



St Joseph's Catholic School Newsletter No. 10

Friday 17th November 2023



Dear Parents and Carers,

We would firstly like to thank those of you who were able to attend the two Parents' evening nights this week as it is a great way to build the home/school partnership further. Thank you for all the positive feedback we received, it really is greatly appreciated.

Also this week all classes were involved in lessons linked to Anti-bullying week and it was great to see so many colourful socks for Odd Sock Day on Monday! Year 6 also visited Alton Castle as part of their preparation for this weekends' Confirmation Masses. We would like to wish Year 6 children the best of luck this weekend when Bishop David Evans will Confirm them, we look forward to celebrating this occasion with them.

Finally, well done to Year 5R, Mr Rothwell and Mrs Bowkett for a wonderful class assembly which all of Key Stage Two enjoyed.

Dates for next week-

- **Wednesday 22nd November 9am Year 4R class assembly.**
- **Thursday 23rd Year 3 Stone Age Man Visit to St Joseph's**
- **Thursday 23rd 3:30pm- 4:30pm PTA AGM at school- all are welcome**
- **Friday 24th 9am Year 6 Mass of Thanksgiving in school- All Year 6 parents and carers welcome.**

Attendance

Well done to Class 3J and Class 6J for 100% attendance!!

FYBS	99.22%
FYM	89.71%
Y1S	99.11%
Y1L	88.89%
Y2E	96.67%
Y2K	95.42%
Y3J	100%
Y3G	97.5%
Y4L	95.83%
Y4R	97.08%
Y5W	96.12%
Y5R	99.19%
Y6J	100%
Y6H	97.41%

Safeguarding Newsletter

Please see attached the safeguarding newsletter which the MAC have produced which this term focuses on CCE.

Mental Health Audit

We have received our mental health audit back, thank you to all of the parents who took part in this important survey. We are happy with the report and it celebrates many of the wonderful things we do here at St Joseph's to raise the profile of Mental Health, this includes our Mental Health Ambassadors, 1:1 sessions including Safeguarding Me, THRIVE, Rainbows and clubs that focus on wellbeing such as Walk and Talk and Yoga sessions. We have invested in the BEAM project and had many Coffee and Chats with a wellbeing/mental health focus. As ever, we want to move forward and have taken on feedback from parents, via the survey on how we can improve further. This includes adding a new section to the school website signposting parents to specific mental health support both locally and nationally. If you are interested, please take a look. If you would like to speak to a member of staff about Mental

Health, please contact Mrs Chambers, our Mental Health Lead. Please see some of the highlights from our report below:

'The school's Essentials Curriculum provides a creative and thematic approach to learning and a focus for not only academic learning, but also for well-being and the personal and social development of pupils. The system provides opportunities to generate conversations around well-being and provides regular opportunities to promote self-regulation, resilience and relationship building.'

'The school is committed to creating an ethos and environment which is inviting, warm and safe. Throughout the site, there are numerous beautifully decorated spaces where pupils are encouraged to reflect on and express their thoughts and feelings. These include the school's prayer and well-being garden which has been well designed and provides a great outdoor setting for children to talk about their emotions and self-regulate when necessary.'

'The school has fostered strong links with its community to ensure that parents/carers feel supported. Families are regularly invited into school for a variety of workshops, some of which are specifically designed to deepen their understanding of mental health and wellbeing.'

'The school empowers pupils to influence decisions positively; they are encouraged to express their views with a Pupil Voice completed half-termly to leaders to help inform day-to-day decision making including the RHSE curriculum. The Pupil School Council meets with leaders fortnightly and also has input on school life making recommendations to positively impact pupil well-being'

'The school is making good progress towards a proactive, whole-school approach which champions and supports mental health and well-being. The Vice Principal is passionate about developing an emotionally healthy school and leaders have already implemented a number of measures to ensure the successful development of a whole school mental health strategy.'

Christmas Lunch

Miquill catering company, who provide the school dinners across the MAC have confirmed that the Christmas Lunch for the children will be on Wednesday 20th December. More details on the menu and payment are to follow.

Monday Yoga Club

Over the last 2 months St Joseph's pupils have been practicing yoga with Jo Fletcher at YogoJo. They had a really good time practicing poses and doing breathwork to improve focus, concentration and stay calm. It is nice to see many children attending and putting their effort and awareness into their practice. They learnt that yoga can be lots of fun especially when you can practice it with your friends or parents at home. Their favourite poses are boat, tree, and a deck chair. They absolutely love sun salutations! Ask them to show you how to do it and you can practice together at home. Yoga connects your mind and body through breath. Once you control your breath you can control your emotions, become calmer, gentler, more appreciative and understanding. Eventually yoga helps you have amazing relationship with yourself and people around you.

You can now book a place for your child for the spring term. Classes are held on Mondays, 3.15pm – 4.15pm on the following dates: 8, 15, 22, 29 January; 5, 19, 26 February; 4, 11, 18 and 25 March. Each class is £5 for the first child and £4 for the next – in total £55 or £44 respectively. If you are interested in your child talking part, please contact Jo Fletcher on 07971 639 794. Places are limited and allocated on first come first serve basis.

Day	Club	Information on Booking
Mondays	Yoga Jo	Please email joasiafletcher@gmail.com
Wednesdays	Leap Frog for Years 1 & 2	please visit www.leapfrogsports-suttonandlichfield.co.uk and scroll down to the timetable – After school club, click on St Joseph's and you can book.
Wednesdays	Musical Ensemble	Bookings via Parent mail or School Office. Club organised by Mr E Smith from Services for Education
Wednesdays	Chess Club	Same children on the register as before Club organised by Mr O'Hara
Thursdays	Football Club for Years 3-6	This club will be starting from January. To book a place for your child, please visit https://www.premier-education.com/parents/venue/courses/3706-805111/
Thursdays	Choir Years 5 & 6	Bookings via Parent mail or School Office. Club organised by Miss James
Thursdays	Homework Club	Bookings via Parent mail or School Office. Club organised by Mrs Chambers & Mr Lynch
Fridays	Rugby Tots Y1 & 2	https://www.rugbytots.co.uk/Sutton-Coldfield/Class/Details/79743

CONFIRMATION PRAYER



Spirit of God, grant me:
 The gift of wisdom
 To see the world through your eyes,
 The gift of counsel
 To make difficult decisions,
 The gifts of knowledge and understanding
 To use my mind to know you and to love you,
 The gift of fortitude
 To have the courage to live in the faith
 Despite the difficulties and disappointments,
 The gift of piety
 To be able to express my special love
 And commitment to you,
 And the right kind of awesome fear
 That makes me pause to wonder and revere
 God's Love. Amen.



Dates for your diary Autumn 2023		
Tuesday 21 st November	Pm	Y6H Swimming at WHC school
Wednesday 22 nd November	9.00am	Year 4R class assembly
Wednesday 22 nd November	All day	'Kids Town' Role play visit for FY, Year 1 and Year 2
Thursday 23 rd November	All day	Year 3 Stone Age Man visit
Thursday 23 rd November	3.30-4.30pm	PTA AGM meeting in school
Friday 24 th November	9.00am	Y6 Mass of Thanksgiving in School
Tuesday 28 th November	3:30- 4:45pm	PTA Film Night for KS1
Friday 29 th November	2:30pm	Coffee & Chat Morning with Cherish
Thursday 30 th November	3:30pm- 5pm	PTA Film Night for KS2
Friday 1 st December	10:00am	Y3 at Holy Trinity Church- parent helpers required
Tuesday 5 th December	9am	FY & Year 1 Carols in the school hall
Thursday 7 th December	9am	Year 2 Nativity in the school hall
Friday 8 th December	10:00am	Y2 at Holy Trinity Church- parent helpers required
Thursday 14 th December	9:00-10am	D & T Christmas Parent Workshop- Christmas crafts
Thursday 14 th December	3:30-5.30pm	PTA Christmas Disco
Friday 15 th December	10:00am	Y5 & Y6 at Holy Trinity Church- parent helpers required
Monday 18 th December	10am	Peripatetic Music Concert for parents
Monday 18 th December	2pm	Carol Concert for Grandparents
Tuesday 19 th December	Time tbc	Rudolf Charity Run- more details to follow
Wednesday 20 th December	lunchtime	Christmas Lunch for Children
Thursday 21 st December	Time tbc	Key Stage 2 Carol Service at Holy Trinity Church
Friday 22 nd December	3:20pm	School Break up for Christmas Holidays
Monday 8 th January	8:45am	Spring Term Starts- Children return from Christmas Holidays

Yours sincerely,

G M O'Hara
 Principal

L Chambers
 Vice Principal

J Lynch
 Assistant Principal