

St Mary's Catholic Primary School

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St Mary's Catholic Primary School



Thank you so much for coming to meet with your child's class teacher this week. Big thanks on behalf of all the team for all the incredible feedback you gave us too. It means a lot to my staff to receive positive comments regarding the care children have been provided with to return to school, the quality of teaching and the progress being made in books.

After such an arduous year, your ongoing support, care and gratitude are very much appreciated by everyone here.

Have a lovely weekend.

Mrs Griffiths



Breakfast Club

Could we please remind all parents that you need to accompany your child to the hall entrance so a safe handover can take place. Thank you

Mental Health Week

The '5 Ways to Wellbeing' are a proven set of pillars which are key to improving our mental health and general feelings of happiness. Across the weekend and beyond, join in by building in some small yet effective activities into your daily lives to feel more positive and able to get the most out of life!

Connect

Connection is about relating to one and other and feeling understood. Speak to the people in your life, be it friends, family, colleagues or neighbours. Build new connections to expand your circles – this could be at work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Developing these connections will support and enrich you every day.

Take notice

Take stock of your surroundings, be curious, catch sight of the beautiful. Being in a state of 'mindfulness' has been shown to be associated with a positive mental state. Greater awareness of the



world around us helps us see the unusual and notice simple pleasures like the changing seasons. Savour the moment, whether you're walking to work, eating lunch or talking to friends. Be present to your feelings and environment. Reflecting on your experiences will help you appreciate what matters to you.

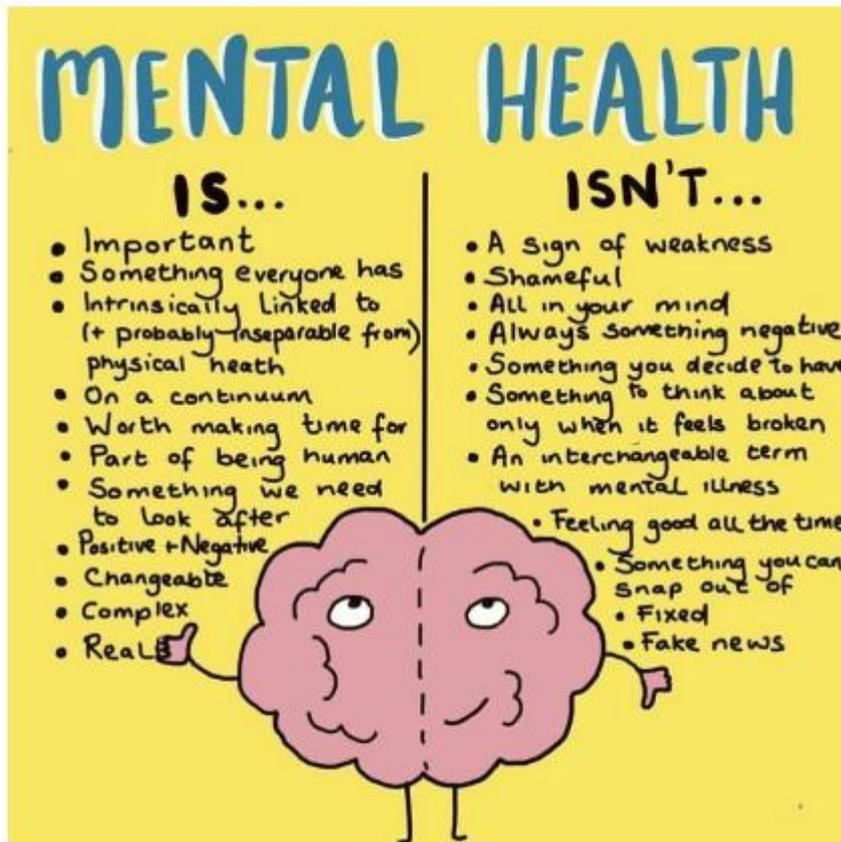


Give

Giving encapsulates many things – from showing goodwill and generosity of spirit to giving presents and giving up our time. Evidence suggests that 'giving back' or helping others promotes wellbeing for all ages. Why not do something nice for a friend, or a stranger. Thank someone. You could even volunteer your time with a charity or join an online community to give and receive peer support in equal measure. The key to giving is to look outwards, as well as inwards. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Keep learning

Learning something new is good for your brain and often exciting for the learner. Trying something different, rediscovering an old interest



or signing up for that course you've always wanted to do can also improve our confidence and widen our skillset. Take on a new responsibility at work, do some arts and crafts or pick up an untried recipe. The challenge and enjoyment of learning new things gives a sense of fulfilment that is second to none.

Be Active

Engaging in regular physical activity is known to go hand in hand with lower rates of depression and anxiety across all age groups. Not everyone needs to be a fitness fanatic to boost your wellness through activity. Simply step outside, exercise your green fingers or organise a games night. You could go for a walk or run, cycle or dance. Exercise releases hormones that make you feel good. Most importantly, being active is about discovering a physical activity you enjoy and that suits your level of mobility and fitness.

Year Three

Year Three have been really busy this week developing our garden. Mrs Brazier came in during the holidays to dig over the garden in preparation for all the planting that took place this week. The children

have planted sunflowers, beans, potatoes, onions and a whole host of other wonderful things. Enjoy the photographs...







Dates for the Diary

Week	Activity
Beginning	
17 th May	19 th May Year Two Curriculum Activities Day
24 th May	28 th May Break-up
31 st May	Half Term
7 th June	7 th June Children return to school 9 th June Year Three Curriculum Activities Day
14 th June	16 th June Year Four Curriculum Activities Day 18 th June Whole School Picnic on the field
21 st June	22 nd June Year Five Curriculum Activities Day 23 rd June Year Six Curriculum Activities Day
12 th July	13 th and 14 th Whole School Olympics Days for the children only. 15 th Whole School Picnic on the field
19 th July	Year Six Leaver's Days 20 th July Break-up for the Summer Holidays

Sun Safety

We kindly ask that parents ensure that your child is equipped with a sunscreen that is clearly labelled with your child's name unless you apply sunscreen that lasts for the entire school day before sending your child in.

It is recommended that all sunscreen provided by parents should have a minimum Sun Protection Factor (SPF) 30+, be 'broad-spectrum' to provide both UVA and UVB protection and if labelled with a UVA star rating, carry a minimum of 4 stars

We ask that parents also ensure their child has access to a suitable sun hat with them. Sun hats should be either broad brimmed (bucket style) or legionnaire to shade the face, neck and ears. Baseball caps are not recommended.

Thank you