk/our-services/services-in-schools/mental-health-services-for-parents-and-carers/>

Please use the link to access free parenting courses and advice about children's mental health and how you can support your child.

Recommended reading list to help children with specific issues

- Helping your child with fears and worries by Cathy Creswell.
- What to do when your brain gets stuck by Dawn Huebner.
- What to do when you worry too much by Dawn Huebner.
- No Worries by Dr Sharie Coombes.
- Me and my feelings by Vanessa Green Allen.
- Various self-help books for kids by Poppy O'Neill.

Please come along to the drop-in sessions being held in school, so you can learn more about how your child is taught. These drop-ins have a maths focus.

Drop- in dates	9.00am	2.30 pm
Monday 12 th Feb	Elijah	Noah
Tuesday 13 th Feb	Samson	
Wednesday 14 th Feb	Jonah	Abraham
Thursday 15 th Feb	Moses	Solomon

Regular Mass Times

Saturday evening- 17:00

Sunday Morning Mass- 9:15am

Parish Priest: Father Peter Brett

Tel: 01787 372703

Email:

romancatholicchurch@btinternet.com

Web: www.sudburywithhadleigh.com



About Suffolk Info link

www.suffolk.gov.uk/infolink

For information about Suffolk's services and for people needing advice and support use this link to access information on a range of subjects.

Safeguarding

0808 800 4005

To make a safeguarding referral about a child if you are concerned they are at risk of harm. Or dial 999 in an emergency.

Donations please- we are looking for unwanted comics or comic books, dressing up clothes and chess sets for use in our outside area and the calm zone.

<https://www.suffolklibraries.co.uk/whats-on>

Please don't forget that Sudbury library have so many events and children's activities going on. They also offer access to podcasts and videos online. This month the children can join the Suffolk Libraries Day Book Festival online. There is the opportunity to purchase tickets for live interviews of famous authors. These cost £7 per author and are more relevant for KS2 children.

- There is a weekly LEGO club 2.30-4.00pm every Saturday costing just 50p.
- Sunday- Funday Craft Club 11-3pm FREE
- Saturday story time for little one 10.15-10.30am and this is free.



Solomon did plenty of French speaking on Thursday, as they were taking part in a pizza role play: it was a good opportunity to use all the shopping phrases and pizza ingredients names we had been learning in French this term, and to practise returning the correct change (in euros!) once payment was made.



Year 3 have been using their sewing skills to sew a letter onto felt. This will make a cover for a cushion when they're finished. It has been tricky work; they have been threading needles and using running stitches. The children have been working with their peers, encouraging and supporting one another, and they demonstrated great problem-solving skills and resilience.

The children in Noah Class had a visitor, Pippa's daddy who is a firefighter. The children asked lots of questions and looked at the equipment he had brought in. The children really learned a great deal. We are very thankful that Mr Underwood kindly took the time to come in on his rest day.

The children are studying the tale for Writing text, The Little Red Hen. They followed a simple recipe to make bread rolls. They noticed the changes in the dough when they added the yeast and were excited to see it rise. They kneaded the dough and then rolled it into a roll shape. They took them home to eat.



The Mini Vinnie children thought they would tell their friends how special they are, so they made cards and put a friendship prayer inside.



Follow us on X-
To find out how we did today. We went to the County Athletics final in Newmarket.

We are Ready.
Respectful &
Responsible learners



The children in Noah class had lots of fun on Thursday creating an abstract piece of art using teabags, string and flicking. They watched a clip of fireworks, set to the BBC Philharmonic Orchestra, to get inspiration.

Elijah children's PE focus this term is gymnastics. The unit is called 'wall, tall, ball.' The children pictured are demonstrating the correct seated position called the bear and are waiting for the next instruction. I watched them use their bodies to create different pasta shapes.



Diary dates

WB 12th February
13th February- Shrove Tuesday
13th February Moses/ Elijah Animal Experience
14th February — Ash Wednesday
Start of Lent 9.00am service
19th February — 23rd Half term
27th February Year 5
1st March KS2 Archery competition
4th / 5th March Bikability
7th March — World Book day
12th March- First Holy Communion enrolment 6pm Parish Church
12th Year 3 Mass 10.00am
12th March Friends volunteer Meeting 2.30pm for the Easter Breakfast- Stations of the Cross and Easter Bingo
18th March Ignite visiting
19th March Whole school Mass
25th March 12.00pm Mini Vinnie's litter picking with Town council
26th March AM-Easter Breakfast PM- Stations of the Cross
27th March- Charity day- Break the rules for CAFOD- 50p each rule. Cake Sale and squash on sale at the Easter Bingo- profits to CAFOD
Bingo starts 3.20pm until 4.15pm 50p a game.

28th March- last day of term