



St Michael's Catholic Primary School

With Jesus we can Achieve what we Dream and Believe!

Newsletter 18

30th January



Guion Street, Liverpool, L6 9DU

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

Email: 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



We are here to support you

We understand that this is a very difficult time for families. We would like to reassure you that school staff are available to support you and your children as we move forward during these most challenging times. You can call Mrs Birch confidentially, on 07921292412

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



Are you entitled?

Free School Meals Vouchers will be issued on Monday by email, to pupils who are not able to attend school and are eligible for benefits related free school meals. If you have not received your vouchers please call the office. More information will be provided on the website and app next week about how these will be distributed. You can apply for free school meals via this link <https://liverpool.gov.uk/benefits/free-school-meals/application-form/>



Device Drop-In Clinic

Due to the success of this service, we will continue to provide support in school next week. Are you finding it difficult using your device at home? Are you struggling to access Google Classroom, Google Meet or Zoom? Come along and get some help. Tuesday, Wednesday and Thursday - 2pm-3pm



Next week our school will be supporting Children's Mental Health Week. There will be a variety of informative and fun activities in school and online. Click the pictures below for further details.

On Wednesday 3rd February 2021

Wear an item of clothing inside out!

Be kind always... you never know how someone is feeling inside.

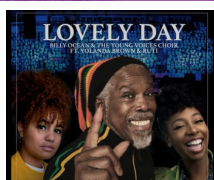
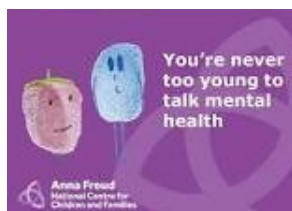


Parent Questionnaire



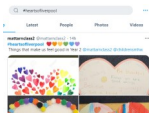
Thank you to all of the parents who have completed the Home Questionnaire - we have had 62 responses so far. If you haven't completed it please do so this week - we will resend it. Here is some of the feedback we received:

- * Teachers are doing an amazing job with everything.
- * They love the live lessons with their teacher.
- * They're really enjoying using the laptops, so thank you so much.
- * I have already found the teachers very approachable and supportive and clear in their instruction.
- * Parents now get to know more about topics.
- * I like the structure of the school day for my child; an input, then independent activities.
- * Given the situation, I don't think it could be improved. The school is doing an amazing job to maintain the education of the children in such trying circumstances.



Spread Positivity

- Draw your heart.
- Fill with what makes you feel good.
- Decorate and display in your window.
- Photograph and tweet your heart, tag it
- #heartsofliverpool
- #STMtuebrook



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



Collective Worship

In Collective Worship this week we have explored the themes of **Forgiveness & Respect** reflecting on words from the Gospels and St. Paul. Children working at home can follow our daily reflections on their Google Classroom (or from their class Home Learning Timetable on the website).

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

This week our Collective Worship themes are **Forgiveness & Respect**
Love thy neighbour

Forgiveness & Respect
Love thy neighbour

Today we hear about how Jesus called his disciples to follow him.

They left what they were doing and went with him straight away.

We begin by making the Sign of the Cross

Respond
We can follow Jesus by living our lives as he would want us to. By being kind and forgiving to others, respecting each other, sharing all that we have, and caring for all people, especially those who are poor or sick, so that the world becomes a fairer place for everyone to live in.

Do you think them to be... become his disciples.

Adapted from CAFOD Children's Bibles - Third Sunday in Ordinary Time (Year 3)

Listen

Mark 1:14-20 - Jesus Calls Four Fishermen

¹⁴After John had been put in prison, Jesus went to Galilee and preached the Good News from God. ¹⁵"The right time has come," he said, "and the Kingdom of God is near! Turn away from your sins and believe the Good News!" ¹⁶As Jesus walked along the shore of Lake Galilee, he saw two fishermen, Simon and his brother Andrew, catching fish with a net. ¹⁷Jesus said to them, "Come with me, and I will teach you to catch people." ¹⁸At once they left their nets and went with him. ¹⁹He went a little farther on and saw two other brothers, James and John, the sons of Zebedee. They were in their boat getting their nets ready. ²⁰As soon as Jesus saw them, he called them; they left their father Zebedee in the boat with the hired men and went with Jesus.

Immediately they left their nets and followed him.

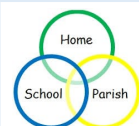
Go Forth

Our friend Jesus,
You call us all to follow you.
Help us to answer that call and to live
our lives as you have asked us to.
Using our hearts for love and
forgiveness.
Showing respect for each other.
Amen

TREAT OTHERS AS YOU WOULD LIKE TO BE TREATED

When I needed a neighbour

Our friend Jesus,
You call us all to follow
you.
Help us to answer that
call and to live
our lives as you have
asked us to.
Using our hearts for love
and forgiveness.
Showing respect for each
other.
Amen



The Parish of St Michael and Sacred Heart Newsletters

The Wednesday Word



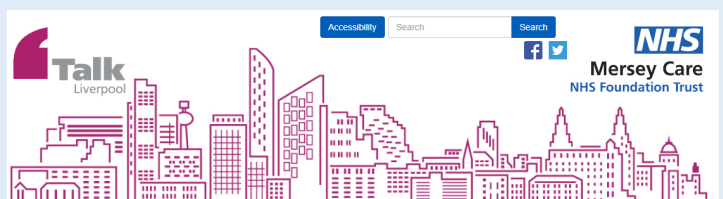
CH&CO: From the kitchen- Learning from Home Newsletters

LEARNING FROM HOME
In this edition
AMANDA'S LUNCHES WEEK ONE
SEASONAL INGREDIENT CAULIFLOWER
SUPERMARKET SWAPS JUDITH'S PUPPETS
SUNDAY SPECIAL
RICH MORE...

LEARNING FROM HOME
In this edition
AMANDA'S LUNCHES WEEK TWO
SEASONAL INGREDIENT LEGS
SUPERMARKET SWAPS SUNDAY SPECIAL
RICH MORE...

LEARNING FROM HOME
In this edition
AMANDA'S LUNCHES WEEK THREE
SEASONAL INGREDIENT PRINCEPS
SUPERMARKET SWAPS ROAST POTATOES
SUNDAY SPECIAL CAULIFLOWER CHEESE
RICH MORE...

Talk Liverpool is a free NHS service offering psychological therapies to adults in Liverpool who are feeling depressed or anxious. You can refer yourself by clicking below.



School Attendance During Lockdown

Guidance
Children of critical workers and vulnerable children who can access schools or educational settings

Check if you qualify as a keyworker. If you wish to apply for a place complete the online application form which is available on our website. You will be required to provide some form of proof of your keyworker status such as your work ID badge or a letter from your employer.

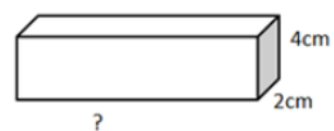
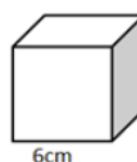


Try this challenge at home!

Daily Maths Puzzle

13

A cube and a cuboid have the same volume. One edge of the cube is 6cm. 2 edges of the cuboid are 4 cm and 2 cm. What is the length of the other edge of the cuboid?



Birthdays

Maram Ethaim

Kryspin Graf

Mark Saturnino

Hewa Karzan

Gabriel Banciu

Christian Marlon

Benjamin Phillips

Mrs Lester

Supporting Your Child's Mental Health

What is mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.



Top tips for wellbeing each day

1. Talk openly about mental health ...just as you would talk about what you are having for dinner
2. Model good habits ...because children watch and copy what they see others do
3. Talk about phone usage (theirs and yours!) ...because electronic devices can affect your ability to listen to each other and to sleep
4. Notice any changes in your child's behaviour ...because these changes may mean that your child is struggling
5. When times get tough ...let your child know you are concerned ...have chats while doing things together ...let your child know that struggling sometimes is normal and nothing to be ashamed of ...listen and

empathise ...get support if you are worried – you can phone your GP or get in touch with us support.

Click below for further support



YOUNGmINDS

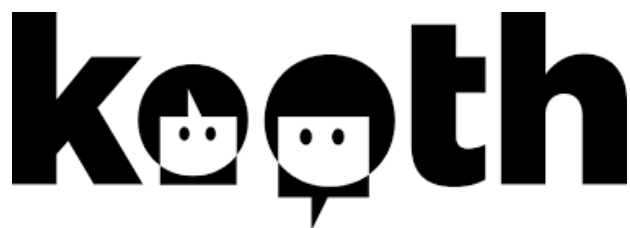


MindEd for Families

Anna Freud
National Centre for
Children and Families

Liverpool CAMHS
mental health is everyone's business
Whole School Approach to mental health





Your online mental wellbeing community. Free, safe and anonymous #support for children and young people aged 10–25 in Liverpool.



Click on the **'Join Kooth'** button located in the centre of the home page of the Kooth website



Choose from the drop down box the **location** you are in

Click on the **gender** you identify with

Choose from the drop down box the **ethnicity** that best fits you

Add your **age** and the **month you were born**

Click **'continue'**

How to sign up to Kooth.

Kooth is a **FREE**, anonymous, confidential, safe, online Wellbeing service, offering professional support, information, and forums for children and young people.

Access 365 days a year to counsellors who are available from:
12 noon-10pm Monday- Friday
6pm-10pm Saturday and Sunday

Log on through **mobile**, **laptop** and **tablet**.

Now that you are in you can click on the icons at the top of the page to choose from the articles, topic page, forums, or choose to talk to a counsellor by clicking the speech marks next to the turquoise circle.

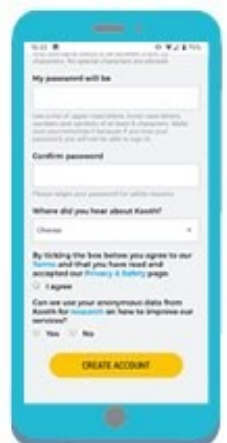
To talk to a counsellor click on:
"Chat now button"

To write a message to the team, click on: **"message the team"**



Create an **anonymous username** (not your real name) and **secure password**

Choose from the drop down box to explain where you found out about **Kooth**



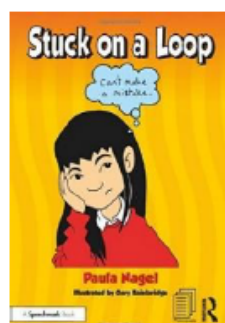
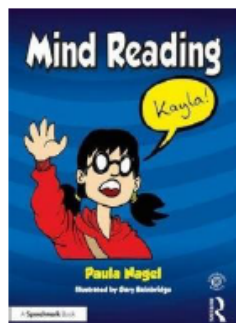
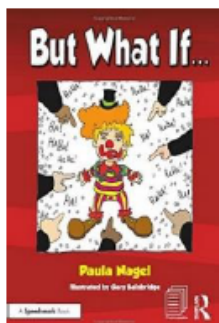
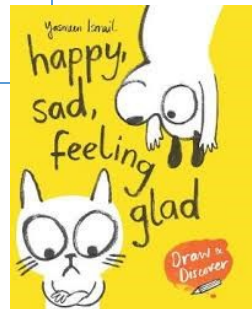
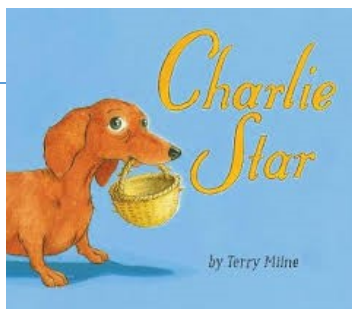
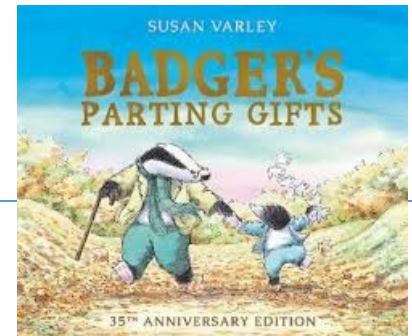
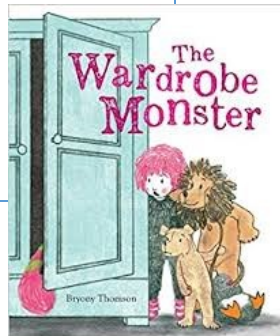
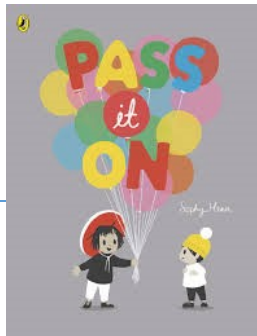
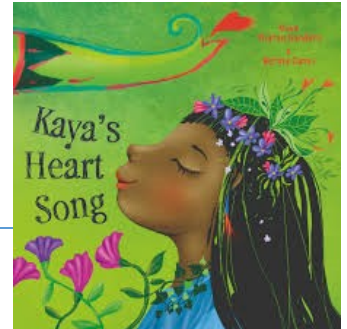
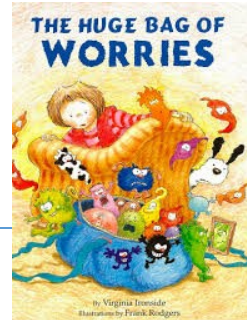
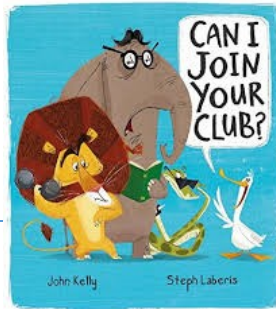
Click on the **'create account'** button to complete your registration

www.kooth.com

Children's happiness and wellbeing book list



Mental Health and wellbeing can be a challenging topic to talk about with your child. The booklist below is full of titles for children. They deal with issues such as friendships, family stress, happiness, grief, anxiety and mindfulness.



Rollercoaster series: [But What If](#), [Mindreading](#), [Stuck on a loop](#)

By Paula Nagel

These are therapeutic stories focusing on exam anxiety, worrying about transitioning to secondary school and social isolation.

Paula Nagel has worked as an education psychologist for 17 years and is currently Principal Educational Psychologist (North) for the national children's mental health charity, Place2Be.

Home Learning

Have a look on the school website for the weekly home learning timetables (located on individual class pages):

<https://www.stmichaelscatholicprimary.co.uk/topic/class-pages>

These will be posted by Monday morning, ready for the week ahead. Remember, for year 1 to year 6, work is set daily on Google Classroom, and for Reception and Nursery, learning sessions will be scheduled each day on zoom.

If you need any help, please contact your year group email address

Nursery and Reception –

EYFS@stmichaelscatholicprimary.co.uk

Year 1 – Year_1@stmichaelscatholicprimary.co.uk

Year 2 – Year_2@stmichaelscatholicprimary.co.uk

Year 3 – Year_3@stmichaelscatholicprimary.co.uk

Year 4 – Year_4@stmichaelscatholicprimary.co.uk

Year 5 – Year_5@stmichaelscatholicprimary.co.uk

Year 6 – Year_6@stmichaelscatholicprimary.co.uk

We also have a dedicated team in school to support you with any issues, questions or suggestions about home learning. So please do not hesitate to contact us via the school telephone: **0151 263 8460** or via our contact email address: contact@stmichaelscatholicprimary.co.uk Please follow our school twitter account for additional home learning updates: [@STMTuebrook](https://twitter.com/STMTuebrook)



Home Reading Book Swap

From next week we will be changing books for children who are learning from home. See the time table below for when you should bring your books to the school to be swapped for new ones. If you haven't got one already come along and get one.



Year Group	Day of Book Swap	Gate
1	Monday 2:15-2:35	Infant
2	Tuesday 2:15-2:35	Infant
3	Monday 2:15-2:35	Junior
4	Tuesday 2:15-2:35	Junior
5	Thursday 2:15-2:35	Junior
6	Wednesday 2:15-2:35	Junior
Reception	Monday 12:30-1:00	Nursery

Letter to school from Steve Reddy and Matt Ashton



Liverpool
City Council

Dear Parents and Carers,

Last Wednesday, the Prime Minister announced his hope for schools to begin to reopen for all pupils from 8 March. Liverpool City Council is committed to ensuring that schools are the 'first to open and last to close'; but there is a long road ahead of us and we must not drop our guard.

We fully appreciate the pressures and difficulties that a national lockdown places on you and on your children. We do not underestimate how hard it might be for you. However, it is our joint effort that will help save lives.

We want to remind you that all of us, including children and young people, should stay at home unless absolutely necessary. You should only send children into school or college if there is no way they can safely stay at home and learn remotely. If there is an adult working at home or able to take leave from their non-critical job, please think twice before sending your child to school.

It is important that we keep the numbers attending schools and colleges as low as possible

We must allow those who really need to be in school to have access to a place. At the moment, some schools are unable to support safely the number of children wanting to attend.

Please consider the needs of children who cannot safely stay at home. Many schools and colleges are able to offer part-time places, and this can mean that schools can offer more places to children who need them most.

Teachers are working incredibly hard to adapt to providing remote learning. Our teachers have adapted to this new way of learning remarkably quickly and effectively. They have been phenomenal, and deserve our full respect.

Schools are using a wide range of approaches to remote learning and are sharing good practice with each other. Remote learning does not need to be online or 'live' but if it is, it's important that you follow the school's protocols and expectations.

In the meantime, the plea to everyone is to continue following the rules – such as hands, face, space – to get virus levels as low as possible. Please get tested regularly if you have to leave the house for work or education, and accept the offer of the vaccine when your turn comes. Please continue to work with us to keep our young people - and school environment - safe, and learning, during these challenging times.

Stay safe. Look after yourself and your loved ones and ask if you need help (<https://liverpool.gov.uk/communities-and-safety/emergency-planning/coronavirus/help-for-people-and-communities/>).



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



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.

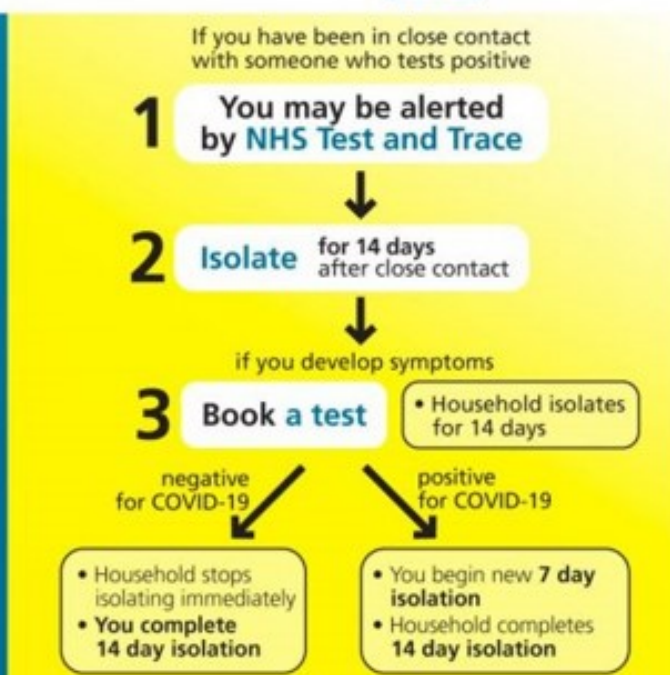
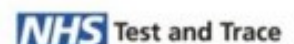


Self-isolation for contacts of people with confirmed coronavirus will be shortened from 14 to 10 days across the UK from Monday 14th December. The change will also apply to people instructed to quarantine after returning from high-risk countries. It means anyone who has been self-isolating for 10 days or more will be able to end their quarantine on Monday. The announcement comes as data shows Covid cases falling in most of England and Northern Ireland.



NHS COVID-19 app, now available to download for free in England and Wales, is the fastest way to see if you're at risk from coronavirus. The faster you know, the quicker you can alert and protect your loved ones and community.

The 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 2nd September to Friday 18th December 2020

Half term: Friday 23rd October to Friday 30th October 2020

Terms ends: Friday 18th December 2020

Spring Term 2021



Term: Tuesday 5th January 2021 - Friday 26th March 2021

Half term: Monday 15th February – Friday 19th February 2021

Term ends: Friday 26th March 2021

Summer Term 2021



Term: Monday 12th April to Tuesday 20th July 2021

Half term: Monday 31st May to Friday 4th June 2021

Term Ends: Tuesday 20th July 2021

May Bank Holiday: Monday 3rd May 2021

Staff Development /Training Days—School Closed for Pupils

Tuesday 1st September 2020

Friday 25th September 2020

Friday 23rd October 2020

Friday 15th January 2021

Guion Street, Liverpool, L6 9DU. 0151 263 8450 michaels-ao@st-michaels.liverpool.sch.uk



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