

Friday 3rd February 2023**Dear Parents and Carers,**

I can't believe it is February already with only one week left until half term!

Mental Health Week

We are excited to celebrate Mental Health Week next week. We would like to invite children to design a poster promoting mental well-being. Please bring these into school next week. *What do you do to make yourself feel positive?*

Child 1: *'I am a Mental Health Ambassador. Every Monday I have a session with Leigh from Heads Up Mental Well-being and we learn about what can affect our mental health and how we can help it. We also look at triggers to spot in our friends and how to help them. I am looking forward to promoting mental health awareness in Children's Mental Health Week.'*

Child 2: *'On Wednesday I do football with Lucy from Heads Up, I have a team of friends and to build my confidence.'*

Child 3: *'Every Wednesday I work with Lucy from Heads Up, she has helped me to learn about the big feelings. I like it when we play games together.'*

Time to Talk

Every Wednesday children are supported through our time to talk programme with Mrs Cook. This programme looks at reliance, stickability and growth mindset.

Cultural Awareness Day

On Wednesday 8th February we will be celebrating cultures from all around the world. Could all parents who have volunteered please sign in at reception after dropping off your child/ren. We are excited to share your experiences.

Father Philip's visit

Today, Miss Rowe and I had coffee with Father Philip. We have put dates our diary as to forthcoming masses at the school and in church. We will inform you of these nearer the time.

Sacramental Preparation over the coming months.

Father Philip's invitation - AN INVITATION TO FAMILIES IN OUR PARISH - FIRST RECONCILIATION & FIRST COMMUNION 2023

I am very grateful to Fr. Jonathan and the Exeter parishes for inviting us to engage with GIFT.

GIFT is an exciting way of supporting families to engage with their faith. Whether you are already engaged with your faith and the Church, looking for a way to become more engaged or **seeking the Sacraments for your child, GIFT is for you.** Encouraging you to pray, talk about faith issues, and have more family time together is good, but we believe it is not enough. We want to provide a place for you to learn what engaging with your faith actually looks like and then give you the opportunity to do it!

Saturday family sessions

Families are invited to come along on the first Saturday of each month (mostly) at St. Nicholas Catholic Primary Academy, Ringswell Avenue, Exeter EX1 3EG. The sessions are engaging, spirit-filled and fun, and they are for all the family – even Grandma! We celebrate Mass, enjoy a time of fellowship and refreshment before sharing catechesis and activities. Each month we explore a different topic e.g., The Saints, Epiphany, Lent, Holy Week.

Faith Formation for parents

Each month we gather online (Zoom) with parents and catechists to explore our faith. These sessions are designed to help parents grow in their own faith, enabling them to lead their family on their journey of faith.

This week's Gospel Value – Integrity

We will explore integrity through honesty this week. We will have the chance to think about how tricky it can be to be honest but why it is important. We will also explore the other qualities that we would expect to see with integrity. Integrity is also about doing what we feel is right and trustworthy. Joseph is an example of a Saint who showed great integrity. We will make time to think about how we can show the qualities of St Joseph this week. **At the end of next week, I wonder if you can recall where you have seen these qualities.**

Hope you have a relaxing weekend.

Mrs Stephens

Diary dates:

Wednesday 8th February – Cultural Awareness Day

Wednesday 8th February – Forest School for Year 3

Thursday 9th February – PTA school disco

Friday 10th February – Last day of the Spring (1)

Tuesday 21st February – School returns for Spring (2)

2 March: Strike day all schools in London, South East, South West

15 & 16 March: Two day strike of all schools in England and Wales.

Headteacher Awards: Oak Class – Yasmin, Beech Class – Ellis

Silver Awards: Rowan – Lily, Art, Samuel, Sycamore - Catriona, Emilia, Maple - Hollie

Bronze Awards: Sycamore -Cobie-Lily, Lenny, Alfie, Cherry – Harry, Beech – Demi

Stars of the week: Oak Class - Albie, Rowan Class – Lily, Sycamore Class – Lincoln, Cherry Class – Isla D, Maple Class – Lusi, Beech Class – James L