

Our Lady of Grace Catholic Academy, Biddulph



“Do whatever He tells you.”

Messenger

February 2024



Dear Parents and Carers,

Monday marks the start of 'Children's Mental Health Week', where the theme of the week is **My Voice Matters**. My voice matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

On Tuesday 6th February we will also be marking 'Safer Internet Day'. Please see the attached leaflet from National Online safety website and the link as below in supporting you to keep your children safe online.

[Our Lady of Grace Catholic Academy - Online Safety \(ourladyofgraceacademy.co.uk\)](http://ourladyofgraceacademy.co.uk)

The link below is to a very short video on how to get the internet safety conversation started with your children.

[Safer Internet Day 2024 - Film for parents and carers - YouTube](#)

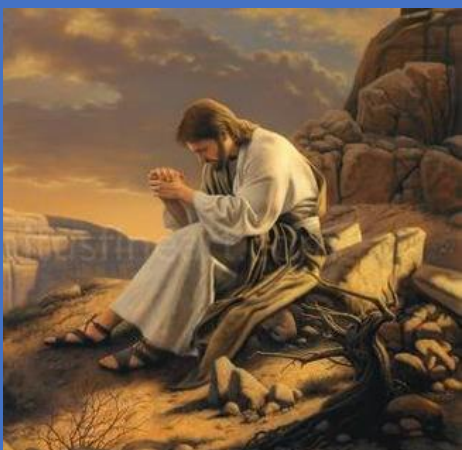
On a final note, please can I direct you to take a look at our new uniform page on the website. We have added pictures to support the uniform policy. We appreciate your support with adhering to the uniform policy – our children wear their uniform with pride!

[Our Lady of Grace Catholic Academy - School Uniform \(ourladyofgraceacademy.co.uk\)](http://ourladyofgraceacademy.co.uk)

I do wish you all a lovely weekend!

Mrs Rathbone

Principal



In this week's Gospel, we are reminded that Jesus' life was very busy, but He found peace by going to a quiet place to pray and be with His Father. We too can find peace in the busyness of our daily lives.

During this week where we are thinking about children's mental health, it is a reminder to us that we all have a co-responsibility to teach our children the importance of spending time with God to find peace and strength.



If you haven't already, please get the free Studybugs app, or register on the Studybugs website, and use it to tell us whenever your child is ill and unable to attend school.
<https://studybugs.com>



Did you know that Our Lady of Grace is a referrer for the Stoke-on-Trent Food Bank?
Any of our families in need of support can contact Mrs McGough in the school office to request confidential help obtaining a voucher.

Music Service Activities

We are so proud of how so many of our children are making progress on their instrument. To further your child's skills please take a look at the wide range of FREE Music Groups on weekday evenings, 5.45pm - 7.15pm, provided by Stoke-on-Trent City Music Service at The Bridge Centre, Birches Head. There are also several groups on Saturday mornings in the local area, please ask Mrs Amison for further details.

Good luck to Year 3 who are working hard to prepare for their performance at the Recorder Festival at the Victoria Hall on Wednesday 6th March, 12.30pm. Tickets will be available to purchase from the box office on the day



Uniformd stocks a variety of preloved school uniform items priced £1.00 to £5.00 and our catalogue can be found by following the link below;
<http://uniformd.co.uk/ourladyofgrace-academy>
You can help by donating clean, good condition school uniform items (excluding shirts and polo tops), coats or shoes which can then be made available through Uniformd. Donations may be left at the school office.



Congratulations to all Year 5 who have written a fantastic new song with composer, Richard Taylor and bassoonist Ben Hudson in a recent workshop on school.
It tells part of the story of The Enormous Crocodile by Roald Dahl.
They will premiere their exciting work in joint schools' concert at The Prince of Wales Theatre in Cannock on Tuesday 12th March at 2pm.



Congratulations to Enzo Conway who has begun to serve on the altar at English Martyrs.
Enzo showed reverence during our Whole School Mass on Tuesday and supporting Fr Julian with many tasks.
We are very proud of Enzo!



Please share your positive views about our school on Parent View
<https://parentview.ofsted.gov.uk/> Thank you for your support.



February Diary Dates



6th	Safer Internet Day
6th	Whole School Mass - 9.15am, English Martyrs`
6th	Foundation Stage Drop In - 3.30pm
6th	Whole School Disco - 4.30pm
7th	KS2 "Trees" Workshop
7th	Year 5 - Music, St. Margaret Ward
8th	Year 5 - P.E., St. Margaret Ward
8th	KS2 VR Workshops
9th	Dress to Express Day
9th	KS1 Class Assembly
23 rd	Watch Me Learn
28 th	Reconciliation Mass - St. Joseph`s, 6.00pm

The season of Lent begins over half term.

In Spring 2 we will begin our Lenten Prayer Services in preparation for Easter.

Each class will have the opportunity to prepare and lead us in Prayer.

Please look out for the letter with the dates for the Lenten Prayer Services next week.



Well Done to.....

	 Head Teacher Award	 Reader	 Goldfinch	 Maths
Foundation Stage	Jeremy Opoku	Aria-Brave Asplin	Nela Antosik	Jack Oakes
Key Stage 1	Aadynn Hibbert	Marlii Hall	Rory Powell	Isabelle Power
Year 3/4	Charlotte Elliott	Victor Houghton	Sophie Aaron	Sebastian Loras
Year 5/6	Orla Tunncliffe	Lexi Shapcott	Aiden Dodds	Evie Merry

My VOICE MATTERS



TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say - and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week - to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour: and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PaC0i8


For secondary children: bit.ly/3LBD2wK

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' - sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling - it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying - I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me - I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age - my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.

CHILDRENSMENTALHEALTHWEEK.ORG.UK

My VOICE MATTERS



CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

Wrap around care

Breakfast Club

from 7.30am £4.50 (Late or no booking
£9.00)
from 8.00am £2.50 (Late or no booking
£5.00)

Children must arrive no later than 8.15am

If your child is at Breakfast Club for the full week the Friday session will be free.

All sessions must be booked and paid for at least one week in advance.

Care Club

Mon-Fri 3.00pm-5.45pm - Snack included

Care Club First Child;

from 3.00pm to 5.00pm £5.00
from 3.00pm to 5.45pm £7.50

Care Club Siblings

from 3.00pm to 5.00 £3.00
from 3.00pm to 5.45pm £6.00

Late or no booking up to 5.00pm
£10.00

Late or no booking up to 5.45pm £15.00

All sessions must be booked and paid for at least one week in advance.

Unattended pre booked sessions will still be charged

School Dinners

Nursery Meals are £2.40 per day
Reception & KS1 meals are free

Years 3/4/5 & 6 meals are £3.10 per day

Menus are available on the school website.

Please note that dinner money is payable in advance and should be paid online via your child's Scopay account.

School Uniform

Our full uniform range is now available at Supersport, High Street, Tunstall or online at

www.supersport.co.uk/schoolwear.html

Our uniform policy is available on the school website

The school office carries elastic and normal ties, water bottles and a small stock of other uniform items.

Please order via Scopay.

School Attendance



**From the first day of term to the last, the small moments in a school day make a real difference to your child.
#AttendanceCounts"**

Is my child too ill for school?

It can be tricky deciding whether or not to keep your child off school, nursery or playgroup when they're unwell. Follow this link to get NHS advice on common illnesses.

[Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

ABSENCEIF YOUR CHILD IS ABSENT FROM SCHOOL YOU MUST EITHER telephone school on 512644, report the absence via Studybugs or email office@olognewman.co.uk BEFORE 09.30am stating the reason for absence.