



ENGLISH MARTYRS

CATHOLIC VOLUNTARY ACADEMY



Newsletter

20th September 2024

COMING UP

Mon 23rd Sep	Y6 Forest School Y3 Swimming	Drama 3.30-4.30pm Y1-2 Multiskills 3.30-4.30pm
Tues 24th Sep	Singing Lessons AM	Flute lessons PM
Wed 25th Sep	Piano Lessons PM Drum Lessons PM	Y1-2 Creative Club 3.30-4.30pm Y1-3 Gymnastics 3.30-4.15pm Y4-6 Gymnastics 4.15-5.00pm
Thurs 26th Sep	Guitar lessons AM Drum Lessons PM	Y3-6 Basketball 3.30-4.30pm
Fri 27th Sep	9.15am Coffee & Conversation Y6 Warning Zone trip	Piano Lessons AM Celebration Assembly 2.45pm

NOTICES

- **Morning drop off** - Please can children in Y1 and above walk round to their classrooms by themselves in the morning unless other arrangements have been made with their class teacher.
- **No scooting/cycling** through the carpark please.
- **Wellies** - Please can children have wellies in school for lunch times



Dear families,

As we progress into the term, it is wonderful to see how calm and productive the school is. Thank you to the FEM for all of their efforts with fundraising, we were delighted to receive a cheque for £1500 from the PAVERS foundation, a national company with a local link. This will fund some incredible additional resources in school that all of the children will benefit from.

I hope that you enjoy the mild weather this weekend and have a chance to recharge.

Mrs Brown



CELEBRATION ASSEMBLY



Congratulations to all the children who have received awards this week



BIRTHDAYS

HAPPY BIRTHDAY

EYFS - Jack, Y2 - Otto
Y3 - Bea, Y4 - Rafferty
Y5 - Madeline

VIRTUE OF THE WEEK

Love of Learning

Donation from Pavers Foundation

This week FEM have received a huge donation of £1500 from Pavers Foundation. A big thank you to Mrs Lack for organising this - we applied last year and Pavers agreed to match fund money raised.

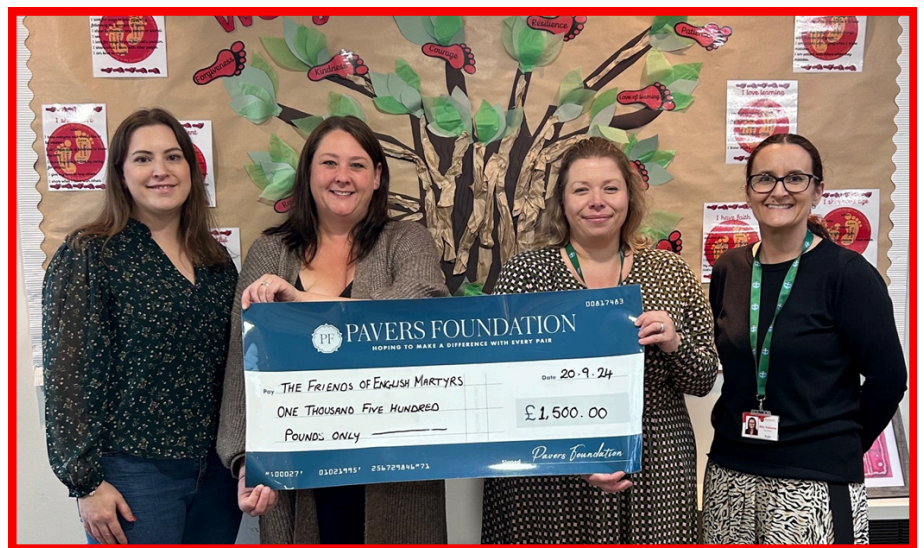


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Catholic Voluntary Academy

OPEN MORNINGS

Wednesday 2nd & Saturday 5th October
9.30-11.30am



FEM NEWS

Cake raffle - Daniel G and Zara won this week!

Second hand uniform - FEM are collecting any good quality second hand uniform. Please bring to the school office. Thank you.

DESIGNATED SAFEGUARDING LEADS

The Designated Safeguarding Leads have now got new green lanyards so are easily identifiable. The lead DSL is Mrs Scott and the deputies are Mrs Topping and Mrs Valiente.



St Joseph's Church

Keep up to date with the Parish news [here](#).

OPAL ACTIVITIES

Our children have been enjoying the OPAL (Outdoor Play and Learning) activities at lunchtime, especially the mud kitchen! As the weather starts to get wetter, please provide wellies for children to keep in school.



ART

Some of our classrooms have turned into art studios recently! In year 1 & 2, the children were drawing with charcoal and oil pastels, year 3 sketched self portraits and year 4 explored shading and tone.



SCHOOL PRAYERS

Each day in our classes we say prayers to punctuate the school day. You may wish to use these prayers at home with your children.

Morning

Oh my God you love
You're with me night and day
I want to love you always
In all I do and say
I'll try to please you Father
Bless me through the day
Amen

Lunchtime

Bless us O God as we sit together
Bless the food we eat today
Bless the hands that made the food
Bless us O God
Amen

End of the day

Now the day is over
We lift our hands and say
Thank you heavenly father
For your love today
We are sorry for the wrong things
But glad about the right
Keep us heavenly Father
In your love tonight

EYFS

With the mild weather this week, EYFS have enjoyed doing lots of learning outside!



FIRST HOLY COMMUNION



Application forms are now available for St Joseph's First Holy Communion programme for 24/25. If your child is in year 3 or aged 7 and above and has

not yet made their First Holy Communion, please get an application form from the back of the church. The closing date for applications is **Sunday 27th October.**

How do you re-charge?

Did you know?

The science of personality suggests that for most people, the traits of extraversion or introversion are relatively stable over their lifetime. Extraversion and introversion became well-known in psychology through the work of Carl Jung at the beginning of the twentieth century*. For Jung, extraverts direct energy outwards towards others and gain energy back this way; whilst introverts focus their energy inwards and recharge this way. Of course, everyone is on a spectrum of these preferences and so it's about learning what supports your own wellbeing or that of your child/loved ones best.

So what can we try?

1 Reflect on your day

We live in a world that celebrates extraversion and so often we think the things we SHOULD do to have fun are things that suit extraverts. By reflecting on what you have done in a day and whether is zapped your energy or re-charged you can help with future planning. Building in time to re-charge can be a gamechanger.

2 Pick up the signs

With your children and loved ones, notice what they gravitate towards when they come home after a day having to conform. Do they naturally take themselves away to have some space or are they nattering away and looking for connection to recharge that way? If you have different preferences, talk about these differences in your family unit so that everyone knows that people need different things to re-fuel.

3 We are a bit of both...

People are complex and so we are not one thing or the other. Introversion and extraversion are on a spectrum and so introverts need and benefit from connection in the same way that extraverts need and benefit from space and time to reflect. Children may not realise they need both these things and so building in opportunities for both is important. For instance, after a club or a social event, make some downtime a routine. For those high on the introversion scale, encourage some social time even if to begin with this is with an animal or just in a social space.



Reference

*<https://www.psychologistworld.com/influence-personality/extraversion-introversion>

