



ST. GEORGE'S CATHOLIC PRIMARY SCHOOL

At St George's, God calls us by name to love,
learn and achieve together, safe in the palm of His hands.

'I have called you by your name; you are mine' Isaiah 43



Eagle Way, Shoeburyness, Essex SS3 9RN.

Telephone: 01702 293522

Email: office@st-georges.southend.sch.uk Website: www.sgcps.co.uk

Headteacher: Mrs A. Delgado

Newsletter no. 323 ~ 24th January 2020

Dear Parents,

Dates

Thu 30th Year 1 phonics session for parents 3.30pm

Fri 31st Year 1 phonics session for parents 9.00am



The theme of this year's Children's Mental Health Week is **Find your Brave**.

Life is all about taking small brave steps every day. Bravery could be about sharing worries and asking for help when you need it, trying something new or making the right choices.

Monday 3rd February

Are you ready to kick start the week by feeling inspired and motivated? Yasmin Miller, a Team GB 100m hurdler will be making a visit to the school. Yasmin will share her experiences of becoming an athlete; the challenges and successes and how she managed to achieve and overcome these. All children will then be able to participate in a PE lesson run by Yasmin.

Tuesday 4th February

Yoga for children is centred around movement where your awareness, breath, and body, become one. On speaking to a yoga teacher affiliated to the British Wheel of Yoga group, they confirmed that there is no spiritual element; for children it is about moving and adding exercise. Each class will be able to participate in a yoga and mindfulness session as part of this week's activities. In a world where we are constantly moving, busy and pressurised, yoga and



Part of Assisi Catholic Trust limited by guarantee in the Diocese of Brentwood, registered in England and Wales.

Registered number 7696989.

mindfulness can aid concentration, self-awareness and focus. Mindfulness and stillness is a great way of relaxing and noticing our own thoughts, giving us time to process emotions and actions of our day to day lives..

Being Brave

We would love you to share a time of when you have been brave! Perhaps you have a photo of something you have achieved or overcome or maybe you could write about a time when you were brave, what happened and what you felt afterwards? Maybe you have an object or picture that represents this. We will celebrate all your wonderful achievements by discussing and displaying them in school. This could be a time you tried something new, when you did something you found hard or maybe something you were scared of.

Things you can do at home:

- Get an early night's sleep
- Establish a regular bedtime routine at the same time every night
- Stay off technology at least 1 hour before bed time
- Try and get outside for 15 extra minutes 3 times a week. This could be in the garden, walking/scooting/cycling to school. If that's not possible, you could try a Joe Wicks, Cosmic Kids or a Just Dance video to get you up and moving.



Birthdays

Congratulations to **Thomas** (St Bernadette), **Joseph** (St Peter) and **Mrs Meechan** who celebrated their birthdays this week.

Reading Awards

Emily (St Francis), **Max** (St Therese), **Freya F. & Edison** (St Elizabeth), **Corey** (St Bernadette),
Lilah (St Joseph) and **Florance V.** (St Anthony)

...and those who were awarded their silver reading certificates:

George (St Therese), **Archie, Jacob & Matthias** (St Elizabeth),
Samuel (St Bernadette) and **Lucy** (St Peter)

Friends of St George's Spring Term Meeting

There will be a PTA meeting on Thursday 13th February at 3.30pm in the Community Suite. Everyone is welcome. Any children will be supervised in the ICT suite.

Sports Awards

Well done to this week's winners.

Most Improved ~ **Florence O.** (St Anthony) Performer of the week ~ **Ronnie C.** (St Francis)

Head Teacher Awards

Well done to all the children recognised for their achievements this week.

Amaya ~ (St Francis) ~ for working hard in phonics and writing activities

Robyn ~ (St Therese) ~ for being a superstar in her English this week. She has worked independently, developed imaginative ideas, applied her phonics and produced beautiful handwriting. Well done Robyn!

George ~ (St Elizabeth) ~ for excellent recall and knowledge of his 2, 5 & 10 times tables

Ellie ~ (St Bernadette) ~ – For her wonderful enthusiasm in English. She has written a lovely recount, based on the Iron Man book. Well done!

Summer ~ (St Joseph) ~ for her fantastic attitude to all aspects of her learning this week. Keep up the great work, Summer

Henry ~ (St Anthony) ~ for being an exceptional role model to all. This week, he has not only worked hard to produce excellent work, he has also challenged himself to overcome his fears!

Joseph ~ (St Peter) ~ for engaging in all tasks across the curriculum and producing accurate, well-organised work which reflects his excellent knowledge and understanding.

Running Miles

This week's results are:

Class	Miles this week	Total so far	Travelled to....
Reception	43	296.5	Skegness
Year 1	76.9	833.5	Liverpool
Year 2	75.4	779.1	Carlisle
Year 3	72	672.7	Glasgow
Year 4	75.9	834.4	Liverpool
Year 5	77.3	808.1	Manchester
Year 6	52	861.7	Liverpool

Friends of St George's 100 club

The PTA 100 club, which gives anyone, friends or family, over the age of 16 a chance to win in our quarterly draws, will continue to run during 2020. Anyone can join, friends, family and work colleagues, so please ask if you need more forms. The Club will run from January to 31st December. To be allocated a number in the draw, you will need to pay a one-off £10 subscription which will cover you for the whole of 2020. This amount needs to be paid in full by the 31st of January. Your number(s) will then be entered in to the draw. The prize breakdown will be as follows if we sell 100 numbers:

1st Number drawn £50

2nd Number drawn £30

3rd Number drawn £20

With a Superdraw in December (just in time for Christmas!)

The draws will take place on the first Friday in March, June, September and December during the celebration assembly.

All you need to do is decide **HOW MANY NUMBERS YOU WANT**, complete your details on the form (copies are available from the school) and hand it into the office. You can choose your number/s, but if it has already been allocated you will be offered further numbers to choose from. You will receive a card/email confirming your number/s and the winning number will be posted on the notice board, Facebook Group and in the Newsletter.

Phonics Session for Year 1 parents – Thu 30th January 3.30pm & Friday 31st January 9am

Mrs McLoughlin has organised a phonics session for Year 1 parents in preparation for the statutory phonics screening test that the children will be taking in June. It is vital that every child is represented at this meeting as key information will be shared to help you support your child. We will supervise any children during the after school session.

Prayers



Please remember all in our community who need your prayers at this time.

God Bless,

Mrs Delgado