



St Mary's Catholic Primary School
'Love God, Love Others, Love Ourselves'

Upcoming
dates

18th January
Virtual P.E.
Assembly in
preparation for
Athlete Visit on 1st
February

28th January
Nurse Drop-in visit
at 2:30pm

1st February
Athlete Visit -
Steve Frew! Class
circuits for the
whole school

7th -13th February
Children's Mental
Health Week

Happy New Year!

We hope that you and your families have had an enjoyable, restful and peaceful Christmas break.

On the 1st January every year, many people make New Year Resolutions, setting themselves a goal to achieve throughout the whole year. However, 365 days is a long time! Therefore, many people do not keep their New Year Resolutions, leaving them feeling frustrated and annoyed at themselves.

This year, why not make monthly goals instead? Choose one small, attainable goal you want to achieve each month. This could be something you want to do every day (for example to drink a certain amount of water) or something you want to achieve weekly (for example to contact a different family member/friend every week). Share your monthly goal with your family and encourage them to do the same!

Mrs McNickle



National Online Safety (NOS)

Click on the link below to bring you to the Online Safety Guides for Parents/Carers page of our school website. Here you will be able to access NOS, from which you will be able to find the most up-to-date guides for social media apps and platforms along with useful tips to help keep children safe.

<https://www.stmaryschingford.com/the-curriculum/e-safety/online-safety-guides-for-parents.html>

Well-being

When we relax, the flow of blood increases around our body giving us more energy.

It helps us to have a calmer and clearer mind, which aids positive thinking, concentration, memory and decision-making.

Relaxation slows our heart rate, reduces our blood pressure and relieves tension. This year, remember to take moments to breathe and relax.

Spotlight on Reception!



We have had a very busy start in Reception, and we can't believe it is already the Spring term! Last term, the children learnt about different festivals and celebrations. We had an online workshop to learn a dance for the Diwali story of 'Rama and Sita', which was one of our topic stories that we had been learning about. We learnt how to tell a story in dance form.



One of our favourite activities is...baking! It helps our maths, communication and language, physical development (all that mixing!) but most importantly, it's fun! We love to work together to make different things. It also helps us practice turn-taking and sharing.



Another one of our favourite activities is cutting and sticking. We practiced how to hold scissors properly, how to safely pass and carry them and how to cut carefully. As well as all this fun, we have been working so hard on learning our sounds. We love Fred the Frog who helps us to 'Fred Talk' our sounds, getting ready to blend them into words.