



St Mary's Catholic Primary School

'Love God, Love Others, Love Ourselves'

Upcoming dates

14th – 18th February
Happy Half Term!

22nd February
World Thinking Day

25th February
School Nurse Drop-
in sessions from
2:30pm

1st March
Aquinas Mass for
Year 2 and 6
pupils

4th March
World Book Day!
FOSM Junior Quiz
Night 4pm

Steve Frew

Last week, on Tuesday 1st February, we were extremely lucky to have top athlete record breaking Steve Frew visit St. Mary's!

He, along with the Sports for Schools Sportivater, led a circuit training session for every class in the school hall. All the children (and adults!) loved this experience. Everyone pushed themselves to their limits doing as many spotty dogs, leg drives (mountain climbers), push ups and star jumps as they could – all with a smile on their face!

Afterwards, Steve then held an assembly during which he answered the children's questions and told us about his life. The children found listening to Steve inspirational – he told us how he had competed at two Commonwealth Games and trained in gymnastics for 20 years before he won his gold medal. This shows us that in order to reach our dreams we need to be determined, resilient and positive. Steve asked us, "What is your gold medal? What do you want to achieve in life?" It left us feeling energised, optimistic and focused on our dreams.

Next half term, in P.E, every class will be learning and focusing on the topic of Gymnastics. Let's carry forward those feeling we had when listening to Steve in our lessons.

Mrs McNickle

Steve Frew's Commonwealth Gold medal



Steve's first ever medal



Circuits with Steve Frew!



Circuits with Steve Frew!



Assembly with Steve Frew

Steve held a whole school assembly, via Zoom, from the Year 6 classroom. He spoke about the setbacks he had during his career, and how he learnt from these and used these as motivation for winning his first Gold Medal in the Commonwealth Games in 2002.



Spotlight on Year 3!

We are Mental Health Champions!

Year 3 have taken part in the Mental Health Champions training this week to celebrate Children's mental health week.

We have been preparing for this by completing the One Goal Kickstarter training which prepared us for our workshop day. We had a fantastic day and learnt skills that we can use and share with others!



We have learnt lots of different skills and qualities that will make us successful Mental Health Champions.

We know how to take care of our own mental health and how to support others.

We learnt a range of different strategies that we could use to improve our mental health and we practised the strategies. We really enjoyed making our calm jars.

During our workshop, we played lots of different games where we learnt how to work together to solve problems and understand different emotions.

