



# St Michael's Catholic Primary School

With Jesus we can Achieve what we Dream and Believe!

Newsletter 21

Saturday 27th February



Guion Street, Liverpool, L6 9DU

Website: <https://www.stmichaelscatholicprimary.co.uk/>

Email: [contact@stmichaelscatholicprimary.co.uk](mailto:contact@stmichaelscatholicprimary.co.uk)

Telephone: 0151 263 8460 (Press 1 to report a pupil absence)

The parent app provides up to date important information. If you would like an invite to download the app, please call the office on 0151 263 8460



**Free School Meals**  
Are you entitled?

## Free School Meals

Click the link to apply for free school meals.

<https://liverpool.gov.uk/benefits/free-school-meals/application-form/>



## Family Support



Dawn Foxon, our school Family Support Worker, is available to talk privately about any concerns or issues.

Call Dawn Foxon **07712235811** or email [dawn.foxon@liverpool.gov.uk](mailto:dawn.foxon@liverpool.gov.uk)



## We are looking forward to welcoming all the children back on Monday 8th March.

We know that for many, the thought of your child going back to school after months of being at home will be worrying. You may have concerns about what your child's school day will look like and how they will cope with any changes, or you might be worried about how your son or daughter's health and other care needs will be met while they are there and if they will be safe. Ask your child how they are feeling about returning to school. Some children will be delighted to return and you can join in with their excitement about all the things they are looking forward to. For children who express concerns do your best to give an age appropriate, encouraging response.

We are mindful that it may take some time to support all children to return to a psychological state where they can learn. School has plans and strategies in place to support your child. If you require further support or information call school on 0151 263 8460 or Mrs Birch on 07921292412 or email [contact@stmichaelscatholicprimary.co.uk](mailto:contact@stmichaelscatholicprimary.co.uk)

Click the image below for further resources

COVID 19 | INFORMATION HUB



## Resources for children and young people

Safety Net – booklet for young people – [click here](#)

Childline Calm Zone <https://www.childline.org.uk/toolbox/calm-zone/>

Kooth [kooth.com](http://kooth.com)

OSSEME (Sefton) transition back to school resource – [click here](#)

Partnership for Children 'Going Back to School – Exploring Worries for Younger Children' – [click here](#)

Anna Freud National Centre for Children and Families 'Mindfulness Calendar: 5 minute daily activities' <https://www.mentallyhealthyschools.org.uk/resources/mindfulness-calendar-daily-five-minute-activities/>

## New Website

Our new site is up and running. Have you completed the new website questionnaire? Your views are important for the development of the site. Please click the questionnaire here to take part.

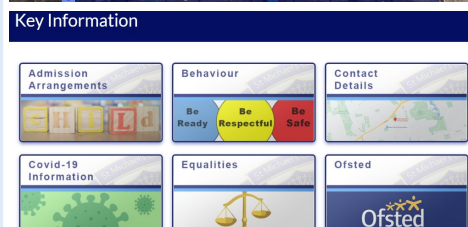
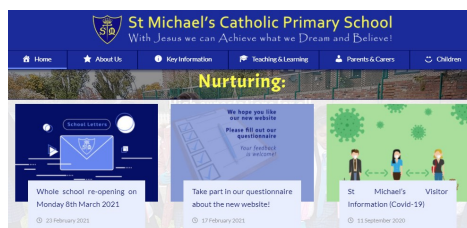
New Website Questionnaire Feb 2021

Please do not refresh or reload the website as this will stop you completing the questionnaire. This will help improve the site so it meets the needs of our families and the community.

\*Required

Which year group is your child in?

- Year 0
- Year 1
- Year 2
- Year 3
- Year 4
- Year 5
- Year 6



**Worried about a Child or Young Person?**

If a child or young person is at risk of harm, abuse or neglect please report it to:

**CARELINE**  
Call 0151 233 3700

**LEARNING FROM HOME**

In this edition

AMANDA'S LUNCHES WEEK SEVEN  
SEASONAL INGREDIENT RHUBARB  
SUPERMARKET SWAPS SHEPHERD'S PIE  
SUNDAY SPECIAL SCONES  
PLUS RECIPES & MUCH MORE...

FROM THE KITCHEN  
WEEK SEVEN

TAKE A LOOK



'With Jesus we can achieve what we dream and believe'



## Collective Worship

In Collective Worship this week we have explored the theme of Integrity: Doing the right things for others reflecting on words from Scripture. Daily reflections are timetabled on Google Classroom (or from their class Home Learning Timetable on the website) for children who are Home Learning.

**Gather**  
Let's prepare for ourselves for Collective Worship with a with some music

This week our Collective Worship themes are **Integrity**.

Fairtrade Fortnight  
22<sup>nd</sup> February – 8<sup>th</sup> March 2021

This Fairtrade Fortnight we are thinking about what we want the world to be and the ways in which we can use our integrity to make choices to shape the world.

Let's begin our assembly together by making the Sign of the Cross

**Integrity**

You can choose the world you want

**Listen**

<sup>12</sup> At once the Spirit made him go into the desert, <sup>13</sup> where he stayed forty days, being tempted by Satan. Wild animals were there also, but angels came and helped him.

<sup>14</sup> After John had been put in prison, Jesus went to Galilee and preached the Good News from God. <sup>15</sup> "The right time has come," he said, "and the Kingdom of God is near! Turn away from your sins and believe the Good News!"

Mark 1:12-15

**Respond**

Do you know anything about where your food comes from?

Where does it come from?

How would Jesus choose to treat Marcial & his family who grow bananas on their small plot of land in Panama?

Do you know what life is like for the farmers that grow bananas and cocoa for us?

**Go Forth**

Your choices make a difference

Dear God,  
We pray for people around the world who grow and produce the things we eat and buy.  
We pray that they get a fair price for the things we buy from them.  
We pray that buying Fairtrade goods helps to create a better and fairer world.  
Amen

Follow Me, Follow Me

Dear God,  
We pray for people around the world who grow and produce the things we eat and buy.  
We pray that they get a fair price for the things we buy from them.  
We pray that buying Fairtrade goods helps to create a better and fairer world.  
Amen

Home School Parish

**The Parish of St Michael & Sacred Heart Newsletters**

**The Wednesday Word**

Good News for Families

**Mental Health & Prayer**

Church is open for Mass and Communion. Visiting church is good for our spiritual and emotional wellbeing as well as our mental health. Come and see for yourself how safe we have made it for you. Please bring your face covering with you. Come and sit in the warmth of God's love for you.

Liverpool CAMHS Partnership deliver bitsize training courses for parents/carers. <https://www.liverpoolcamhs.com/training/>

mental health is everyone's business

1/3/21 Social Media and Mental Health  
2/3/21 Understanding My Stress Response  
3/3/21 Grief and Loss  
4/1/21 Self Harm  
5/3/21 Eating Disorders  
8/3/21 Managing Teen Worry  
9/3/21 Suicide Awareness  
9/3/21 Managing Child Worry  
11/3/21 ACES and Trauma-Informed Practice  
15/3/21 Post Traumatic Stress Disorder  
16/3/21 Introduction to Attachment  
17/3/21 Embracing Uncertainty  
18/3/21 Resilience  
18/3/21 Adolescent and Brain Development

**Birthdays**

Javeen Nadir  
Freya Kerwin  
Rhys Bentley  
Peace Samson  
John Joseph Horrocks  
Austin Rajesh  
Evie Lally  
Ezekiel Agbonghile  
Jacob Lucka

pageborders.org

Believe in children  
Barnardo's

**YOUNG CARERS ACTION DAY**  
16 MARCH 2021

Protect Young Carers' Futures

TAKE ACTION!



## Mental Health Support for Adults



Mersey Care' Mental Health support for all adults Online and phone psychological support <https://www.merseycare.nhs.uk/about-us/news/247-phone-and-psychological-support-services-launched-by-mersey-care/>

Community and Mental Health Services

Samaritans are available 24 hours a day, 365 days a year.

**TALK TO US**  
If things are getting to you

116 123 FREE  
The number is FREE to call from the UK

jo@samaritans.org

samaritans.org

**SAMARITANS**

### How we can help

<b>Talk to someone</b>	<b>If you're having a difficult time</b>	<b>In the workplace</b>
On the phone	By email	<b>In schools</b>
Write a letter	Find a branch	<b>In prisons</b>
Self-help app	I want to kill myself	<b>In the military</b>
	<b>If you're worried about someone else</b>	<b>In health and care</b>
	If you think it's an emergency	
	Supporting someone with suicidal thoughts	
	How to support someone you're worried about	



Qwell.io is a free safe and anonymous online wellbeing platform, that is now available for adults in Liverpool (26+).

Qwell is commissioned in Liverpool by Public Health and is here to support adults in Liverpool by providing a space to access professional support without long waiting lists or thresholds.



Adults can join online peer support communities, access self-help materials or engage in drop-in or booked one-to-one online chat sessions with our experienced counsellors.

To find out more, or to book an information session please contact [liverpoolqwell@kooth.com](mailto:liverpoolqwell@kooth.com)

## What to do if your child has Covid Symptoms?

If your child develops a new and continuous cough or a high temperature, or has a loss of, or change in, their normal sense of taste or smell they must stay at home to begin isolation – the isolation period includes the day the symptoms started and the next 10 full days.

Please inform school on the first morning of absence and

keep school updated throughout. You must arrange for them to have a PCR Covid test as soon as possible. Further details of how to book a test is available on the link: <https://www.gov.uk/get-coronavirus-test>

Other members of the household, including any siblings, should self-isolate. If your child has a negative result and is feeling well they should return to school. People who are sick with coronavirus may have other symptoms like the flu, including body-aches, headaches, sore throat and tiredness, shortness of breath, nausea or diarrhoea. If your child has these symptoms it is important you also consider booking them a PCR test. If they don't have the main symptoms of coronavirus, they do not need to isolate until they get their result, however they do need to continue to take the usual measures to protect and others from illness, such as regular hand washing.

**If you have any questions or concerns remember we are here to support you. There is always someone available in school during office hours to listen and help. (T: 0151 263 8460 – 8.15am- 4.30pm) or email [michaels-ao@st-michaels.liverpool.sch.uk](mailto:michaels-ao@st-michaels.liverpool.sch.uk)**



### Coronavirus

**Wash your hands with soap and water more often for 20 seconds**



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers

Use a tissue to turn off the tap.  
Dry hands thoroughly.



With many of us staying indoors it's important we're getting enough Vitamin D to help keep our bones and muscles healthy. Vitamin D is found in foods including eggs, red meat and oily fish but mainly comes from the sun. PHE advise that people not getting enough Vitamin D take a supplement of 10 micrograms (400IU) per day from October to March.



Public Health England

NHS COVID-19 app has a number of tools to protect you, including contact tracing, local area alerts and venue check-in. It uses proven technology from Apple and Google, designed to protect every user's privacy. If your postcode district becomes high risk, the app will let you know – and give you advice on what action to take.





# St Michael's Catholic Primary School



## Term Dates 2020-2021



### Autumn Term 2020

**Term:** Wednesday 2<sup>nd</sup> September to Friday 18th December 2020

**Half term:** Friday 23rd October to Friday 30<sup>th</sup> October 2020

**Terms ends:** Friday 18th December 2020



### Spring Term 2021

**Term:** Tuesday 5<sup>th</sup> January 2021 - Friday 26<sup>th</sup> March 2021

**Half term:** Monday 15<sup>th</sup> February – Friday 19<sup>th</sup> February 2021

**Term ends:** Friday 26th March 2021



### Summer Term 2021

**Term:** Monday 12th April to Tuesday 20<sup>th</sup> July 2021

**Half term:** Monday 31<sup>st</sup> May to Friday 4th June 2021

**Term Ends:** Tuesday 20<sup>th</sup> July 2021

**May Bank Holiday:** Monday 3<sup>rd</sup> May 2021

#### Staff Development /Training Days—School Closed for Pupils

Tuesday 1<sup>st</sup> September 2020

Friday 25<sup>th</sup> September 2020

Friday 23rd October 2020

Friday 15<sup>th</sup> January 2021

Guion Street, Liverpool, L6 9DU. 0151 263 8450 [michaels-ao@st-michaels.liverpool.sch.uk](mailto:michaels-ao@st-michaels.liverpool.sch.uk)



*'With Jesus we can **achieve** what we **dream** and **believe**'*



# St Michael's Catholic Primary School

## Term Dates 2021-2022



### Autumn Term 2021

**Term:** Thursday 2<sup>nd</sup> September to Tuesday 21<sup>st</sup> December 2021

**Half term:** Friday 22<sup>nd</sup> October to Friday 29<sup>th</sup> October 2021 (school closed)

**Terms ends:** Tuesday 21<sup>st</sup> December 2021



### Spring Term 2022

**Term:** Wednesday 5<sup>th</sup> January 2022 - Friday 8<sup>th</sup> April 2022

**Half term:** Monday 21<sup>st</sup> February – Friday 25<sup>th</sup> February 2022 (school closed)

**Term ends:** Friday 8<sup>th</sup> April 2022



### Summer Term 2022

**Term:** Monday 25<sup>th</sup> April to Tuesday 19<sup>th</sup> July 2022

**Half term:** Monday 30<sup>th</sup> May to Friday 3<sup>rd</sup> June 2022 (school closed)

**Term Ends:** Tuesday 19<sup>th</sup> July 2022

**May Bank Holiday:** Monday 2<sup>nd</sup> May 2022 (school closed)

#### Staff Development Days (School closed for pupils)

Wednesday 1<sup>st</sup> September 2021

Friday 17<sup>th</sup> September 2021

Friday 22<sup>nd</sup> October 2021

Monday 28<sup>th</sup> February 2022

Two extended twilight sessions

Guion Street, Liverpool, L6 9DU. 0151 263 8450 [michaels-ao@st-michaels.liverpool.sch.uk](mailto:michaels-ao@st-michaels.liverpool.sch.uk)



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