

# St Hedda's Catholic Primary School



Well done to our stars of the week:

in class 1 - Louie

in class 2 - Joshua K



## WONDERFUL WORK

Class 1 - In Class 1 the children have been enjoying their new story 'Welcome to England' and learning about the history of the Windrush generation through the eyes of Floella Benjamin. Did you know it took the children 15 days to travel across the ocean from Trinidad to London?!

In PE the children had a great introduction to hockey, showing great control to dribble and pass the ball.

We have all been thinking about the way we let God's light shine through all we do and have made some stained glass windows to express this through art.

Class 2 - This week in Class 2 we have focused on developing our knowledge of our dance topic. We have started to improve our static actions by turning them into travelling movements. In groups we have shown different levels, pathways and directions of travel by developing a 20 second count of travel.

# NEWSLETTER

26.01.24

## THE WEEK AHEAD: 2024

### Monday 29th January

PE for both classes

After School Sports Club

### Tuesday 30th January

### Wednesday 31st January

Forest School session for both classes

### Thursday 1st February

PE for both classes

Eskdale Festival lunch club

SATs club

### Friday 2nd February

2 p.m. FOSH PTA meeting

## **Children's Mental Health Week**

Children's mental health week begins on 5th February. In school we will be exploring the 5 ways to wellbeing by taking part including a games afternoon with care home residents and a special mass at English Martyrs RC Church Sleights on Tuesday afternoon. As part of our dedication to good mental health we are starting a new programme 'Welby' each week in school to teach the children strategies to cope with life's challenges.

## **SATs**

A weekly after school SATs club will continue for year 6 pupils on Thursday and will run until 4pm.

## **Welcome back Mrs Muir**

Mrs Muir will return to school this week. We are delighted to have her back at St Hedda's and show her how much the children have progressed and how wonderful the school is looking.

## **SEND Meetings**

If your child is on the SEND register you will have received an invite to a support plan review meeting. These meetings will be held termly to talk through your child's needs and support. You are welcome to make an alternative appointment if needed.

Please remember that all parents, whether your child has SEND or not, are welcome into school to speak to class teachers or Mrs Bartoli at any time. Call the office and make an appointment at any time.

## **Bus Escorts**

As you may be aware we have struggled to staff the bus escort roles since Christmas. If you know anyone who would be interested at the beginning or end of the school day please get in touch with Mrs Bartoli. Anyone is welcome to apply, a DBS check will be carried out by the school to determine suitability.

## **Notices**

- **Wraparound Care and Bus Run 1 -**

We are hoping to reinstate the first bus run from Monday 5th February.

Bus Run 2 and 3 as normal. Please book wrap around care (Breakfast and After School Club) by contacting the school office by 3pm on a Thursday to book places for the following week.

- **After School Sports Club** - this will continue on Mondays from 3.15 - 4 p.m. with Mr Mitchell, NPCAT Sports. Please consent via the arbor app if you wish your child to attend.
- **Children collected from School/Bus** - we understand from time to time your child/children may be collected by another family member/friend etc - please make sure these contacts are updated as authorised to collect on Arbor.



| JOLLY JANUARY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1st January</b>	<b>2nd January</b>	<b>3rd January</b>	<b>4th January</b>	<b>5th January</b>
<b>Squats</b> Bronze: 10 times Silver: 20 times Gold: 30+ times	<b>Star Jumps</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Shuttle Runs</b> Bronze: 10 times Silver: 20 times Gold: 30+ times	<b>Jogging on the Spot</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Burpees</b> Bronze: 10 times Silver: 20 times Gold: 30+ times
<b>8th January</b>	<b>9th January</b>	<b>10th January</b>	<b>11th January</b>	<b>12th January</b>
<b>Frog Jumps</b> Bronze: 10 jumps Silver: 20 jumps Gold: 30+ jumps	<b>Spotty Dogs</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Side Lunges</b> Bronze: 10 lunges Silver: 20 lunges Gold: 30+ lunges	<b>Skipping</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Sit Ups</b> Bronze: 10 sit ups Silver: 20 sit ups Gold: 30+ sit ups
<b>15th January</b>	<b>16th January</b>	<b>17th January</b>	<b>18th January</b>	<b>19th January</b>
<b>Stand Up/Sit Down</b> Bronze: 10 times Silver: 15 times Gold: 30+ times	<b>High Knees</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Squat Jumps</b> Bronze: 10 times Silver: 15 times Gold: 20+ times	<b>Plank</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Crunches</b> Bronze: 10 times Silver: 20 times Gold: 30+ times
<b>22nd January</b>	<b>23rd January</b>	<b>24th January</b>	<b>25th January</b>	<b>26th January</b>
<b>Tuck Jumps</b> Bronze: 10 jumps Silver: 20 jumps Gold: 30+ jumps	<b>Knee Raises</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Forward Lunges</b> Bronze: 10 lunges Silver: 15 lunges Gold: 20+ lunges	<b>Wall Sit</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>Push Ups</b> Bronze: 10 push ups Silver: 20 push ups Gold: 30+ push ups
<b>29th January</b>	<b>30th January</b>	<b>31st January</b>		
<b>Mountain Climbers</b> Bronze: 10 times Silver: 20 times Gold: 30+ times	<b>Leg Raises</b> Bronze: 30 seconds Silver: 60 seconds Gold: 90+ seconds	<b>High Knees</b> Bronze: 10 times Silver: 15 times Gold: 20+ times		

## SPRING TERM DATES

### FEBRUARY 2024

- Mon 5th Children's Mental Health Week
- Mon 5th - p.m. Visit to Care Home
- Tues 6th Safer Internet Day
- Tues 6th - 1.30 p.m. Mass at Sleights
- Fri 9th PD Day - School Closed
- Mon 12th - Fri 16th Half Term Holiday
- Thur 22nd - Visit to St. Benedict's (Retreat Day)
- Fri 23rd Class 2 Basketball, Eston

### MARCH 2024

- Fri 1st p.m. Class 2 Cross Country, WSF
- Mon 4th Parents/Carers Evening
- Tues 5th/Wed 6th Eskdale Festival - Speech and Drama
- Thur 7th World Book Day - Library Visit
- Fri 15th LGB Meeting
- Fri 22nd Class 2 Dance/Gym/Cheer Showcase
- Fri 22nd Break up for Easter Holidays