



Friday 14th Feb, 20'.

Achievements

Early years Jacinta:
Star: Sophia SJ
Patience: Ella

Year 1 John Paul II:
Star: Sophie
Patience:

Year 2 Faustyna:
Star: Noah
Patience: Chelsey

Year 3 Teresa:
Star: Ella
Patience: Kealan

Year 4 Drexel:
Star: Alana
Patience: Harry S

Year 5 Bakhita:
Star: Martha
Patience: Yiqi

Year 5 Orione:
Star: Lexie
Patience: Kayla

Year 6 Alphonsa:
Star: Harry P
Patience: Ruby

Year 6 Bosco:
Star: George M
Patience: Caelia

Attendance:

1st- 2F
2nd- 50
3rd- 1JP

News

Ben Smith visit

On Thursday we were lucky enough to have a visit from Ben Smith who told us his inspirational story. He ran 401 marathons in 401 days! Fun fact: that is the equivalent of running from here to Australia! He has raised thousands for anti-bullying charities.



Year 4 Worship

Year 4 led us in a thoughtful and reflective Worship on how we can make a difference. They spoke of the story of The Good Samaritan and how we can all make a little difference to somebody.

Have a relaxing and enjoyable half term.





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Key dates for the upcoming half term.

You will be receiving a 'Dates for Spring 2' ParentMail today which has key dates for the next half term.

Libraries supporting Children's Mental Health and Wellbeing

Libraries will launch the *Reading Well for Children* book collection in the week 3-9 February. These books provide helpful reading to support children's mental health and wellbeing, joining the other collections already on the shelves: *Reading Well for Mental Health*, *Reading Well for Young People* (Shelf Help), *Reading Well for Dementia* and *Reading Well for Long Term Conditions*.



The books have been chosen and endorsed by leading health professionals and are targeted at children in Key Stage 2 (age 7-11), with a wide range of reading levels to support less confident readers and encourage children to read together with their carers.

Shockingly, 12.8% of 5-19 year olds have had a mental health condition. 34% of parents of children aged 4-11 worry about their child's mental health and 60% of children aged 8-11 say they regularly feel stressed, sad or worried.

Although 39% of 8-11s say they find it difficult to talk about their emotions, 90% of parents agree that reading together is a useful tool to help open up conversations.

The 33 titles in the collection cover subjects such as maintaining good mental health, understanding and managing feelings, dealing with worries, dealing with tough times personally and navigating the world around you, including at school, online and in the news.

Visit your Library on or after 3 February to find out more about the *Reading Well for Children* book collection and how it can support parents and children.

For the full booklist, visit www.reading-well.org.uk