

Dear Parents

Thank you for your understanding following our snow day on Friday. Hopefully, we are now through the changeable weather spell and we can get back to a normal routine. Due to the continuation of the cold weather that winter brings, can we ask that all children continue to bring in their hats, gloves and scarves. These should be school uniform items only and clearly named please. The Key Stage One Celebration has been rescheduled for Friday, 8th February at 9.00am. A new date for the Cross Country event at St. Edwards will also be issued shortly.

Kindness has been the theme that has been the focus of recent assemblies. Linking to St Teresa’s Little Way, pupils have notably been extra kind to each other from helping to pick up someone’s pencil to going out of their way, giving up their time, to look after another person if they were in need of help in any way. In return they know they are making a better and happier world to live in, including feeling happier in themselves. We are very proud of them.

We also hold much pride in how our ex-pupils have grown into well rounded young adults and how easily they have adapted to their secondary schools, as well as the results they achieve. I recently visited Aylesbury RGS and was given a tour by two of our past pupils in Year Ten and Year Eight. Quizzing them about how St Teresa’s School had prepared them for secondary school their responses were very positive, as they were used to the homework schedule, having a range of different teachers, including a range of specialist teachers, needing to be organised as well as the academic ability required; the only major difference they experienced was the size. Speaking to the Head and one of our past parents, Mrs Cox, I found out some wonderful news of their latest leavers who were St Teresa’s past pupils who had just gone on to a range of universities to study Aerospace Engineering, Natural Sciences, Modern and Medieval Languages and History and Sociology. Well done to all of them.

The assembly last week was held by Year Five pupils, who have a responsibility to look after playground equipment and support pupils in games at lunchtime. James (Year Three) was presented with a ‘Man of the Match’ trophy for his sporting achievements and Matilda (Year Three) for winning a medal for her tennis. Well done, James and Matilda!

Diary

This Week

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|---------------------|--|
| 6 th Feb | <ul style="list-style-type: none"> • Phonics Demystified 3.00pm – see notices below • EYFS Parent Consultations |
| 7 th Feb | <ul style="list-style-type: none"> • Girls Football Tournament – Years Five & Six – invitation only • EYFS Parent Consultations • Year Six French Trip Meeting 6pm |
| 8 th Feb | <ul style="list-style-type: none"> • Key Stage One Celebration – Parents and families welcome – Details in notices below • Year Two Parents meeting with Miss Russell – 3.15pm • STPA Quiz Night - Details Page 4 |

Looking Ahead

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|-------------------------|---|
| 15 th Feb | <ul style="list-style-type: none">• Mufti Day & Cake Sale• Key Stage One & Key Stage Two Express Workshop for Parents 8.40am• Last Day Before Half Term Begins – Normal dismissal times |
| 18-22 nd Feb | <ul style="list-style-type: none">• Half Term |
| 26 th Feb | <ul style="list-style-type: none">• Bedford Cross Country – invitation only |
| 6 th March | <ul style="list-style-type: none">• Ash Wednesday – Mass 10am (Key Stage Two) |
| 7 th March | <ul style="list-style-type: none">• Key Stage One Multi-Sports Tournament – Information |
| 8 th March | <ul style="list-style-type: none">• World Book Day |

Items in red added to the diary since the last Weekly Letter to Parents was published

Dates for this academic year are all available on the school website.

There you will also find copies of school policies (hard copies may be requested from the office) and details of the curriculum for each year group.

Notices

Phonics Demystified

Our Phonic De-Mystified Workshop will be repeated this week on Wednesday 6th February at 3.00 pm. It is an extremely useful session on phonics and how we teach them, using the Read Write Inc programme, here at St Teresa's. They are the foundation to reading and writing, so if you can attend, we are sure you will find it useful.

Key Stage One Celebration

Following the postponement of the Key Stage One Celebration on Friday, we have now rescheduled this event for Friday 8th February at 9.00am in the Church. Refreshments will be served in the Dining Hall from 8.20am.

Tanzania Charity

Don't forget this week we will be raising money for the Tanzania Charity. The children have organised fun activities, which will take place during lunchtimes. There will be a charge of 50 pence per activity and we suggest that the children bring their money in a named purse for the week's activities.

The children are very enthusiastic about their fundraising plans and we hope you will support this very worthwhile charity, through which we sponsor two children in their education.

Year Six French Meeting

Don't forget the Year Six French meeting on Thursday at 6.00pm.

Sing Perform Inspire

As you will know from last week's letter, Year Five took part in a Sing Perform Inspire Workshop at Princes Risborough Primary run by the Chiltern Music Academy. You can see a taster of what the day entailed by clicking on the link – [Sing Perform Inspire Video](#)

Please see page 6 for information about Children's Mental Health Week 2019

NEWS

Well done to Year Five who prepared and led our assembly last week. They presented Steps to Success to a number of children and also congratulated James (Year Three) for receiving a trophy for Man of the Match, and Matilda (Year Three) for winning a medal for her tennis. Year Five showed off their acting skills in pre-recorded sketches which they had designed to showcase different aspects of playground behaviour. They thought very carefully about some of the qualities we hope to see in the playground at St Teresa's, especially being thoughtful when picking teams, sharing with others and using kind words. Tyrese said, "The playground assembly was really nice. Everyone listened and I hope that the whole school will remember our ideas at playtime!"

The playground is a great place! Here's what we love about it. What do you love about the playground?



Here are some rules that we think are important for us to use in the playground!



We look forward to supporting the STPA Quiz night on Friday!

Mrs J Draper & Mrs Y Roberts
- Joint Head Teachers

STPA

TICKETS AVAILABLE NOW!

£10
per person

PIZZA & QUIZ NIGHT

8
people per
table

Bring your friends along for a fun-
filled quiz night and
wood fired pizza supper.

Bar and raffle on the night.

FRIDAY 8TH FEBRUARY
7.30PM
ST. TERESA'S SCHOOL
(WALSINGHAM HALL)

To book your place (or table)
please contact Amanda McGrail
at school, or email
Amandamcgrail@hotmail.co.uk
or text/call 07796686280

STPA

MUFTI DAY & CAKE SALE

Calling all bakers...

Exceedingly good cakes and
bakes wanted to sell at the
half-term pick-up (in the
dining hall). *

*No seeds or nuts, please.

**FRIDAY 15TH
FEBRUARY 2019**

ALL PROCEEDS GO TOWARDS THE
SCHOOL WISH LIST



Other Information



Children's Mental Health Week 2019

4-10 Feb #ChildrensMentalHealthWeek
ChildrensMentalHealthWeek.org.uk

Dear Parents and Carers,

This week (4-10 February 2019) is Children's Mental Health Week.

The Week was set up by the children's mental health charity Place2Be to shine a spotlight on the importance of children and young people's mental health.

This year's theme is Healthy: Inside and Out – we're encouraging everyone to think about how they look after their bodies and minds.

What's it all about?

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. We know from our work in schools that children in every class have diagnosable mental health conditions and many more struggle with challenges from bullying to bereavement.

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.

As parents and carers, you play a very important role in your child's health. Here are a few simple ways you can encourage them to look after their body and mind:

- **Chat with your child about what you do to look after your body and mind**, from walking the dog to turning your phone off before bed. Sharing the steps you've taken to stay healthy can set a good example for them – but don't be afraid to admit it if you've struggled! It's important for children to keep trying, even when things are difficult.
- **Praise your child and other family members for what they do to look after their body and mind** – even if it's small. If your child sees healthy living in a positive light, they're more likely to carry on doing these things throughout life.
- **Remind them that there's no such thing as a perfect body or mind – and no one is perfectly healthy!** Your child might be tempted to compare themselves to other children, especially on social media, but it's important to remember that everyone's bodies and minds are different – and that's something to celebrate.
- **Do something regularly with your child to be Healthy: Inside and Out.** Family life can be very busy and stressful at times. Cooking a meal, sitting down for a family dinner, or going for a walk together can be a great way to stay connected and have fun.

Don't forget, if you're worried about your child, you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice for parents on our website

www.place2be.org.uk/usefulcontacts

Visit www.ChildrensMentalHealthWeek.org.uk to find out how you can get involved and support Place2Be's vital work.