



St Michael's Catholic Primary School

With Jesus we can Achieve what we Dream and Believe!

Newsletter 22

Saturday 6th March 2021

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



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)

Contact Details

In the interest of your child's safety and well being we need:

- * a named adult that can be contacted at all times
- * at least 3 up to date telephone numbers
- * a call if your child is absent from school

If there is no contact a home visit will be carried out. If there is still no contact we may need to call the police for a welfare check.



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

IMPORTANT NOTICE

Have you changed your telephone number, moved house or got a new email?

Please update the school with your new details.

Free School Meals

Click the link to apply for free school meals.

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



School is open for all children on Monday 8th March

Opening and Closing times: Morning: 8.40am – 9am (gates open at 8:40am) Afternoon: 3pm-3.20pm

All children are to return to school in full school uniform. Uniform is available in Asda and other supermarkets – children do not need school branded jumpers/ pinafores etc. Children should wear a winter PE kit on their PE days – jogging bottoms/ leggings and sweatshirts as PE will take place outside.

The one way entry and exit system will continue to be in place for both Nursery/Infant and Junior gates.

All adults dropping off or picking up MUST wear a face covering. If you are medically exempt, you must observe strict social distancing.

Only one adult per child/children to enter school premises. This is to help us provide space on the grounds to help keep Covid safe.

Breakfast Club (Early Birds): This will be re-open on Monday 8th March. 7.45am – 8.40am (no entrance after 8.30am)

After School (Sparkles): This will re-open after the Easter Holiday on Monday 12th April.

Our most up to date Risk Assessment can be found on our website: <https://stmichaelscatholicprimary.co.uk/key-information/covid-19/>

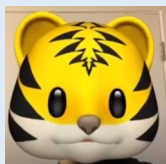
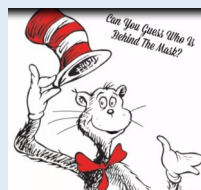
Return of digital devices (laptops, iPads etc) If you borrowed a Chromebook, laptop or iPad from school this must be returned next week. Please make sure it has the charger and bag, if you had one, with it. Please pass these to the class teacher.



This week we have adapted the concept of the Masked Singer to the Masked Reader. Staff



have covered their faces and disguised their voices while reading to children online. Pupils have had great fun guessing which teacher has been reading. Visit the school twitter page to view @STMTuebrook



WORLD BOOK DAY!



On Friday 12th March we will be celebrating World Book Day at St. Michael's - one of our favourite events

of the school year where we spend the whole day celebrating all things reading. This year, each class will look at the book 'All Are Welcome' by Alexandra Penfold, which tells the story of a group of children celebrating diversity in their school, just like we do at St. Michael's. We would love the children to dress up as their favourite book characters or wear pyjamas for a bedtime story on this day, and Mrs Gordon would love the children to bring in a book to share with their friends!



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



Collective Worship

In Collective Worship this week we have explored the theme of **Courage**: reflecting on stories from Scripture about courageous women. Daily reflections are timetabled on Google Classroom (or from their class Home Learning Timetable on the website) for children who are Home Learning.

Courage
Women of the Bible – Mary's song of Praise

Mary's Song
Mary was so happy, she sang a song of praise to God.
"God is so good, My heart is full of joy, I give thanks and praise to God, for God has blessed me very specially. I am poor and unimportant, yet God has done such good things for me. Holy is God's name.
God is so strong, God's love has far and wide, God makes other countries, God is with the poor and the hungry, God will always very close, God never forgets anyone."
Read Luke 1:46-55

Monday 1st March

Courage
Women of the Bible – Mary & Martha

Jesus Visits Martha and Mary
"As Jesus and his disciples went on their way, he came to a village where a woman named Martha welcomed him in her home. 29 She had a sister named Mary, who sat down at the feet of the Lord and listened to his teaching. 40 Martha was upset over all the work she had to do, so she came and said, "Lord, don't you care that my sister has left me to do all the work by myself? Tell her to come and help me!" 41 The Lord answered her, "Martha, Martha! You are worried and troubled over so many things, 42 but just one is needed. Mary has chosen the right thing, and it will not be taken away from her."

Thursday 11th March

Courage
Women of the Bible – Jochbed & Miriam

During this time a man from the tribe of Levi married a woman from his own tribe, and she bore him a son. When she saw what a fine baby he was, she hid him for three months. But when she could not hide him any longer, she took a basket made of reeds and covered it with tar to make it watertight. She put the baby in it and then placed it in the tall grass at the edge of the river. The baby's sister stood some distance away to see what would happen to him.
The king's daughter came down to the river to bathe, while her servants walked along the bank. Suddenly she noticed the basket in the tall grass and sent a slave woman to get it. She opened it and saw a baby boy. He was crying, and she felt sorry for him. "This is one of the Hebrew babies," she said.
Then his sister asked her, "Shall I go and call a Hebrew woman to nurse the baby for you?"
"Please do," she answered. So the girl went and brought the baby's own mother. The princess told the woman, "Take this baby and nurse him for me, and I will pay you." So she took the baby and nursed him. Later when the child was old enough, she took him to the king's daughter, who adopted him as her own son. She said to herself, "I pulled him out of the water, and so I name him Moses."

Thursday 11th March

Courage
The Transfiguration

"Six days later Jesus took with him Peter, James, and John, and led them up a high mountain, where they were alone. As they looked on, a change came over Jesus, and his clothes became shining white—whiter than anyone in the world could wash them. 4 Then the three disciples saw Elijah and Moses talking with Jesus. Peter spoke up and said to Jesus, "Teacher, how good is it that we are here! We will make three tents, one for you, one for Moses, and one for Elijah." 9 And the others were so frightened that he did not know what to say.
10 Then a cloud appeared and covered them with its shadow, and a voice came from the cloud. "This is my own dear Son—listen to him!" 11 They took a quick look around but did not see anyone else; only Jesus was with them.
12 As they came down the mountain, Jesus ordered them, "Don't tell what you have seen here, for the Son of Man has risen from the dead."
13 They started to ask, "What does 'the Son of Man' mean?"

Mark 9:2-10

Follow Me, Follow Me

Courage
Women of the Bible – Jochbed & Miriam

When have you been scared but have found courage to act?

Thursday 11th March

Courage
Children's choice of scripture which tells a story of courage, perhaps from 'God's Story' or a previous Collective Worship.

God of life, Help us to listen to your Son Jesus Give us the courage to live our lives as He asks us, Making a real change to ourselves and the lives of all we meet. Amen.

Thursday 11th March

Courage
How does this reading from the Bible make you feel brave?

Thursday 11th March

Courage
Father I place into Your hands.....

Life is full of mystery I may not know what I feel

Follow Me, Follow Me

Courage
Follow Me (Recessional Hymn)

FOLLOW ME

Follow Me, Follow Me

**God of life,
Help us to listen to your son Jesus
Give us the courage to live our
lives as He asks us,
Making a real change to ourselves
and the lives of all we meet.**

The Parish of St Michael & Sacred Heart Newsletters

The Wednesday Word

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.

Lent at Home
Click the link to access great online resources for this Lent: godwhospeaks.uk/lent-at-home

Home school RE Resources
Aimed at 5-11 year olds, these focus on the parables of Jesus and how he used them to teach people about God and about themselves. There are a range of activities, games, puzzles and ideas for deeper learning with the parables.
<https://www.biblesociety.org.uk/explore-the-bible/homeschool-resources/>

Read for Empathy
The collection features 50 books for 4–16-year-olds, with each book chosen to do a specific job in building young people's empathy. The primary collection is for 4–11-year olds and consists of 30 books; the secondary collection features 20 books for 12-16-year olds. They are a powerful mix of genres and 42% are from writers and illustrators of colour. The books will help expand children's world view and understand others better. Each collection comes with a free downloadable guide, giving information about the books, top tips, and explains what empathy is and how it works. [Click her to view.](#)

Birthdays

Dayne Dickie
Gabija Stonyte
Pavisha Thavaraja
Christopher Ward
Aneta Graham–Jarkova
Liam Smyth
Jordan Tiwari
Lawson Osuhon
Kayden Holland
Jack McKeever–Clarke
Miss Gannon

pageborders.org

5-14 March

British Science Week 2021

5th March - 14th March is **British Science Week!** The theme this year is 'innovating the future', and we have a little challenge for you to kick start our exciting week of activities. We would like you to design your very own machine of the future - What would it do? What would you call it? What would you use to make it? You might want to have a look at Wallace and Gromit's Cracking Contraptions for some ideas. Tweet your inventions to @STMTuebrook - we can't wait to see them!

UNDERSTANDING YOUR CHILD
ourplace **NHS**

New course **Understanding your child's feelings**

Part of the Solihull Approach series

THIS IS A TASTER COURSE. A CHUNK OUT OF THE BIG COURSE.

DIP YOUR TOES IN THE WORLD OF ONLINE COURSES FOR PARENTS, GRANDPARENTS AND CARERS

Apply access code here:
www.inourplace.co.uk

Understanding your children's feelings is a brand new online taster course.

[Click here](#) to access. You will need the following code:

PURPLEBIN

There are 7 modules which each take about 5 minutes to complete and will benefit from time to digest in between.

If you like this...

...you might like the bigger ['Understanding your child'](#) or ['Understanding your child with additional needs'](#), or other courses in the series. www.inourplace.co.uk

How to sign up to Qwell.

Qwell is a FREE, anonymous, confidential and safe online emotional wellbeing service, offering professional support, information, discussion boards and more for adults.

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.

To talk to a counsellor click on: **"Chat now button"**.
To write a message to the team, click on: **"message the team"**

www.qwell.io

- Click on the **'Join Qwell'** button located in the centre of the home page of the Qwell website
- Choose from the drop down boxes, the **area** and **location** you live in
- Select the **year** and **month** you were born
- Click on the **gender** that best describes you and then the **ethnicity and background** that most closely matches you
- Create an **anonymous username** (not your real name) and **secure password**
- Choose from the drop down box to explain where you found out about **Qwell**
- Select **Next step** to complete your registration

Parents needing extra care?

Don't forget about your own self-care. Discover our supportive online mental wellbeing space for adults.

- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

qwell.io

With many of us starting to return to work, we may be experiencing mixed emotions.

If you feel like you need some support, explore our supportive mental wellbeing community for adults.

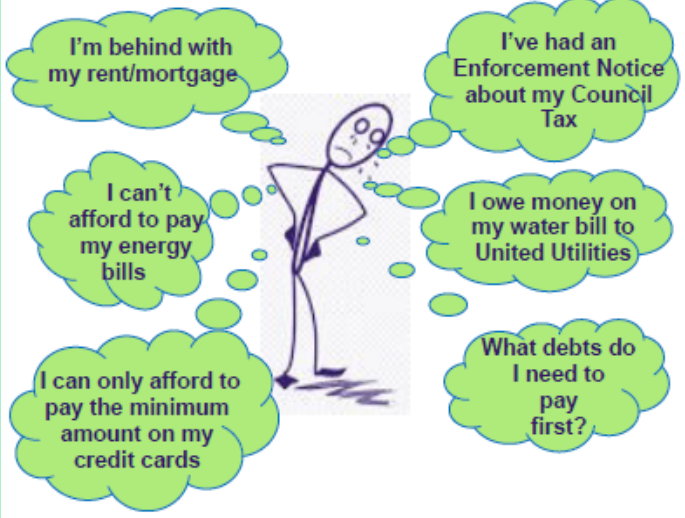
- Chat online to qualified counsellors
- Read and write articles
- Get online support from the Qwell community
- Set personal goals and record how you feel

qwell.io

Money Advice Service



**FIELDS OVER
TROUBLED WATERS**
DEBT ADVICE
Funded by United Utilities



SESSIONS ARE CONFIDENTIAL, ONE-2-ONE,

AND ARE FREE

to residents of the Kensington and Fairfield areas

Jacqueline, our IMA qualified Money Adviser

can be contacted Tuesday—Thursday 10 am—4 pm on
07436059624

Or you can make a referral through
Kensington Fields Community Association, Low Hill, L7 8TQ,
Tel: 0151 708 9107



**FIELDS OVER
TROUBLED WATERS**
DEBT ADVICE



If you have personal debt and don't know what to do or have unaffordable repayment arrangements, we are now providing free, confidential advice sessions to residents in the Kensington, Fairfield and Central Wards.

It doesn't matter what type of debt you have. We can advise you on how to deal with your debts and the options available to you based on your individual circumstances. Some of the debts we can advise you on include;

- Rent & Mortgage (possession/eviction)
- Council Tax
- Water & sewerage
- Housing Benefit Overpayments
- Benefit Overpayments
- Credit cards
- Payday loans
- Overdrafts
- Personal loans
- Bankruptcy
- Debt Relief Orders
- Fuel Debt
- Ways to Maximise your Income

The advice is free, impartial and confidential.

If you are interested in this service, please contact our Money Adviser on 07436059624 (Tuesday, Wednesday and Thursday) for an appointment. If there is no response, please send a message to this telephone number or leave a voicemail. Alternatively, you can contact the staff at Kensington Fields Community Centre on 0151 708 9107 who will be able to take your contact details and pass them on.



DO YOU LOVE GETTING THE BEST DEAL? HERE ARE SOME WAYS TO GET THE BEST DEAL FOR YOU...



SPEAK TO 'DISCONNECTIONS'
- they're actually the customer retention department.

BENCHMARK THE BEST DEAL
Research the deals, discounts & codes that your provider & its competitors are offering to negotiate.

DONT SAY YES TO THE FIRST OFFER THEY GIVE
Never go with the first offer. Chances are, it's not the best deal they can do. Remember, be firm.

USE PHRASES THAT PAY
"I've worked out my budget, and my absolute max is £[insert price here]/mth."
"[EE/02/Three/Vodafone] can do it for less."
"I need to think about it."
"It's still a lot of money."
"What's the very best you can do?"



CHANGE YOUR ENERGY SUPPLIER
You could save up to £250 each year by swapping your energy provider. To see if you can switch & save, speak to Kenya at Kensington Fields.

USE PRICE COMPARISON WEBSITES
Use a selection of price comparison sites to ensure your getting the best deal.
REMEMBER: cheapest deals aren't always at the top, look for added unwanted extras & check the excess.
Good websites include: go compare and money supermarket.com.

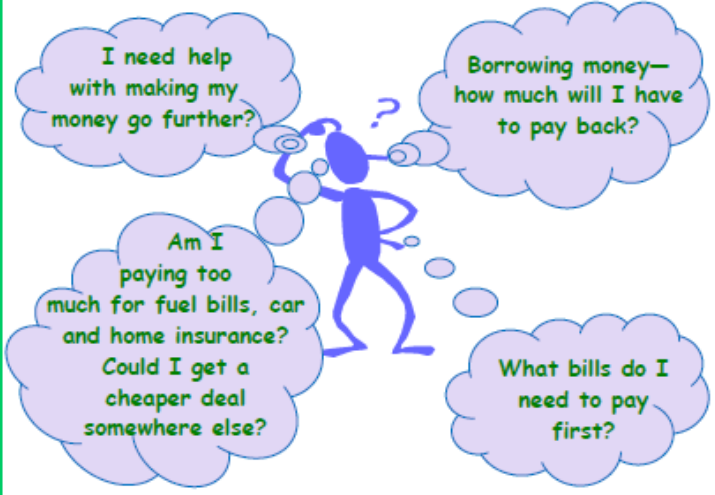
ASK FOR EXTRAS
If they won't slash the price, check for extras, e.g bigger allowance or promos they run with partner companies.

DONT FILL THE SILENCE
As negotiations come to a close, a classic sales technique is to stay silent. They want you to feel awkward and fill the silence by saying you'll take their offer. Make them fill it with a better one.

IF YOU WANT TO GET THE BEST DEAL, CONTACT KENYA, OUR FINANCIAL LITERACY WORKER, ON 07907692173 TO ARRANGE AN APPOINTMENT



**FIELDS OVER
TROUBLED WATERS**
Funded by United Utilities



Kenya, our Financial Literacy Worker

is here on Tuesdays from 10.00am—5.00 pm
And Wednesdays from 10.00—1.00 pm

SESSIONS ARE CONFIDENTIAL, ONE-2-ONE,
AND ARE FREE

Make an appointment on 07907 692173

Can anyone else come along to the group sessions?

Parents or carers are welcome to bring someone else to the sessions to support them.

When and where will the group sessions take place?

The group leaders who meets with you will explain when and where the group takes place. The group is fourteen sessions long but there will be breaks for the school holidays.

Are the practitioners qualified?

The Incredible Years Practitioners are Registered/Accredited members of the BACP (British Association for Counselling and Psychotherapy) and HCPC (Health & Care Professions Council)



YPAS is based in the city centre opposite the taxi rank by the Adelphi hotel.

If you would like more information or want to arrange an appointment, you can contact YPAS on:

0151 707 1025



36 Bolton Street, Liverpool L3 5UX
Tel: 0151 707 1025 Fax: 0151 707 1232
Web: ypas.org.uk Email: support@ypas.org.uk



www.facebook.com/ypasliverpool
-ypasliverpool

Registered Charity No. 1002706. Limited by Guarantee Reg. No. 2306423



Incredible Years Parent Programme

Information for parents and carers

Positive



Behaviour

Enabling young people to reach their full potential



Introduction

This leaflet provides brief information about the Incredible Years Parent Programme which we hope will be useful.

No matter how much parents/carers love their children, there are times when a child's behaviour can be difficult to manage. The Incredible Years Parent Programme can offer help and support to deal with a child's behaviour in a positive way.

What is the Incredible Years Parent Programme?

The programme aims to provide support by:

- Helping parents and carers deal effectively with their children
- Supporting parents to bring out the best behaviour in children
- Building on a parent or carer's skills and experience of dealing with difficult behaviours
- Helping parents and carers to help their child get the best out of school/nursery
- Increasing parent and carer's self confidence
- Providing support for families.

The Incredible Years Parent Programme recognises that you are the expert on your child and we will not criticise or judge your parenting. We will show you ways to make the most of the knowledge you have about your child.

How will I know if the Incredible Years Parent Programme will work for me?

Whilst it is difficult to say whether it will work for you, the Incredible Years Parent Programme has been tested for many years all over the world. There are many studies to show that it works with children with behaviour difficulties.

How does the Incredible Years Parent Programme work?

We use video clips and group discussions to learn new ways of dealing with difficult behaviour. We will talk about and show you how to reward and praise children to encourage more of the behaviours you want to see.

Who is the Incredible Years Parent Programme for?

The programme is for any parent or carer of a child aged between two and eight years old in Liverpool who wants to learn new ways to manage their child's behaviour.

'Children have the right to say what they think should happen when adults are making decisions that affect them, and to have their opinions taken into account.'

(UNCRC - Article 12)

How many people take part?

About eight to twelve parents and carers take part in each group session. There are also two to three Group Leaders to offer support to those taking part.

Parents and carers have told us that the group sessions help them feel supported. Meeting other mums, dads and carers also helps them feel less alone when managing difficult behaviour. Parents and carers also tell us that they make new friends!

Parent & Carer Comments

"Excellent course, I would recommend it to any parent."

"The Incredible years programme has greatly improved my relationship with my grandchildren."

"I just feel really comfortable with my group, I can talk freely and no one is judging, I feel I have a lot of support."



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



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

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



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 2021-2022



Autumn Term 2021

Term: Thursday 2nd September to Tuesday 21st December 2021

Half term: Friday 22nd October to Friday 29th October 2021 (school closed)

Terms ends: Tuesday 21st December 2021



Spring Term 2022

Term: Wednesday 5th January 2022 - Friday 8th April 2022

Half term: Monday 21st February – Friday 25th February 2022 (school closed)

Term ends: Friday 8th April 2022



Summer Term 2022

Term: Monday 25th April to Tuesday 19th July 2022

Half term: Monday 30th May to Friday 3rd June 2022 (school closed)

Term Ends: Tuesday 19th July 2022

May Bank Holiday: Monday 2nd May 2022 (school closed)

Staff Development Days (School closed for pupils)

Wednesday 1st September 2021

Friday 17th September 2021

Friday 22nd October 2021

Monday 28th February 2022

Two extended twilight sessions

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



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