



ST BENET'S CATHOLIC PRIMARY SCHOOL

EXECUTIVE HEAD - MRS SAM BARLOW

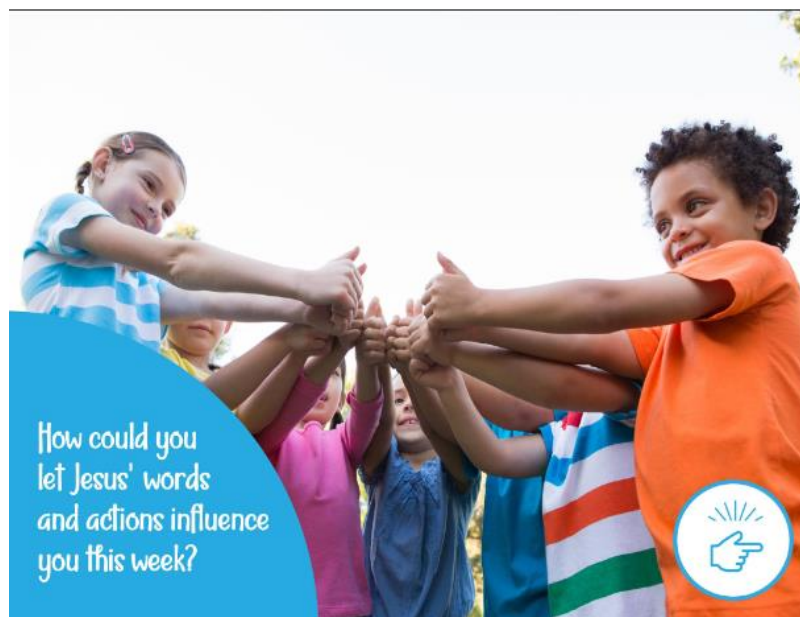
ASSISTANT HEAD - MISS AMANDA LYONS

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2nd February 2024

Jesus' teaching was amazing, it changes people when they hear it, because what He says is spoken by God to show us who God is - are we ready to listen to Him?



"And His teaching made a deep impression on them because, unlike the scribes, He taught them with authority".

Mark 1: 22

Children will understand that:

- Jesus' teaching makes a deep impression on people because it shows us a new way to live.
- Listening carefully and following Jesus helps us to grow more like Him.
- We can show that Jesus influences us through our words and actions.

In light of the important message coming through from this week's Gospel, I want to remind everyone of our three simple school rules.

To be Ready, To be Respectful and To be Safe.

Recently I have had my attention drawn to some children in both schools who have chosen to ignore these important rules and this has been disappointing. Not only does it disrupt the learning for themselves, it disrupts the learning for others and in some cases places concerns around safety and wellbeing.

As a school, we can only do so much to promote positive behaviour and excellent learning attitudes and we take pride in our restorative approach. However, we really need you as parents to reinforce this expectation and work with us to achieve better outcomes for all pupils. Talk to your child about why learning is important and share the value of education with them. Support the class teacher in their endeavours to ensure your child is making the right choices.

I really do not want to be in a position to have to suspend any child for their negative behaviour but will have to if we cannot ensure that all children are safe through all other avenues we have explored.

Please, if there is any extenuating circumstances that can impact your child's behaviour in school, inform their teacher so that we work around this and put a supportive plan in place.

About wellbeing for your children, you can always follow some of the advice below or we have means to access other support within school and externally. Please let us know and we will do all we can to help.

Mrs Barlow

Why is it important to look after our mental wellbeing?

At any age, positive wellbeing enables us to:

- Have more confidence and a healthy belief in ourselves
- Strengthen our self-esteem
- Have positive and more fulfilling relationships with others
- Cope with anxiety and other challenges that we may face
- Adapt to change in a constructive way

This doesn't mean we will only ever be happy, as life will always give us some challenges, but it enables us to cope with challenges in life in a practical and productive way.

It's good to talk.

Let your children know you are there for them when they want to talk to you about how they are feeling. It may be a big decision for them to open up about their worries and anxieties so ensure you give them the space, time and attention. If you are in the middle of something and you can't stop what you are doing there and then, let your child know a time later that day when you are able to give them your full attention.

Encourage writing things down.

Older children and teenagers may prefer to have a journal or notebook they can write in. Maybe they can set aside some time when they get home from school to write their thoughts down. This should remain private to them unless they choose to discuss it with you. Encourage your child to reflect on what they would say to a friend who is struggling with something similar, as this provides the opportunity to practise more positive self talk. Younger children may prefer to draw their feelings in their journal. Encourage them to express themselves however they feel on that day.

Create a worry box.

If anxious thoughts continue to overwhelm your child, they may wish to create a worry box. When your child is feeling calm, you can either work on a project together or they can do it themselves. Get your child to write about or draw their worries and "post" them into the box whenever they are feeling anxious or worried. Then you can sort through the box together and tear up any worries that are no longer there.

Let them know this feeling will pass.

We all go through life experiencing a wide range of emotions. These emotions, such as happiness or sadness can come and go. Some emotions may feel stronger than others. Remind your child that our feelings can constantly change, and this too will pass. Create a self-soothing box your child might enjoy a self-soothe box, which they can fill with things that help them when they feel anxious or overwhelmed. This self soothe box may contain things like their favourite books, as well as photos of loved ones and happy places. Perhaps they can include a stress ball or a fidget toy for when they have an anxious moment. Encourage them to collect happy mementos from family holidays or days out. This may be a postcard or a stone from the beach.

Practise gratitude together.

Each night before your child goes to sleep, discuss the three best things that happened that day for both of you, and why you are grateful. There is always something to be grateful for, even if it is as simple as enjoying their lunch, or feeling the warmth of the sun on their face.

Meditation and mindfulness.

Meditation and mindfulness can be practised at any age and gives us the opportunity to slow down and check in with how we are really feeling. Meditation involves paying attention and grounding ourselves to what is going on in the current moment. When we feel anxious or stressed, our breathing becomes shallow, and our heart rate quickens. We can reverse this feeling by slowing down our breathing. Mindfulness is an awareness of our thoughts and feelings as they happen moment to moment, without judging them. When we encourage children to be mindful, it can help them develop skills to deal with the stress of school, studying and life in general.

Spend time together in nature.

Nature can be a great boost for our mental wellbeing and helps us feel grounded. Spending time together in parks, forests or near water has lots of positive benefits. Listening to the birds or the wind in the trees has a very calming effect on us and helps us focus on the present moment instead of worrying about something in the future that has not yet happened. It is also a great opportunity to encourage your child to open up about their feelings.

Get creative or learn something new.

Creativity gives us an avenue to express ourselves, helps boost confidence and releases stress and tension from our bodies. When we are learning something new, something that excites us, we can have a feeling of pride. As we learn, we can boost our sense of achievement and belief in ourselves. It can be something simple like learning how to bake a new cake or take better photos, or more challenging such as learning a new hobby or language.

What we eat can also impact on our wellbeing.

As well as affecting our physical health, what we eat can also impact our mental wellbeing. Encouraging healthier eating in your family may help everyone to have more energy, think more clearly and improve mood. Try and encourage your child to avoid too many sweets and biscuits as sugary food causes our blood sugar to rise and crash dramatically. Increasing fruit and veg will help as they contain essential vitamins, minerals, antioxidants, and fibre. Raw veg such as carrots make for great snacks. It is also important to drink plenty of water as this increases our concentration.

Getting active.

Introduce fun exercise as a regular part of your family routine. Young children have a lot of energy and exercise can include running around at the park, playing catch or

kicking a ball. Offer them lots of praise to encourage them to keep moving. Encourage young children to get moving with a game of Simon Says, where they have to copy your moves and then make up their own. If you don't have the outdoor space, then play some favourite tunes and get dancing together indoors. If you are struggling to find the time to exercise with your children, try leaving the car at home and encourage them to walk to school or the shops with you. This is also a great time to encourage conversations and find out what is really happening in your child's world.

Sleep.

Sleep is an essential process that helps our bodies and minds to repair, restore and function effectively. Sleep is vital for maintaining good wellbeing. We are often advised we should be aiming for 7 - 8 hours of sleep each night, but for teenagers, the recommended amount of sleep could be as high as 10 hours per night. Teenagers often have trouble falling asleep at a sensible bedtime because their brains naturally work on later schedules. Ensure their room is dark, cool and quiet and free from electronic devices.

Forest School

Forest School sessions will be on a Thursday afternoon during school time. The children will take a mini-bus down to the Common after registration at 1:00 p.m. and will be collected and returned to school for 3:15 p.m.

Children will need **clothing suitable for Forest School** as follows:-

- Wellies/trainers
- Spare socks
- Trousers (jogging bottoms/leggings)
- Long sleeved t-shirt/sweatshirt
- Rain coat
- Hat, scarf, gloves
- Waterproof trousers if possible

The children may come to school wearing their Forest School clothes on the day they will be attending. Please be aware that these clothes will get muddy and wet! They may need e.g. a spare pair of jogging bottoms when they get back. The Community Bus also asks that children have a clean pair of shoes/trainers to change into after the visit, before they get into the mini bus. Please see the dates when each year will be attending.

08.02.24	Yr 2
15.02.24	Yr 1
29.02.24	Rec

CERTIFICATE

OF RECOGNITION



St Benet's School, Beccles

Thank you for your generous donation of 70kg of food in support of Waveney Foodbank.

Matthew Scade

Matthew Scade

Waveney Foodbank Project Manager

DATE OF ISSUE:



This week Class One's Heart of Gold goes to Hunter. He always shows a wonderful attitude to his learning and when he was asked why it is important to learn he replied, "so we can read books!" Well done Hunter, you are a star!



Class Two's heart of gold is Libby. Libby leads by example in all her learning. She understands that learning is important, always shows that she is 'READY' to learn and always tries her best.





The heart of gold for Class 3 this week is Jack for persevering in all lessons. He enjoys a new challenge and always tries his best.

This week's Class 4 heart of gold goes to Joseph for his excellent contributions in all assemblies this week. A pupil that others can learn from - well done!



Treat Tables



Dates for your Diaries

Friday, 16th February – break up for half term

Monday, 26th February – return to school

Mass Times at St Benet's Catholic Church 10.30am every Sunday.



**Artsmark
Silver Award**
Awarded by Arts
Council England