| St. Basi's Catholic Primary<br>School                                 | Μ   |      |       | \    | )23   |     |    |
|---|---|------|-------|------|-------|-----|----|
|   |   | т    | W     | Т.   | F     | S   | S  |
|   | 1   | 2    |       |      |       |     |    |
|   |   |      | 10    | 11   | 12    | 13  | 14 |
| "We love, learn and succeed   | 15  | 16   | 17    | 18   | 19    | 20  | 21 |
| following Jesus"  | 22  | 23   | 24    | 25   | 26    | 27  | 28 |
| IOIIOWING JESUS   | 29  | 30   | 31    |      |       |     |    |
|   |   |      |       |      |       |     |    |
|   |   |      | 1     |      |       |     |    |
| Safeguarding:   |   |      |       |      |       |     |    |
|   | St Basiler                                      |      |       |      |       |     |    |
| providing a nurturing, caring and safe learning environment St Basils |   |      |       |      |       |     |    |
| where pupils thrive, are confident, happy and secure. If you Mrs She  | Mrs Sheppard (HT)                               |      |       |      |       |     |    |
| have any safeguarding concerns, then please speak to one of Mrs O'D   | Mrs O'Donnell (DHT)                             |      |       |      |       |     |    |
| our Designated Safeguarding Leads. Mrs Bor                            | Mrs Bond (Family Liaison & Welfare<br>Officers) |      |       |      |       |     | e  |
|   |   |      |       |      |       |     |    |
| see the following documents by either clicking the link or Mrs McC    | Cabe (  | Atte | ndar  | nce) |       |     |    |
| scanning the QR code; Mr Duff   |   |      |       |      | vorn  | orl |    |
|   | y (Fup  |      | ciiai | 6 00 | veili | 01) |    |
| Safeguarding Leaflet Child  |   |      |       |      |       |     |    |
| Parents Friendly  |   |      |       |      |       |     |    |
|   |   |      |       |      |       |     |    |

#### Attendance update

Please be aware that students who have an attendance of below 90% will not have their absences authorised unless medical evidence is provided.

You can view your child's absence record via the School Gateway App. You access this via the reporting tab and then Attendance, it will give you your child's attendance rating.

Thank you for your co-operation.

#### **Important Information**

School closes at 3.10pm on Friday 26th May for the half term break and will reopen on Monday 12th June.

|     | WEEKLY ATTENDANCE (Colour coded in line with the traffic light system)       |      |      |      |      |      |      |     |      |      |     |     |  |
|-----|--|------|------|------|------|------|------|-----|------|------|-----|-----|--|
|     | Week commencing 8 May 2023   |      |      |      |      |      |      |     |      |      |     |     |  |
| Wel | Well done to classes 4JB, 6CH and 6KL with the highest rate of attendance of |      |      |      |      |      |      |     |      |      |     |     |  |
|     |  |      |      |      | 100% | 6!!  |      |     |      |      |     |     |  |
|     | FSRA   | 1DD  | 2LG  | 2AR  | 3AW  | 3NC  | 4LT  | 4JB | 5GS  | 5SG  | 6CH | 6KL |  |
|     | 96.4   | 96.6 | 98.5 | 97.9 | 93.5 | 96.4 | 92.2 | 100 | 79.8 | 96.2 | 100 | 100 |  |



This week is Mental Health Awareness Week, all children in school had a mindfulness session with Miss Brellisford. In these sessions, children completed an age appropriate activity. Year 4 did some zen tangle pictures, Year 3 did gratitude jars and Year 1 completed mindfulness yoga.

All children enjoyed this. To end the week all children shared what they had done in a whole school assembly.

If you would like to know more please follow the below links:

PowerPoint Presentation (alderhey.nhs.uk) Dr Daniel Siegel presenting a Hand Model of the Brain - YouTube <u>The Mindfulness Teacher - YouTube</u> <u>Mindfulness in Schools: Mindfulness and the Brain for Children - YouTube</u>

Attached is also a range of activities you can complete with your child

## **RAINBOW BREATHING**

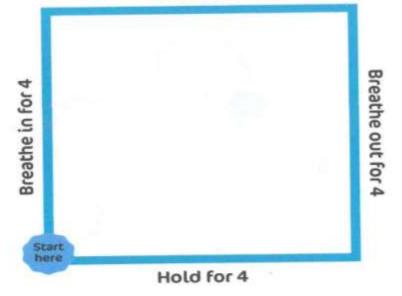


Place your finger on the star. Trace along each rainbow colors with your finger as you breathe in and out.

## SQUARE BREATHING



Hold for 4



Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.





#### **Reminder of our After School Club Timetable**

|           | Week 1 24/04/23  | Week 2<br>01/05/23   | Week 3<br>08/05/23   | Week 4<br>15/05/23  | 22/05/23  | 26/05/23- | 12/06/22   | Week 5 19/06/23   | Week 6 26/06/23   | Week 7<br>03/07/23  | Week 8 10/07/23   |
|-----------|--|--|--|---|---|-----------|--|---|---|---|---|
| Monday    | Y1 Phonics<br>club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                           | V1 Phonics<br>club<br>Y3/4<br>Mindfuloess<br>club<br>Y5/6 Multi<br>sports club                           | Y1 Phonics<br>club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                           | Y1 Phonics<br>club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                        |   | Half Term |  | V1 Phonics<br>club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                        | VI Phonics club<br>V3/4 Mindfulness<br>club<br>V5/6 Multi sports<br>club                              | Y1 Phonics club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                           | Y1 Phonics<br>club<br>Y3/4<br>Mindfulness<br>club<br>Y5/6 Multi<br>sports club                        |
| Tuesday   |  |  |  |   |   |           |  |   |   |   |   |
| Wednesday |  |  |  |   |   |           |  |   |   |   |   |
| Thursday  | Y2 CAFOD<br>club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD<br>club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD<br>club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y1, Y2, Y3<br>Thursday<br>AM football<br>Y1, Y2, Y3<br>Thursday<br>PM girls<br>football |           | Y1, Y2, Y3<br>Thursday<br>AM football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM girls<br>football | Y2 CAFOD club<br>Y3, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football | Y2 CAFOD club<br>Y1, Y2, Y3<br>Thursday AM<br>football<br>Y1, Y2, Y3<br>Thursday PM<br>girls football |
| Friday    | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM<br>girls football                         | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM<br>girls football                         | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM<br>girls football                         | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM girls<br>football                      | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM<br>girls football        |           | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM<br>girls football     | V4, Y5, Y6<br>Friday AM<br>football<br>V4, Y5, Y6<br>Friday PM girls<br>football                      | Y4, Y5, Y6 Friday<br>AM football<br>Y4, Y5, Y6 Friday<br>PM girls football                            | Y4, Y5, Y6<br>Friday AM<br>football<br>Y4, Y5, Y6<br>Friday PM girls<br>football                      | V4, Y5, Y6<br>Friday AM<br>football<br>V4, Y5, Y6<br>Friday PM girls<br>football                      |



### THURSDAY 25TH MAY

KS2 9.30AM

KS1 1.20PM

# ALL PARENT/CARERS MUST STAY BEHIND THE BARRIERS PLEASE.

THANK YOU FOR YOUR SUPPORT

#### HALTON HEALTH IMPROVEMENT

# Fit 4 Life Bite Size Sessions

Join us for our 1-hour parent/carer workshop at St Basil's Catholic Primary School

#### **SLEEP & SCREENS**

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

| Sleep                        | & Screens       |
|------------------------------|-----------------|
| Monday 12 <sup>th</sup> June | 09.00 – 10.00am |

For more information call the team on:

#### 0300 029 0029

or visit www.haltonhealthimprovement.co.uk

@HaltonBC 🛟 Halton BC



**START WELI** 





#### Next week's School Meal Menu is Week 1

| WEEK I                    | MONDAY                               | TUESDAY  | WEDNESDAY                                      | THURSDAY  | FRIDAY                          |
|---------------------------|--------------------------------------|--|--|---|---------------------------------|
| MAIN DISH                 | Macaroni Cheese<br>with crusty bread | Chicken goujon<br>with diced<br>pototo                                   | Roast of the day with gravy and roast potatoes | Brunch<br>Sausage hash<br>brown beans a 5<br>fresh tomato                   | Fish of the day with chips      |
| VEGETARIAN<br>MAIN DISH   | Quarn hatpot with<br>crusty bread    | Vegetarian<br>meatballs in a<br>tomato sauce<br>served with<br>spaghetti | Quorn roast with gravy and roast potatoes      | Vegetarian brunch<br>Veggie sausage<br>hash brown beans<br>and fresh tomato | Quorn nuggets with<br>chips     |
| accompaniments (5)        | Seasonal vegetables<br>Salad bar     | Seasonal vegetables<br>Salad bar   | Seasonal vegetables<br>Salad bar               | Seasonal vegetables<br>Salad bar  | Seasonal vegetable<br>Salad bar |
| DESSERTS                  | Strawberry whip                      | Shortbread biscuit and mandarins   | Jeffy  | Carrot cake   | lee cream                       |
| FRESH FRUIT<br>OR YOGHURT | Fresh fruit or<br>yoghurt            | Fresh fruit or<br>yoghurt  | Fresh fruit or<br>yoghurt                      | Fresh fruit or<br>yoghurt   | Fresh fruit or<br>yoghurt       |
| JACKET POTATO             | Cheese                               | Beans  | Tuna   | Cheese and beans  | Tuna                            |
| MF                        |                                      |  | ariety is the key                              |   | - MEAT FREE MOND                |
| (ellow) M-                |                                      |  | healthy diet, tr<br>mething new toda           | -/  | - I OF YOUR 5 A DAY             |







## KS2 - RUN FROM 1.30PM KS1 - RUN FROM 2.15PM



\*WEATHER PERMITTING

### Mass & Worship Times

Sunday Mass Times

| Saturday Vigil | St Bede        | 5:00pm  |  |
|----------------|----------------|---------|--|
|                | St Basil       | 5:00pm  |  |
| Sunday         | St Bede        | 9:00am  |  |
|                | St Michael     | 9.30am  |  |
|                | St John Fisher | 10:30am |  |
| -              | St Bede        | 11:15am |  |
|                | St Bede        | 4:00pm  |  |

Weekday Mass Times (Check newsletter for weekday variations)

| Monday               |   |
|----------------------|---|
| St Basil             |   |
| 9.00am Exp<br>Prayer | position of the Blessed Sacrament & Morning       |
| 9.30am Hol           | y Mass  |
| Tuesday              |   |
| St Bede              |   |
| 11:30am Exp          | osition of the Blessed Sacrament & Rosary         |
| 12 Noon Hol          | y Mass  |
| Wednesday            |   |
| St Bede              |   |
| 18:30pm Exp          | osition of the Blessed Sacrament & Evening Prayer |
| 19:00pm Hol          | y Mass  |
| Thursday             |   |
| St Michael           |   |
| 11.30am Exp          | osition of the Blessed Sacrament & Rosary         |
| 12 Noon Hol          | y Mass  |
| Friday               |   |
| St John Fishe        | er.   |
| 9.00am Expo          | sition of the Blessed Sacrament & Morning Prayer  |
| 9.30am Holy          | Mass  |
| Saturday             |   |
| 10.00am Hol          | / Mass  |
| 10.30am Con          | fessions and Rosary                               |

Confessions on request during exposition on Monday, Tuesday and Thursday. St Bede's Church is open for private prayer Monday to Friday 10.00 - 13:00