



Newsletter

No. 9. 1st February 2019

Website: www.ourladys.devon.sch.uk

Twitter: @OurLadys_School

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In Our Lady's Catholic Primary School we learn about God and try to follow his footsteps by showing care and respect for one another.

Children's Mental Health Week—4th February 2019

Next week is Children's mental Health Week. There will be lots of activities going on for the children around the school.

We have attached some hints and tips at the end of this newsletter.

Our assembly on Thursday morning will be focussing on this subject. All parents, carers and friends are welcome to attend from 9.15am.

We will upload photos from the day on our website and twitter pages.



School Uniform

Thank you to those children who are making sure that they are wearing the correct uniform and school shoes. We have noticed children are looking particularly smart around the school.

PTFA

The PTFA will be holding a meeting on Monday 11th February at 9.15am to discuss forthcoming events and fundraising ideas. All are very welcome to attend.

The next PTFA event is a film night on Thursday 28th March from 5.30pm until 7.15pm.

The PTFA are dedicated to raising funds for the school and your children.

The next newsletter will go home on:

Friday 15th February 2019

School Clubs

Below are the clubs that are running this term, the finishing time, the adult responsible and the start date for the club.

Monday Gymnastics Club (Yr3&4) (4.15pm)
Miss Sloman (Fee)

Tuesday Homework Club (Yr 3&4) (4.15pm)
Mr Meech and Staff

Netball Club (Yr 5&6) (4.30pm)
Mrs Houle (Alternate weeks Y5 & Y6)
Year 5 29/1, 12/2, 5/3, 19/3
Year 6 5/2, 26/2, 12/3,

Wednesday Homework Club (Yr 5&6) (4.15pm)
Mr Meech and Staff

Friday Multiskills Club (Y1&2) (4.15pm)
Miss Sloman (Fee)

Please ensure that you collect your child promptly at club finishing time.

Don't forget if your child is a pupil premium child (in receipt or has been in receipt of means tested free school meals) any fees for clubs or music tuition are half price. Please see a member of the Admin team if you require any further information.

Reading Tip

Read favourites again and again.
Encourage your child to re-read the books, comics and poems they love. Re-reading helps to build fluency, understanding and confidence.



Dates for your Diary



1st Feb	NSPCC Numbers Day
4th Feb	KINGFISHER Class to see Annie at PCC
4th Feb	Children's Mental Health Week
4th Feb	Netball at Park School (Y5&6 Invitation only)
5th Feb	Internet Safety Day
5th Feb	Netball Club Year 6
6th Feb	Swimming for EAGLE Class
6th Feb	1st Holy Communion Session 5pm
11th Feb	Last Gymnastics Club
11th Feb	PTFA Meeting 9.15am
12th Feb	Netball Club Year 5
13th Feb	Swimming for EAGLE Class
13th Feb	1st Holy Communion Session 5pm
14th Feb	EAGLE Act of Worship 9.15am
15th Feb	Non Uniform Day for North Devon Hospice (Pitch in a Pound)

Friday 15th February: Half term begins at 3.15pm
Monday 25th February: School Returns

Congratulations

Very well done to the following children who have recently achieved Headteacher Awards:

Cody Wonnacott	Tiani-Faith Passmore x2
Rainie-Rae Hawkins	Rosa Wells
Scarlett Rudge	Francesca Doherty-
Lilah Walsh	Godfrey
Haydon Moore	Lilly-Rose Dunlop
Skye Duxbury	Solomon Davey
Lexie Rolfe	Romeo Hleza
Chloe Brown	Pablo Wright-Inarejos
Paige Loman.	Ella Hutt
Maddison Daniel	Tiana Marozwa
George Roberts	Jessica Lake
Annabella Trickey	Finlay Silverlock
Kodie Harmer	Charlie Yeaman
Reese Elshout	Immanuel Mathew
Charlie Elshout	Rainie-Rae Hawkins
Reagan Fee	Amy Bulley
Caitlin Clarkson	Dakota Skinner
Caleb Hughes	Alisha Lancey
Noah McCluskey	Harry Oke
Ben Braunton	Lily-May Morgan
Harry Barnard	Ben Braunton



We are very proud of you.



Reach for the Stars!

Well done to the following children who had achievements in the following areas:

Congratulations to **Darcie Steele** who was awarded a STANley level 5 Award for Swimming.

Well done to **Tianna Mallaband-Whitham** who was awarded the Brownie Point Cup for her group gaining the most points.

It is wonderful to be able to celebrate the hard work and talents of our pupils. Children are invited to bring in their certificates, medals and good news on a Thursday morning so that they can be given out at assembly and celebrated in the school newsletter.

Attendance

Congratulations to **Kingfisher** who have the highest attendance so far this academic year at **97.1%** closely followed by **Eagle** at **96.5%**. Attendance for the whole school is **96.2%**.



Holy Communion 2019

The 1st Holy communion Programme 2019 is detailed on page 5 of this newsletter.

1st Holy communion will take place on Sunday 16th June 2019 at 9.30am mass.

The school website continues to be updated regularly. Class information (including homework and parent information sheets) are all on the website for this term.

The term dates for both 2018-19 and 2019-20 can also be found on the website.

www.ourladys.devon.sch.uk



Barn-a-b's at Our Lady's

We are pleased to be able to put on a "nappy to potty information session" about toilet training on the 7th March at 9:15 in the staff room, with Debbie Richards a paediatric nurse. All are welcome. If you have friends or family that will be near this toilet training stage too, please bring them along.

We are hoping to reposition our cloakroom in the near future. The aim is to give the children their own named peg for their coat and belongings. This will give us more room where the coats currently are, and give the children more independence and enable them to take better care of their things.

Thank you for your patience with the cloakroom as it is at the moment.

Useful Links for Parents of Special Educational Needs Children

Devon local offer:

<https://new.devon.gov.uk/educationandfamilies/special-educational-needs-and-disability-send-local-offer>

Integrated Children's services:

<http://devon.integratedchildrensservices.co.uk/>

DISCplus on facebook or

<https://www.pinpointdevon.co.uk/>

North Devon Autism Forum:

<https://ndfautism.co.uk/>

PANDA (Promoting Autism and Neuro Diversity Awareness) PANDA is a new group in North Devon for young people with Autism. You can register with the group online and access blogs, news, stories, information and resources. To find out more go to: <http://pandacharity.org/>

Half Term Sports Club

Don't forget that Primary Sports Education will be running a holiday club during half term week on Monday 18th, Tuesday 19th and Wednesday 20th February. Cost is £10 per day if booked before Friday 8th February. Please see the school office for a booking form if you are interested.

Citizen of the Week

These children demonstrate the values of being a British citizen. They make the most of their opportunities in school using their voice to help others and engage fully in the life of the school.



We will be announcing the Citizen of the week at Prayer and Praise on a Thursday. All Citizens will receive a certificate and their photo will be displayed around the school outside their class on the British Values board.

Very well done to the following children who are our Citizens of the week since our last newsletter:

Nicola Osumek

Oscar Yeaman

Poppy Shaddick-Banwell

Aneta Wentura

Adam Lawlor-Smith

Darcie Steele

Alysha Stribling

Raine-Rae Hawkins

Maddison Daniel

Harper-Grace Brown

Darcie Harrison

Charlie Elshout

Jasmine Hooker

Olivier Blaszczyk

Leah Loder-Reid

Haydon Moore

Kyle Sherrington

George Kerswell

Leila Boundy



**May the Lord
constantly bring us to
himself,**



**forgive our sinfulness and help
us to help each other. Amen**

Swimming for OWLClass

Just a reminder that OWL class will commence swimming for 6 weeks on Wednesday 27th February.

Please ensure your child comes to school with their swimming kit and an appropriate coat to enable them to walk to the Leisure Centre.

Permission letters for your child to wear goggles will be sent home shortly. Thank you.

Sign up to School Closure E-Mail Alerts

Parents and guardians across Devon can find out if their child's school is open by signing up to free email alerts.

The process is simple. Go to https://public.govdelivery.com/accounts/UKDEVONCC/subscriber/new?qsp=UKDEVONCC_4 and enter your email. The prompt will ask you to tick the box or boxes of the school or schools you want the latest information on.

The email information you will receive will also contain school route information and whether bus services for that school are operating.

You can also visit Devon County Council's Education and Families website <https://new.devon.gov.uk/schools/closure/> which will list which schools are closed.

*Please note the information is updated by each school.



Barnstaple History Event—Tech Tales

Barnstaple Library are holding a history workshop on Saturday 2nd February from 11-12 noon for 10-15 year olds. This is a free workshop taking children through an interactive 'learning and making' history workshop that focuses on the local history of Barnstaple and North Devon through the theme of 'Big Tech—Local Ties'.

To register please email techtalesbarnstaple@gmail.com

Plough
Youth
Theatre



the plough

@ St Anne's



ThePlough@StAnne's, Barnstaple, is really excited to announce that Claire Barker and Usborne Books have kindly given their permission for the group to produce a performance of 'Knitbone Pepper' as part of this years Fringe TheatreFest.

If your child is aged 8-12 years old and would like to be involved in this exciting project please contact sharon@theploughartscentre.org.uk for more information on membership of The Plough Youth Theatre.



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the plough
@ St Anne's

Sat 15 Sept - 15 Dec (Excl 27 Oct, 10 Nov)
Sat 26 Jan - 23 Mar (Excl 16 Feb)

Learn new skills, make friends and perform in this historic building!

PYT @ St Anne's (8-12yrs)
10.30am - 12.30pm
£75/£60 Supporters

Fee to be paid on the first session of each term

To find out more & book a FREE
taster session contact our
Box Office on 01805 624 624
or drop Sophie an email
sophie@theploughartscentre.org.uk

Plough Youth Theatre

ap achates philanthropy PRIZE
With support from the Davie-Barnstaple Trust

BARNSTAPLE TOWN COUNCIL

Our Lady's School takes incidents of bullying, including on-line safety seriously. For further information the school's policy is available on our website or please see your child's class teacher if you have any concerns. www.safer.internet.org.uk

St Mary's Barnstaple

1st Holy Communion Programme 2019

Programme Co-ordinator – Geraldine Herage 07947 624135
gherage@olcs.uk

Meetings will begin at 5.00 pm and finish at 6.30 pm.
(Please try and be on time as it can affect others adversely ... thank you)

Programme dates:

Wednesday 30th Jan Introductory Meeting with Father John and
Catechist Team

Wednesday 6 Feb	(1) Introductory Session
Wednesday 13 Feb	(2) In the Name of the Father

Half term

Wednesday 27 Feb	(3) Lord Have Mercy
Wednesday 6 March	(4) Confession with Father John (In church)
Wednesday 13 March	(5) Celebrating our rescue
Wednesday 20 March	(6) God helps me get It right
Wednesday 27 March.	(7) Glory to God In the highest
Wednesday 3 April.	(8) The word of the Lord

Easter Break

Wednesday 1 May	(9) Bread to offer
Wednesday 8 May	(10) Fruit of the Vine
Wednesday 15 May	(11) Do this in Memory of Me
Wednesday 22 May	(12) Body of Christ

Whitsun Half Term	
Wednesday 5 June	(13) To Love and To Serve
Wednesday 12 June	(14) Holy Communion Practise

The First Holy Communion will take place at
on Sunday 16 June 2019 at 9.30am Mass

Many thanks for your co-operation.



**Children's
Mental Health
Week 2019**

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Healthy: Inside and Out!

How do you stay healthy? You might think about the things you do every day to look after your body, like eating food, being active and making sure you get enough sleep.

But did you know that it's important to look after your mind too?

And did you know that some of the things you do to look after your body can help your mind?

The children's charity Place2Be wants all children and adults to think about how they look after their bodies and minds. When we take steps to be **Healthy: Inside and Out**, it helps us to feel good, do well and deal with difficult things that happen!

Here are three tips from Place2Be about being 'Healthy: Inside and Out'

- **Pick something you already do to look after yourself and try to notice how it makes you feel.**
For example, eating fruit, playing football in the playground, reading a relaxing story at bedtime. When you do it, do you feel happy? Excited? Full of energy? Calm? Why do you think you feel like that?
- **Ask your family, friends and teachers about what they do to look after themselves.**
Do they have any good ideas? Why do they do it? How do they make sure they keep doing it?
- **Decide one new thing you can do to look after your body and your mind. It doesn't have to be big or tricky – and you could find a friend to do it with you! For example, you could try to drink only one fizzy drink a week, or do five star jumps every playtime, or do something relaxing to help you sleep better. Keep a diary or a blog about how it makes you feel. If it doesn't work, it's OK to try something else! Find something that makes you feel Healthy: Inside and Out.**

Remember – everyone's bodies and minds are different. There's no such thing as a perfect body or mind and no one is perfectly healthy. People might pick different things that help them feel Healthy: Inside and Out, and that's OK.

If you're not sure about something, you can find an adult who you trust to talk to – it could be someone in your family, a teacher, or someone else in school.



Children's Mental Health Week 2019

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (4-10 February 2019) is Children's Mental Health Week.

The Week was set up by the children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health.

This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about?

When we think about healthy living, we tend to focus on looking after our bodies – our physical wellbeing – through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds – our mental wellbeing – too. We know from our work in schools that children in every class have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be **Healthy: Inside and Out**, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

- **Chat with your child about what you do to look after your body and mind**, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.
- **Praise your child and other family members for what they do to look after their body and mind** – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- **Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy!** Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- **Do something regularly with your child to be Healthy: Inside and Out.** Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Don't forget, if you're worried about your child, you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice for parents on our website

www.place2be.org.uk/usefulcontacts

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be's vital work.