

Holy Trinity Catholic Primary School

Newsletter 17 - 26th January 2024

Attendance

Attendance is extremely important and children must attend school every day unless they are unwell. If your child is absent, you must inform school via telephone or Parentapp by 9.15am to explain the reason why and the expected date of return. When your child returns to school you must provide them with a letter explaining their absence.



Class	N	Rec	Y1	Y2	Y3	Y4	Y5	Y6	Cedar	Oak
Attendance % w/c 15/01/24	96.1	93.3	92.3	97.9	95.3	97.7	98.6	97.1	87.5	100
Piece this week	0	0	0	1	0	1	1	1	0	1
Total pieces	4	7	1	9	5	7	5	9	0	6

Overall attendance is 95.6%

Congratulations to Oak Class for achieving 100% attendance. They will be rewarded with an own clothes day on Friday 2nd February 2024.

Health and Wellbeing Questionnaire

As you are already aware, we are working towards gaining a health and wellbeing award. All parents and carers have been sent a link to complete a questionnaire regarding how we look after the school community's health and wellbeing. Please complete the questionnaire by Friday 2nd February 2024 and you will be entered into your child's class draw to win a £10.00 voucher. Thank you.

Unwanted Toys

If you have any unwanted toys (but still with lots of play left in them and in good condition) - dolls, prams, jigsaws, wheeled toys, games, blocks etc. Can you please donate them to school. Thank you in advance.



Class Information for week commencing Monday 29th January 2024



- **Monday** – P.E for Cedar, Oak, N, R, Y1, Y2, Y4 & Y5
- **Tuesday** – P.E. for Y1 & Y3, Cookery for Years 1, 2 & 6, Forest School for Y4
- **Wednesday** – Swimming for Y5, Gaelic football for Y5 & Y6
- **Thursday** – P.E. for N, R & Y3, Clarinets for Y4
- **Friday** – Spanish for Y2 - Y6, P.E. for Y2 & Y6, Y5 class assembly for family members at 2.30pm

Let's Pause for a Moment

This week I would like us to think about our school mission statement:

“Walking in the footsteps of Jesus, we care, we share, we love, we learn.”

If we reflect on the Gospel values then it helps us understand what walking in Jesus' footsteps means to us. Jesus asks us to follow in his footsteps by giving our time for others; by listening; by taking part in acts of kindness and by living our lives in the best possible way. Think about how we can live our school mission statement in all our thoughts, words and actions. Have a wonderful week. God bless.

FSM

Please apply online for Free School Meals and get an instant decision. Remember, if your child is in Reception, Year 1 or Year 2 and you receive a qualifying benefit, make sure you apply, so the school gets the extra funding. For any Parents/Carers who are unsure whether they are eligible for Free School Meals (FSM) please use the link below:

<https://liverpool.gov.uk/benefits/free-school-meals/>

We ask all parents that qualify for Free School Meals to make the application as it provides vital funding for school. Thank you.

KS1 Matball Competition

Congratulations to the children from Years 1 and 2 who took part in the Key Stage 1 Matball City Final today. The children were fantastic and we are so proud of how well they played. Well done children.

Young Voices

A massive well done to the children from our Young Voices choir, who took part in a fundraising event at Asda Hunts Cross on Thursday. The children performed incredibly well and brought a ray of musical sunshine to the shoppers on a cold January morning. The choir raised an incredible £286.71! The monies raised will go towards their transport to Manchester for the Young Voices Concert! Well done children!



World Book Day

World Book Day will be taking place on Thursday 7th March 2024. Children may come into school dressed as their favourite character/ superhero or wearing pyjamas. The day will be centred around our love of reading, the importance of reading for pleasure and other fun activities.



Bikeability

Bikeability continues next week for the children in Years 5 & 6. Well done to those children who have already passed the course and received their level 1 and 2 award.



Number Day 2024

On Friday 2nd February, we will be taking part in NSPCC Number Day. This will be a day spent celebrating number and all things Maths. We invite children to bring in board games, puzzles, jigsaws and card games on this day. We will also be leading a host of Maths activities in class which not only teaches children important life skills but also highlights how much fun Maths is! As this day is for charity, money raised from our toast and doughnuts sales for that day will go to support the wonderful children's charity, NSPCC. Details about the charity can be found below:

<https://www.nspcc.org.uk/support-us/charity-fundraising/schools-fundraising-ideas/number-day/>

Weekly Prayer

Dear Lord Jesus,

*Please bless all the people in my life who teach me.
Thank you for being my friend and teacher.
Please help me to learn and grow in your love.*

Amen



*God bless
Mrs H Raley - Williams
Headteacher*

*"Walking in the footsteps of Jesus:
we care, we share, we love, we learn."*

Please visit our school website:

www.holytrinitycatholicprimaryschool.co.uk

Please visit our twitter page:

[@HolyTrinityGar](https://twitter.com/HolyTrinityGar)

Dates for Your Diary

Thursday 25 th January - Friday 2 nd February 2024	Bikeability for Y5 & Y6
Monday 29 th January 2024	Year 6 Festival of Reading Session
Tuesday 30 th January 2024	EYFS Bat Talk
Friday 2 nd February 2024	NSPCC Number Day
	Y5 Assembly for family members at 2.30pm
Tuesday 6 th February 2024	Young Voices Concert
Thursday 8 th February 2024	Y4 Farm to Fork
Friday 9 th February 2024	ZOOLAB for whole school
Friday 9 th February 2024	FINISH FOR HALF TERM AT NORMAL TIME
Monday 19 th February 2024	SCHOOL REOPENS AT NORMAL TIME
Tuesday 20 th February 2024	Y4 Viking Experience
Friday 23 rd February 2024	Mental Health Day
Monday 26 th February 2024	Parent/Carers' Evening 3.30 – 5.30pm
Thursday 29 th February 2024	Parent/Carers' Evening 3.30 – 5.30pm
	Reception Screening
	Y4 Farm to Fork
	Y6 Assembly for family members at 2.30pm
Thursday 7 th March 2024	Bishop Tom Williams visit to school
	World Book Day
Friday 15 th March 2024	Science Day
Tuesday 19 th March 2024	Y1 & Y2 visit to Cathedral
Wednesday 20 th – Friday 22 nd March 2024	Y5 Residential
Friday 22 nd March 2024	Y6 Crucial Crew Event
Wednesday 27 th March 2024	Nursery Assembly for family members at 9.15am
Thursday 28 th March 2024	FINISH FOR EASTER HOLIDAY AT 2PM
Monday 15 th April 2024	SCHOOL REOPENS AT NORMAL TIME
Thursday 18 th April 2024	Farm to Fork for Y4
Thursday 25 th April 2024	Y4 Farm Visit
Monday 13 th May – Thursday 16 th May 2024	Y6 SATs
Friday 17 th May 2024	KS2 May Procession in Church 10.30am
Monday 20 th May 2024	Storybarn on the road for N – Y2
Tuesday 21 st May 2024	Storybarn on the road for Y3 – Y6
Thursday 23 rd May 2024	Y4 Farm to Fork
Friday 24 th May 2024	FINISH FOR HALF TERM AT NORMAL TIME
Monday 3 rd June 2024	SCHOOL REOPENS AT NORMAL TIME
Friday 21 st June 2024	SCHOOL CLOSED FOR INSET DAY
Wednesday 3 rd July 2024	Y6 Transition Day
Friday 5 th July 2024	Y6 Ladywell Retreat
Tuesday 9 th July 2024	Y6 Leavers' Mass in Church
Thursday 11 th July 2024	Y4 Farm to Fork
Thursday 18 th July 2024	Y6 Leavers' Assembly
Friday 19 th July 2024	SCHOOL CLOSING FOR SUMMER AT 2PM

Holy Trinity Catholic Primary School 2023-2024 Term Dates

AUTUMN TERM 2023

Term 1a: Monday 4th September – Friday 27th October 2023 – 40 DAYS

HALF TERM HOLIDAY– Monday 30th October – Friday 3rd November 2023

Term 1b: Monday 6th November – Thursday 21st December 2023 – 34 DAYS

CHRISTMAS HOLIDAY – Friday 22nd December 2023 – Monday 8th January 2024

SPRING TERM 2024

Term 2a: Tuesday 9th January – Friday 9th February 2024 - 24 DAYS

HALF TERM HOLIDAY – Monday 12th February – Friday 16th February 2024

Term 2b: Monday 19th February – Thursday 28th March 2024 – 29 DAYS

EASTER HOLIDAY– Friday 29th March - Friday 12th April 2024

SUMMER TERM 2024

Term 3a: Monday 15th April – Friday 24th May 2024 – 29 DAYS as **Monday 6th May is Bank Holiday**

HALF TERM HOLIDAY – Monday 27th May to Friday 31st May 2024

Term 3b: Monday 3rd June – Friday 19th July – 34 DAYS as 1 INSET Day (Friday 21st June)

INSETS

Friday 1st September 2023, Monday 8th January 2024, Friday 21st June 2024 and Monday 22nd July 2024

Holy Trinity Catholic Primary School 2024-2025 Term Dates

AUTUMN TERM 2024

Term 1a: Tuesday 3rd September – Friday 25th October 2024 – 39 DAYS

HALF TERM HOLIDAY– Monday 28th October – Friday 1st November 2024

Term 1b: Monday 4th November – Thursday 19th December 2024 – 34 DAYS

CHRISTMAS HOLIDAY – Friday 20th December 2024 – Monday 6th January 2025

SPRING TERM 2025

Term 2a: Tuesday 7th January – Friday 14th February 2025 - 29 DAYS

HALF TERM HOLIDAY – Monday 17th February – Friday 21st February 2025

Term 2b: Monday 24th February – Friday 4th April 2025 – 30 DAYS

EASTER HOLIDAY– Monday 7th April – Monday 21st April 2025

SUMMER TERM 2025

Term 3a: Tuesday 22nd April – Friday 23rd May 2025 – 23 DAYS as **Monday 5th May is Bank Holiday**

HALF TERM HOLIDAY – Monday 26th May to Friday 30th May 2025

Term 3b: Monday 2nd June – Friday 18th July 2025 – 35 DAYS

INSETS

Monday 2nd September 2024 and Monday 6th January 2025



MULTI SPORTS HOLIDAY CAMP

**FEBRUARY HALF TERM CAMP DATES:
MONDAY 12TH FEBRUARY 2024 TO
FRIDAY 16TH FEBRUARY 2024**

**ST SEBASTIAN'S CATHOLIC
PRIMARY SCHOOL**

Holly Rd, Fairfield, Liverpool, L7 0LH

Ages: 5-11 Years > Time 8:30am to 4pm*

*(late pick up charge of £1 per minute, per child, will apply,
late pick option 4pm to 5pm at £2 per day)



£15*per child per day

(*) £5 for eligible children (see website for
details) this includes hot lunch each day.

- Boys and Girls of all abilities welcome
- All staff are fully qualified and DBS checked
- Please apply sunscreen when needed
- Have fun
- Make new friends
- Play sport
- Please bring: warm clothing and appropriate footwear for indoor and outdoor surfaces



TO REGISTER:

Go to: lssp.co.uk/holiday-activities/

Email: camps@lssp.co.uk Twitter: [@Liverpool_SSP](https://twitter.com/Liverpool_SSP)

SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.



3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.



4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.



5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.



6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.



8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.



9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.



10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.



Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
[Young Minds https://youngminds.org.uk/](https://youngminds.org.uk/)
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blog/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themils.org.uk/mental-health>

SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right, it's important not to ignore these feelings. Instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday

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