



## Message from the headteacher

Friday 23rd June

Guion Street, Liverpool, L6 9DU

Dear Parents and Carers,



### Aspire and Achieve Week

Wow! What a fabulous week we have had in school. The children have thoroughly enjoyed participating in the wide range of activities and listening to the wonderful wide variety of speakers. Everyone –staff and children have looked great in the yellow 'Aspire and Achieve' T shirts. It is a very special week in our annual school calendar – unique to St Michael's.

A large part of this newsletter has been dedicated to sharing with you about the week –enjoy the read!

A special shout out to Mr. Matthew Smith (Learning Mentor) who has lead and managed the week's activities – a terrific job, thank you!

### First Holy Communion School Celebration

Our Holy Communion Mass celebration in St Michael's church followed by a special breakfast in school is on **Tuesday 4<sup>th</sup> July**. A letter has been sent to all the families of the children who made their First Holy Communion this year.



We hope to see all a many of these families as possible.

### School Strike Action

A letter about the forthcoming strike days in July has been sent. Here is a link to the letter for future reference:

<https://stmichaelscatholicprimary.co.uk/wp-content/uploads/2023/06/Strike-letter-July-2023.pdf>

### School Activities and Events

We have many exiting activities, trips and learning experiences planned for the children over the next four weeks. Please note some changes have had to be made due to the strike action. Any changes are highlighted in the table below.

### Sports Days

Please see dates below. Children to wear their school PE kit on this day. They need to bring a hat, bottle of water and wear sun cream. Parents and Carers are welcome to join us and the gates will open at the **junior entrance at 1.45pm.**

*If it is going to be excessively hot, we will move both sports days to the morning. We will notify Parents and Carers on the day.*



## Headteacher's Message

### Dates for your Dairy

Event	Date	Attendance
Sports Day Reception class and KS1 (year 1 and 2)	Monday 26 <sup>th</sup> June at 2pm	Parents and Carers Welcome (gates will open at 1.45pm)
Sports Day KS2 (year 3-6)	Tuesday 27 <sup>th</sup> June at 2pm	Parents and Carers Welcome (gates will open at 1.45pm)
Picnic Around the World	Wednesday 12 <sup>th</sup> July at 2pm	Parents and Carers Welcome
End of Year Reports for children go home	Friday 14 <sup>th</sup> July	Parents and Carers to collect at end of day
Year 6 Prom Night	Thursday 13 <sup>th</sup> July 5-7pm	Year 6 pupils
Prize Giving Assembly Infants	Monday 17 <sup>th</sup> July 9.15am	Parent and Carers welcome
Prize Giving Assembly Juniors (yr3-yr5)	Tuesday 18 <sup>th</sup> July 9.15am	Parent and Carers welcome
Year 6 Leavers Assembly and Prize Giving	Thursday 20 <sup>th</sup> July 9.15am	Parent and Carers welcome (yr6)

Information and dates for class trips will be shared by class teachers.

### New Classes for September 2023

We have now shared with you and children the classes, teachers and support staff they will have next school year – September 2023. To support with this transition we will have two mornings in July where the children will spend time with their new teacher and support staff member in their new classroom. Here is a link to this information for your future reference:

<https://stmichaelscatholicprimary.co.uk/wp-content/uploads/2023/06/Meet-the-Staff-23-24.pdf>

### Morning Gates - close at 8.50am

Thank you to all the families that arrive on time.

### Community Police

This week I had a visit from one of the local community police officers. He was responding to a call we had made about some anti- social behaviour outside our school premises. He requested that I ask our families to also report any anti-social behaviors to the community police officers on **Telephone number 101**. (This is the non-emergency police number)

The more people that report such incidents the more likely that it will be prioritised and more patrols will monitor area.

Wishing you all a lovely weekend

Alyson Rigby

Headteacher





## Aspire and Achieve



We have welcomed over **50 people** from various organisations, who've delivered **183 talks** across the school across all year groups. The children have loved the visitors, and all the visitors have complimented the children on their wonderful questions and attitude. We received a lovely e mail this morning which said, "The children were an absolute credit to the school: polite, engaged and so well-behaved." We hope that we have inspired them to dream big and work hard in school to achieve those dreams. We are so grateful for everyone who gave up their time. Here is an overview of the organisations and individuals that have come into school:

### **Daisy Inclusive UK**

Talked to the children about disability and inclusivity, and showed them how to play blind football.

### **Merseyside Fire Brigade**

Brought their fire engine onto the playground for the children to look at and sit in.

### **Sam Kearney, Athletics and Football coach**

Played games with all the classes throughout the day.

### **International Slavery Museum**

Talked to the children about the museum and did in class workshops with KS2.

### **Jonathan Conlin, Property Developer**

Told the children how he got into this field and what he did for his job.

### **All Inclusive Hub**

Told the children about the work they do with Autistic children in the community

### **Demitri Aleksejeva, Analyst, Cyber Crime Prevention, Bank of America**

Taught the children about good hacking and his role in preventing cyber crime  
Spoke about how important it was to work hard and showed the children the careers they could have in HMRC

### **Steve Billington, Expert Advice Service Caseworker, HMRC**

### **Sarah Bennett, Community Fundraiser, Alder Hey Children's**

Discussed her role and what it was like to raise millions of pounds for Alder Hey

### **Cheer Leading Workshops**

Showed the children how to perform cheerleading lifts and moves

### **Jumping Jacks Children's Entertainers**

Told the children about her job and put on party games for the Reception and Nursery children

### **Siobahn McCallum, Solicitor MSB Solicitors**

Explained what working in law is like and showed the children all the different career options

### **Resonate, Clarinet Teacher**

Talked to the children about her job as a musician and teacher

### **Lucy Johnson, Senior Museums Officer at National Museums Liverpool**

Explained her role in the museum and discussed the art work and treasures that the museum holds

### **New Beginnings Charity**

Brought their mobile pantry onto the playground and talked about the work they do in the community

### **David Elcock, Director, Skills Development Network, NHS North West and Rachael Lea, Deputy Director of Finance at Alder Hey Children's Foundation Trust**

David and Rachel spoke about what it was like to work in the NHS and the great variety of roles within the organisation.



## Aspire and Achieve

**Simon Turner, Lucid Games, Illustrator and Designer**

Simon showed us how video games are made and showed us some of the games he has worked on.

**Rachel Churney, Home Office Homelessness Team**

Rachel discussed her important role in shaping policy to help stop homelessness and support those who are.

**The Anfield Wrap, Liverpool FC Fan Media Company**

They talked about their job making podcasts and taught them how to do a proper interview with lights and microphones and cameras.

**Jess Hahn, Digital Marketing Manager, Marketing Liverpool**

Jess explained her role in marketing Liverpool as a city and shared the work she did on Eurovision.

**Paula Barker MP, Shadow Minister for Homelessness and Rough Sleeping**

Paula brought her office team and told the children all about being an MP

**Catherine O'Keefe, NHS Cyber Security Specialist**

Catherine has a focus on getting girls into cyber and discussed all the different career paths.

**Chris Holstein, HMRC Fraud Prevention Officer**

Chris explained about the importance of paying tax, what his job and career path was, and where your tax money goes.

**Dr. Zana Mahmood, Virologist.**

Zana shared his experience of working on the Covid vaccine in Iraq, and his current work in Liverpool on the virus.

**Sarah from Paper Doll Stationary**

Sarah showed the children the beautiful stationary that she makes for weddings and events and told them all about her job

**Mark Morrison, Football Centre Manager Tiber Football Pitches**

Mark manages football pitches that are used by a lot of local children. He told them all about his career in sports.

**Linda Desforges, Portfolio Manager, Border to Coast Pensions Partnership**

Linda talked to the children about what a pension is, and the work they do to support the environment with investments.

**Merseyside Search and Rescue Team**

They brought their rescue vehicles onto the playground and showed the children all their equipment and explained what it does.

**Merseyside Police**

A police officer and a PCSO spent the whole day across school covering stranger danger as well as careers in the police

**Paula Wilson, Associate Director of Pharmacy Services**

Paula talked about what it takes to become a pharmacist and what kind of career paths there are

**Darren McCauley, Associate Dentist at Sutton Dental Practice**

Darren came to talk to our EYFS classes about being a dentist and the importance of dental hygiene

**Catherine Hann from the PDSA**

Catherine ran a zoom session on the work that the PDSA does for sick animals.



# St Michael's Catholic Primary School

## Aspire and Achieve



**Superstars...** @SuperstarsSTM · 18h

Superstars enjoyed listening to the Fire Service talk about the importance of their job. We asked them lots of questions and explored the fire engine [#STMAspireAndAchieve](#)



**RecordbreakersSTM** @RecordBSTM · Jun 21

A lovely visit from the people at the Museum. [#stmaspireandachieve](#)



**RecordbreakersSTM** @RecordBSTM · 2h

Thank you to Darren the dentist 🦷 who came to speak to us about the importance of looking after our teeth 🦷. We loved learning about healthy food and drinks. [#stmaspireandachieve](#)



**Hot Shots**

@HotShotsSTM2020

What a morning we have had, listening to Maxine, Lois and Katie from the @SlaveryMuseum talking to us about the Transatlantic slave trade and life working at the museum! [#stmaspireandachieve](#) [#stmaspireandachieveweek](#) [#stmhistory](#)



**ShiningStarsSTM...** @ShiningStarsSt1 · Jun 20

We really enjoyed learning some new moves in our session today with Julie from Jumping Jacks. [#stmaspire&achieve](#)



**Hot Shots** @HotShotsSTM2020 · 16h

Then, we welcomed Cathy to our class! Cathy has a very important role working for the NHS cyber security team and we loved asking her questions! [@NHSEngland](#) [#stmaspireandachieve](#)



**Hot Shots** @HotShotsSTM2020 · Jun 21

Finally, we had a very interesting and exciting session with Simon, a video game illustrator and designer who works for @LucidGamesLtd 🎮 [#stmaspireandachieve](#)



**Hot Shots** @HotShotsSTM2020 · Jun 21

We've been very fortunate to have Rachel and David from @AlderHey come in to speak to us this afternoon, telling us about their roles in finance at the hospital! [#stmaspireandachieve](#)





# St Michael's Catholic Primary School

## Aspire and Achieve



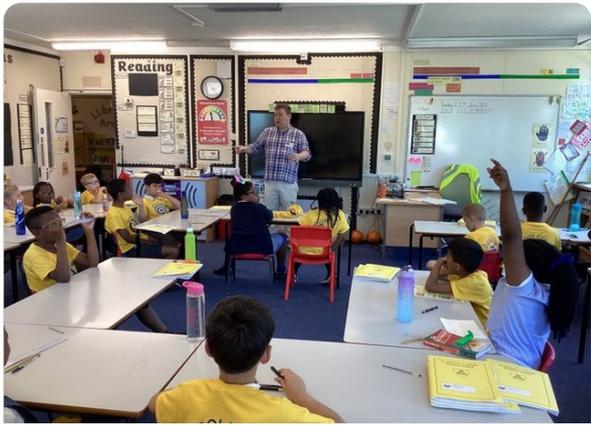
**OlympiansSTM** @OlympiansStm · 2h  
We were lucky to have Linda in with us today to talk to us about her job in pension funds @HeroesStm #stmaspireandachieveweek



**OlympiansSTM** @OlympiansStm · Jun 20  
We are loving Aspire and Achieve week. Today we learnt about cyber security #stmaspireandachieveweek



**HeroesSTM** @HeroesStm · Jun 22  
Steve shared about his job in HMRC and told us about taxes #stmAspireandAchieve



**WorldBeatersSTM** @WorldStm · Jun 22  
World Beaters had an amazing session with Emma and Maylin from @AirbornAcademy! We have some talented cheerleaders in our class 🌟👏



**OlympiansSTM** @OlympiansStm · 21h  
Wow we were lucky to have Anfield wrap who talked about their job creating podcast and videos about LFC. We even set up a mini interview #stmaspireandachieveweek



**HeroesSTM** @HeroesStm · Jun 22  
Some year 3 children had a go at interviewing! #stmAspireandAchieve @TheAnfieldWrap



**Golden Wonders** @StmGolden · Jun 22  
Replying to @StmGolden  
We had a visit from cheerleaders at Airborn Allstars who told us about their role as coaches and even taught us a few moves #STMAspireAndAchieve



**WorldBeatersSTM** @WorldStm · Jun 22  
We had a great visit from Alder Hey charity 🌟 We learnt about how important fundraising is for the hospital 🍎





## Aspire and Achieve

**WorldBeatersSTM** @WorldStm · Jun 22  
 On Wednesday we had a visit from a mobile food pantry, some of the World Beaters had a go at serving customers 🚚🍏🍏



**WorldBeatersSTM** @WorldStm · Jun 22  
 This morning we enjoyed listening to Lucy from @walkergallery #STMArt



**Golden Wonders** @StmGolden · 3h  
 This morning we had two police officers visiting our class to tell us about how they help the community and keep us safe #STMAspireAndAchieve



**Golden Wonders** @StmGolden · Jun 22  
 We are really enjoying #STMAspireAndAchieve! Earlier this week we listened to @DaisyInclusive, a disability led charity who supports vulnerable people in our society. A brilliant session!



**WorldBeatersSTM** @WorldStm · Jun 22  
 Year 2 had a very important visitor from NHS Cyber Security, she told us how we can keep ourselves safe online @StmGolden 📱🔒💻



**InspirationsSTM** @InspirationsStm · Jun 20  
 Yesterday we had the Slavery museum in school telling us about the transformation of all the museum on the docks. #STMAspireandachieve





# St Michael's Catholic Primary School

## Aspire and Achieve



**HighAchieversSTM** @highachieverstm · Jun 20  
Today we found out all the different roles of a solicitor.  
#stmaspireandachieve



**HighAchieversSTM** @highachieverstm · Jun 19  
We took part in some team games with coach Emily. #stmpe #stmpshe #stmaspireandachieve



**HighAchieversSTM** @highachieverstm · Jun 19  
To kick start our Aspire & Achieve week, our first guests came in from the International Slave Museum. We learned all about the Trans Atlantic Slave Trade. #stmpshe #stmaspireandachieve23 #stmgeography #stmcommunity



**HighflyersSTM** @HighflyersStm · Jun 19  
We have started this week off with a wonderful assembly with @SlaveryMuseum #stmAspireAndAchieve



**WhizzkidsSTM...** @whizzkidsSTM · 4h  
Here is the wonderful Jess from @VisitLiverpool! She told us all about all the fun things we can do in Liverpool and how we can find out about all the cool upcoming events. #STMASpireandAchieve



**WhizzkidsSTM...** @whizzkidsSTM · 4h  
Yesterday we had the privilege of meeting Mark from @TiberFootball, who spoke to us all about the workshops and activities they have to offer! He told us was to always practice what we love and we can achieve anything if we believe in ourselves! #STMASpireandAchieve



**WhizzkidsSTM...** @whizzkidsSTM · Jun 21  
It's another busy day today. We have been joined by Simon from @LucidGameLtd who talked us through his role as Gaming Illustrator and Designer. We all loved learning about this industry more and a few of us decided this could be something to pursue! #STMASpireAndAchieve



**WhizzkidsSTM...** @whizzkidsSTM · Jun 20  
Today we welcomed Demitri who works in the Cybersecurity team at The Bank Of America. We learnt the definition of hacking and how we hack in our every day life! We also learnt how to stay safe online and how to look out for hackers online. #STMASpireandAchieve





## Aspire and Achieve

**WhizzkidsSTM...** @whizzkidsSTM · Jun 20  
 Sarah from Alder Hey Charity came in today and spoke to us about all the different ways people have raised money for Alder hey such as; cycling all the way from London to Paris, sky diving and some even climbed Mount Snowdon - all the way to the top!  
[#STMAspireandAchieve](#)



**WhizzkidsSTM...** @whizzkidsSTM · Jun 20  
 We were so inspired by the Inclusive Hub! The work they do with children and adults with additional needs is amazing. They have a wide range of activities and clubs to join.  
[#STMAspireandAchieve](#)



**Champions** @championsSTM · 4h  
 Thank you so much to Ana's Dad, Dr Hameed Mahmood, who visited us to talk about his journey in becoming a Virologist. He started as a vet and worked on coronavirus! So interesting! [#stmaspireandachieve](#)



**Champions** @championsSTM · Jun 22  
 This morning we have been visited by The Anfield Wrap who make videos all about football. We had a go at being interviewed and talked about our love of football. [#stmaspireandachieve](#)



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**Champions Retweeted**  
**New Beginnings Improving Lives C.I.C** @BeginningsI · Jun 21  
 Thank you to the staff at St Michael's for inviting us down to talk to the children about the services we offer in the Community. The children were so well behaved and had lots of really good questions for us. Thank you 😊



**Champions** @championsSTM · Jun 21  
 This morning we got the pleasure of meeting Sarah, who makes stationary for weddings! She designs and makes beautiful invitations, menu cards and all sorts of other things! She is very creative and artistic [#stmart](#)  
[#stmaspireandachieve](#)



As well as all our wonderful visitors, Year 5 went on a trip to Eureka Science Museum and our choir performed for Memory Singers at St Bede's Church. It has been an incredible week for all the classes and we've all learned so much and had so much fun.



## After School Clubs

<b>Mon</b>	Creative Writing	Y5	Ms. Briggs
	Computing Club	KS1	Mr Ferry
	Athletics Club	KS2	Sam KMC
<b>Tue</b>	Choir	KS2	Rosie
	Netball Club	KS2	Ms. Gibney/Ms.
	Fun Club	Rec	Ms. Davison/Ms. Collins/Ms.
	Football	Y6 & Y3/4	Mr Ferry/Mr Daly

<b>Wed</b>	Lego Club	Y3/4	Miss Cornett/Mr Smith
	Fun with Phonics	Y1	Ms. Miller/Ms West
<b>Thu</b>	Cricket	Y3/4	Miss Cornett
	Badminton (lunchtime)	Ks2	Ms. Forbes
	Guitar Club	Ks2	Mr Smith
	Football	Y3/4	LFC Coach
	Football	Y5	Mr Ferry
	Girls Football	KS2	Ms. Forbes
<b>Fri</b>	Multi-Skills	Y1/2	Coach

### PE DAYS:

Reception: Monday & Thursday

Y1: Monday & Friday

Y2: Thursday

Y3: Wednesday & Thursday

Y4: Tuesday & Friday

Y5: Friday

Y6: Wednesday

All clubs finish at 4:15. Collection for for clubs is at Infant and Junior gates.

### Friendship & Nurture: 1 Peter 1:3

Build a better world!

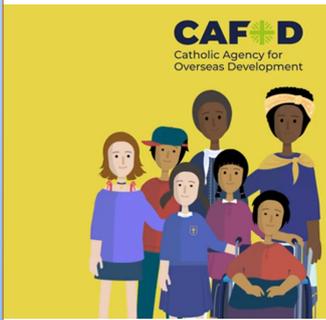
You might remember that Pope Francis wrote a letter to the whole world.

#### Fratelli Tutti

(this means all brothers and sisters)

He reminds us that we should think of the world as the common home to one big family – humankind!

Click the link to hear Pope Francis' words.....



O God, we give you praise!  
 Your kingdom is all around us.  
 May we each do our small part  
 To help your kingdom to grow  
 On earth as it is in heaven.  
 Amen

Read the  
**Parish of St Michael & Sacred Heart News-letters'** and  
**The Wednesday Word**

Class prayer time



**Jaime Cranham**  
**Our Family Support Worker**

Jamie is available to talk privately about any questions, concerns or issues you may have. Come along for a private chat.

**Drop in sessions every Tuesday at 9:00am**

**Jaime Cranham 07712235803**

**jaime.cranham@liverpool.gov.uk**

**or see Mrs Birch**

**Ask at Reception for further details**

## HAPPY BIRTHDAY!

Jayden      Poppy  
 Sarah      Kaiden  
 Jonjo      William  
 Ryan      Marin  
 Maryam  
 Emily  
 Maliyah



## Attendance

# EVERY SCHOOL DAY COUNTS

Year Group	% Attendance
SHINING STARS - RECEPTION	93.9%
<b>SUPERSTARS - RECEPTION</b>	<b>97.4%</b>
QUICK THINKERS - YEAR 1	95.8%
RECORD BREAKERS - YEAR 1	94.1%
GOLDEN WONDERS - YEAR 2	94.3%
WORLD BEATERS - YEAR 2	97.3%
HEROES - YEAR 3	94.7%
OLYMPIANS - YEAR 3	93.3%
HOTSHOTS - YEAR 4	98.9%
<b>INSPIRATIONS - YEAR 4</b>	<b>99.3%</b>
HIGH ACHIEVERS - YEAR 5	89%
HIGH FLYERS - YEAR 5	98.2%
WHIZZKIDS - YEAR 6	96%
CHAMPIONS - YEAR 6	92.8%
Totals	95.3%

Well done to the **Superstars** of the Infants, and the **Inspirations** of the Juniors, for achieving the highest attendance this week. Let's keep on pushing for 100% attendance, 100% of the time!

These classes have won this week's mini disco & crisps for best Class attendance. Well done

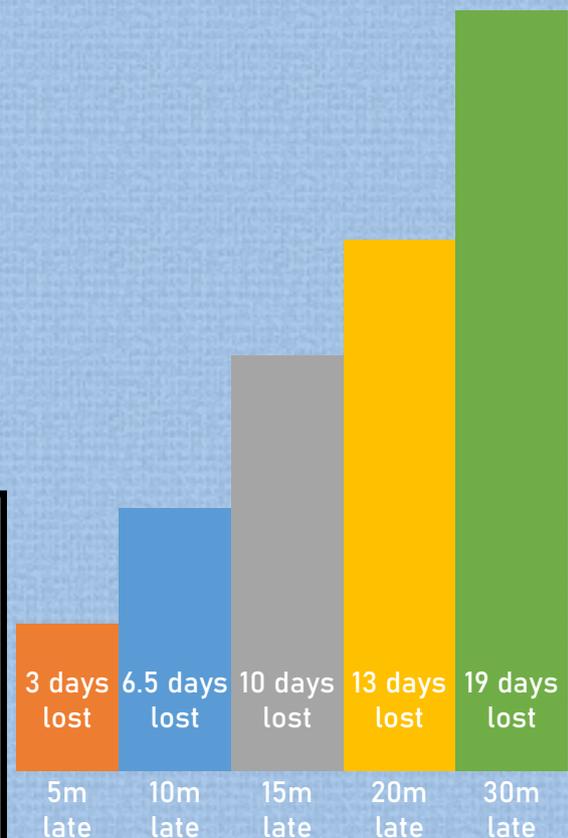


Regular attendance at school is the single most important factor in a child/children making appropriate progress and achieving success. Good, regular and punctual attendance means doing well academically, developing better relationships with other children and positive behaviour. It also sets up good habits for when young people enter into work and life.



We aim for average school attendance to be 97%. There are 190 days in a school year which leaves 175 days to spend on family time, shopping, appointments and other things.

It is also important to arrive at school on time. If a child arrives late to school every day, their learning begins to suffer. This graph shows how being late to school every day over a school year adds up to lost learning time.



### IMPORTANT INFORMATION

In the interest of your child's safety and well being, a named adult needs to be contactable at all times. Please ensure the school has at least 3 up to date telephone numbers. If school are unable to contact you and have concerns we may call the police and request a welfare check.

Can you please call school at the beginning of the day if your child is going to be absent.



## Transition Support from Liverpool Learning Partnership

Please read this communication from LLP:

Our Transition Live events for year six take place next week. Please make sure that you book on before the end of the week to avoid missing out. The session lasts for an hour and will be hosted by two of our secondary schools, a primary school and with support from MYA, the MHST and LLP.

The session can be viewed live on the LLP website (better for firewall issues) or YouTube. Links will be sent out on Friday.

There are two options for booking - please see below:

Monday 19th June (10:00-11:00)

<https://www.eventbrite.co.uk/e/642795276977>

Thursday 22nd June (13:45-14:45)

<https://www.eventbrite.co.uk/e/642800071317>

In addition to these sessions YPAS and the MHST are running a virtual coffee event for parents/carers of year six pupils, so please share this information with your families. I have attached a flyer and they can book on using the following link:

<https://www.eventbrite.co.uk/e/657782263457>

**Educational Mental Health Team**  
**Virtual Coffee Morning**  
**Theme: Primary School Transition**

**For Parents and Carers**  
Tuesday the 27th of June  
10:00-11:30

Hosted on  
**Zoom!**

**YPAS**  
Young Person's Advisory Service

**MHST**  
Mental Health Support Team

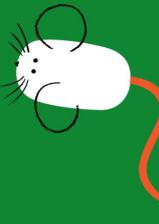


## Safeguarding

### NSPCC

# Worried about a child?

**0808 800 5000**  
**help@nspcc.org.uk**



Online Platforms

### What Parents and Carers Need to Know about OmeTV



Published 7th June 2023

This free online safety guide explores OmeTV – a social networking app that connects people from all parts of the world on randomly-generated video chats. We'll explore the app's functions, its inherent risks, and how to address them as a parent or carer.

[VIEW THIS GUIDE](#)

[VIEW ALL TRAINING](#)

# TALK TO US

If things are getting to you

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

[jo@samaritans.org](mailto:jo@samaritans.org)

[samaritans.org](https://www.samaritans.org)



**NSPCC** Speak out. Stay safe.



### National Society for the Prevention of Cruelty to Children (NSPCC) Assemblies

On Wednesday Mrs Birch will deliver NSPCC assemblies to years 1–6.

#### Overview

The film and information is designed for primary school children. They aim to help children understand: abuse in all its forms, including bullying; the ability to recognise the signs of abuse; how to protect themselves from all forms of abuse; to make children aware of how to get help and the sources of help available to them, including Childline.

There will be follow up lessons and workshops for years 5 & 6 delivered by NSPCC staff.

The NSPCC would like to gather feedback from the juniors. A letter has gone home for parent's to sign if they do not wish the child to take part.





## Parenting Support

### Seeking Help

Anxiety becomes a problem for children when it starts to get in the way of their everyday life. If your child's anxiety is severe, persists and is starting to affect their well-being, they may need some help. Tell your child's class teacher about your concerns.

In school we teach children the importance of having good mental health and emotional wellbeing and help them to talk about their feelings and build resilience. The class teacher may have already spotted some signs of anxiety in your child and can put some extra support in place

Schools can also have help and will have an internal pathway to support children who's anxiety is starting to affect their wellbeing

- Class Teacher/LSA
- Mentors
- Feel Good clubs
- SENCO
- Mental Health support Teams
- Seedlings/CAHMS

### Other Ways To Ease Anxiety

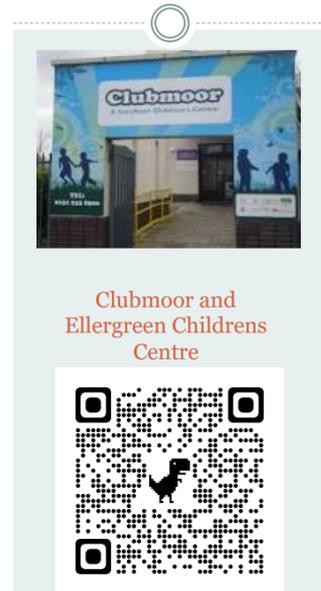
- Stick to regular daily routines wherever possible
- Practise simple relaxation techniques with your child such as focused breathing, mindfulness or yoga.
- Make a 'worry box' where their worries can be held.
- Spend time on activities that allow your child to express themselves such as exercise, painting or baking.
- Spend quality time together and talk about other things.

### Further Support

- Children Centre Team
- SENCOS
- CAHMS
- LPAS

### Anxiety In Children

A leaflet for Parents and Carers to help support children



### What makes children anxious?

Children can feel anxious about different things at different ages. Many of these worries are a normal part of growing up.

Some children are more likely to have worries and anxiety than others and coronavirus has impacted on a lot of children.

Children often find change difficult and may become anxious following a house move or when starting in a new class or school.

Family arguments and conflicts can make children feel insecure and anxious.

Being around someone who is anxious can increase anxiety in children.

Children who have suffered separation, bereavement or any other distressing or traumatic experiences may suffer from anxiety afterwards.

### Symptoms of Anxiety

- Become irritable, tearful or clingy
- Have difficulty sleeping
- Wake in the night
- Have bad dreams
- Start wetting the bed
- Panic attacks, which can include having a racing heart, breathing very quickly, sweating or shaking
- Shallow or quick breathing, or feeling unable to breathe
- Feeling sick- 'butterflies in the tummy'
- Preoccupied by upsetting, scary or negative thoughts
- Finding it hard to concentrate

### How to help your child manage Anxiety.

In a calmer moment talk with your child about their anxiety. Ask them what it feels like in their mind and body and what is making them feel that way.

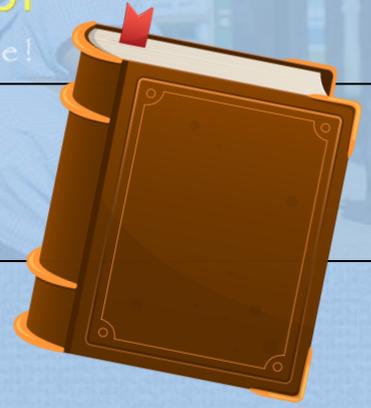
Do not dismiss their worries—reassure them and show them you understand how they feel.

Whilst talking about their worries try to help them to find a solution. Are there changes that could be made at home or at school to ease the worry?

Explain to your child what anxiety is and the physical effects it can have on our bodies so they feel less frightened and overwhelmed next time it happens.

If you know a change is coming up, prepare your child by talking to them about what is going to happen and why.

Try not to become over protective or anxious yourself



## Dates for your Diary/Upcoming Events

Please note these are subject to change or may be added to so please check these events every week!

### June

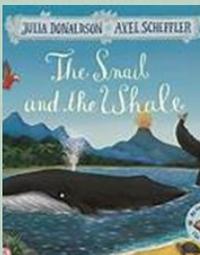
- Monday 26th - KS 1 Sports Day
- Tuesday 27th - KS2 Sports Day

### July

- Tuesday 4th - Nursery trip to Greenacres Farm
- Friday 7th - Year 1 Formby Beach Trip
- Wednesday 12th - Picnic Around The World
- Thursday 13th - Year 6 Prom Night
- Monday 17th - Infants Prize Giving Assembly 9:15am
- Tuesday 18th - Junior Prize Giving Assembly 9:15am
- Thursday 20th - Year 6 Leavers Assembly
- Thursday 20th - School finishes for Summer holidays

## Storytime @ St Michael's

Scan a code, snuggle up and listen to a story!



**The Snail and the Whale** by  
Julia Donaldson and Axel  
Scheffler



**"Little People, Big  
Dreams: Rosa Parks"**

By Lisabeth Kaiser  
Illustrated by Marta Antelo





St Michael's Catholic Primary School

With Jesus we can Achieve what we Dream and Believe!



**Picnic Around the World**  
will now be held on



**Wednesday 12th July**

**Adult and Child Table Preparation Session**

**Thursday 29th June at 2:00PM**





## St Michael's Catholic Primary School Term Dates 2022 -2023

### Autumn Term 2022

Term: Thursday 1st September to Wednesday 21st December 2022

Pupils: Autumn Term 1 – Monday 5th September to Friday 21st October

Half term: Monday 24th October to Friday 28th October 2022

Pupils: Autumn Term 2 – Monday 31st October to Wednesday 21st December

Terms ends: Wednesday 21st December 2022



### Spring Term 2023

Term: Wednesday 4th January - Wednesday 5th April 2023

Pupils: Spring Term 1 – Wednesday 4th January to Thursday 9th February

Half term: Monday 13th February – Friday 17th February 2023

Pupils: Spring Term 2 – Monday 20th February to Wednesday 5th April

Term ends: Wednesday 5th April 2023



### Summer Term 2023

Term: Monday 17th April to Thursday 20th July 2023

Pupils: Summer Term 1 – Monday 17th April to Friday 26th May

Half term: Monday 29th May to Friday 9th June 2023

Pupils: Summer Term 2 – Monday 12th June to Thursday 20th July

Term Ends: Thursday 20th July 2023

May Bank Holiday: Monday 1st May 2023



## Staff Development Days – School closed for pupils

Friday 10th February

Plus two extended twilight sessions



# St Michael's Catholic Primary School

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## St Michael's Catholic Primary School

### Term Dates 2023 -2024

#### Autumn Term 2023

Term: Monday 4th September – Thursday 21st December  
Pupils: Autumn Term 1 – Monday 4th September to Thursday 26th October  
Half term: Monday 30th October to Friday 3rd November  
Pupils: Autumn Term 2 – Monday 6th November to Thursday 21st December  
Terms ends: Thursday 21st December 2023



#### Spring Term 2024

Term: Monday 8th January – Thursday 28th March  
Pupils: Spring Term 1 – Monday 8th January to Friday 9th February  
Half term: Monday 12th February – Monday 19th February  
Pupils: Spring Term 2 – Tuesday 20th February to Thursday 28th March  
Term ends: Thursday 28th March



#### Summer Term 2024

Term: Monday 8th April to Friday 19th July  
Pupils: Summer Term 1 – Monday 8th April to Friday 24th May  
Half term: Monday 27th May to Friday 7th June  
Pupils: Summer Term 2 – Monday 10th June to Friday 19th July  
Term Ends: Friday 19th July  
May Bank Holiday: Monday 6th May



### Staff Development Days – School closed for pupils

Friday 1st September 2023  
Friday 27th October  
Monday 19th February 2024  
Four extended twilight sessions (22nd Dec & 22 July)