



# 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*



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Headteacher: Mrs A. Delgado

Newsletter no. 285~ 1<sup>st</sup> February 2019

Dear Parents,

For Children's Mental Health Week 2019 (4-10 February), we're taking steps to be

**Healthy: Inside and Out.**

## Children's Mental Health Week 2019

4-10 Feb #ChildrensMentalHealthWeek

### Healthy: Inside & Out

Monday	Mental Health Week Assembly Chill and chat KS1
Tuesday	Yoga/Zumba at breaktimes in the hall
Wednesday	Kalma kids workshops Breathing techniques, mind-
Thursday	Chill and Chat KS2 (mindfulness colouring)
Friday	Competition Winners announced

#### Healthy Selfie

We want to see pictures of you this week being healthy inside and out. This may be photos of you and/or your family taking on a new challenge or getting fit and physical, you could be making a healthy dinner/drink, you could be taking time to do something you love or you could be taking some time to relax and calm (perhaps you might use some of the techniques you have learnt this week).

### Healthy Recipe Competition

#### KS1- Design a dip

Create a recipe to dip vegetables in (such as peppers, carrot batons and cucumber). You don't need to make the recipe but you will need to include the ingredients and the method to make it!

#### KS2- Vegetable Cake making

*We promise this is more yummy than it sounds!*

Can you come up with a cake recipe that includes vegetables in the ingredients? You don't need to make the recipe but you will need to write up a recipe including the ingredients, method and equipment.

All entries submitted by 7th February 2019

When we think about healthy living, we tend to focus on looking after our bodies, our physical wellbeing, through food, being active and getting enough sleep.

However, in order to be healthy overall, it's important that we look after our minds, our mental wellbeing, too.

Our bodies and minds are actually very closely linked, so things that we do to improve our physical wellbeing can help our mental wellbeing as well. When we take steps to be *Healthy: Inside and Out*, it helps us to feel better in ourselves, focus on what we want to do and deal with difficult times.

We look forward to the different events and competitions next week. Look out for photos on the website and Facebook!



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## Safer Internet Day 2019

Celebrated in over 130 countries, Safer Internet Day will see our school join hundreds of organisations right across the UK and globally to play their part in helping to create a better internet. Safer Internet Day 2019 will be celebrated globally on Tuesday 5th February with the theme 'Together for a better internet'. There be links, pictures etc during the week so that children and parents can get involved.



### February 2019

w/b 4th	Children's Mental Health Week
Tue 5th	Safety Internet Day Year 3 Class Celebration 2.30pm
Thu 7th	Year 2 Class Assembly 9am

## Birthdays

Congratulations to **Ellie & Kieran** (St Therese) and **Leah** (St Elizabeth) who celebrated their birthdays this week.

## Head Teacher Awards

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

**Katie** (St Francis) ~ for great focus and concentration on all activities this week. Well done Katie!

**Stanislaw** (St Therese) ~ for being a fabulous friend to everyone in Year 1 and trying incredibly hard with all his work. Well done Stanislaw!

**Samuel** (St Elizabeth) ~ for always working really hard and for being such a kind, caring, cheerful and friendly boy. He is always willing to help others and he does so with a huge smile on his face!

**Jasmine** (St Bernadette) ~ for being a respective learner particularly in R.E.

**Charlotte** (St Joseph) ~ for developing her writing style well and using fantastic figurative language in her English work this week. Great work!

**Lucy** (St Anthony) ~ for consistently showing what a kind, conscientious and hard-working girl she is. Thank you for being an outstanding role model and always putting others first.

**Florence** (St Peter) ~ for working with focus, motivation and enthusiasm in all areas of the curriculum. Well done!

## February Artist of the Month

Congratulations to **Lexi-Rose** (St Anthony) who has been chosen as February's Artist of the Month. Her stunning artwork is based on William Morris' designs and she used the medium of block printing to create her own masterpiece.

## Sports Awards

Congratulations to our winners this week.

Most improved ~ **Harry L.** (St Bernadette) Performer ~ **Tawana** (St Therese)

## Running Miles

This week's results are:

Class	Miles this week	Total so far	Travelled to....
Reception	36.3	516	Newcastle
Year 1	71.4	1195.9	Birmingham
Year 2	81.8	1211.1	Birmingham
Year 3	69.8	1084.3	Dublin
Year 4	80.7	1219.7	Birmingham
Year 5	84.8	1368.4	Bristol
Year 6	86.4	1386	Bristol

## Reading Awards

Congratulations to **Elijah** (St Francis), **Tawana** (St Therese) and **Corey** (St Elizabeth) who have earned their bronze reading certificates this week and those who were awarded their silver reading certificate:

**Lily, Kamila & Harry H.** (St Francis), **Oscar** (St Therese), **Aubrey** (St Elizabeth),  
**Edie** (St Bernadette), **Alvin, Harley, Zofia & Charlotte** (St Joseph)

## Phonics Meeting for Year 1 parents

Mrs McLoughlin is inviting all parents to attend a meeting on Monday 11<sup>th</sup> February regarding the Year 1 phonics screening test which the children will take in June. It will take place straight after school in Year 1 classroom and any children needing supervision will be taken to the ICT suite during the session.

## A visitor to Year 5

Year 5 had the pleasure of welcoming the Mayor of Southend to St George's this morning. *The Mayor's name was Derek Jarvis and he was accompanied by Mayoress Valerie Jarvis and two men from the local press, John and Harry. They came to St George's because it is the 135<sup>th</sup> Anniversary of the C2C Shoeburyness Railway service. The Mayor spoke to us about the chain he was wearing and that Queen Victoria herself designed and wore it. He is the 89<sup>th</sup> Mayor to wear this special piece of jewellery. As we were celebrating an anniversary from Victorian times we dressed in our special costumes from our Victorian Day on Tuesday.*

*To commemorate this special occasion, we were each given a special badge. They only made sixty of the badges so for each class member to receive one makes us very special indeed! It was a great experience meeting Mayor Derek Jarvis.*

By **Eliana, Nadia and Lily-Grace** (St Anthony)

## Cheerleading Success

Congratulations to **Catherine** (St Peter), **Sian** (St Anthony) and **Edward** (St Joseph) who took part in a cheerleading competition last weekend in Colchester. Their routines were a combination of gymnastics, dance and stunts and they were awarded 2<sup>nd</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place respectively. Well done to all of you!

### Mobile Phones in school

As part of our constant review of safeguarding and GDPR, it has been necessary to slightly change the procedure for year 6 children who bring a mobile phone with them due to walking to and from school unsupervised. Any year 6 children with a phone will need to take it to the office on their arrival at school. They will then come in through the front door and go into class. At the end of the day they will collect it from the office and leave via the front door. Any parents who are meeting them can wait in the office reception.

As I said in a previous newsletter, we recognise the importance and value of the dialogue between parents and children at the end of the school. Those first few minutes allow your child to share their day, with no distraction, so therefore we always advise that phones and devices are not used on school premises. If you feel it necessary to bring your child's device with you at the end of the school day, we ask that you wait until you are through the pedestrian gate and off school premises before handing it to them.

*The staff's focus must always be on safely dismissing the children, not monitoring if a device is being used which could put the safety of a pupils at risk.*

Thank you in advance for your support.

### PTA Meeting

The next PTA meeting will be held on Thursday 7th March at 2.30pm in the Community Suite. We look forward to seeing you there.

### Prayers



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

God Bless,

*Mrs Delgado*