

St. Basil's

Catholic Primary
School

*"We love, learn and succeed
following Jesus"*

MAY 2023

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Safeguarding:

At St. Basil's Catholic Primary School we are committed to providing a nurturing, caring and safe learning environment where pupils thrive, are confident, happy and secure. **If you have any safeguarding concerns, then please speak to one of our Designated Safeguarding Leads.**

For further information about Safeguarding at St Basils please see the following documents by either clicking the link or scanning the QR code;

[Safeguarding
Leaflet for
Parents](#)



[Safeguarding
Leaflet Child
Friendly](#)



Designated Leads for Safeguarding at St Basils:

Mrs Sheppard (HT)

Mrs O'Donnell (DHT)

Mrs Bond (Family Liaison & Welfare Officers)

Mrs McCabe (Attendance)

Mr Duffy (Pupil Welfare Governor)

Attendance update

Please be aware that students who have an attendance of below 90% will not have their absences authorised unless medical evidence is provided.

You can view your child's absence record via the School Gateway App. You access this via the reporting tab and then Attendance, it will give you your child's attendance rating.

Thank you for your co-operation.



First Holy Communion

Please keep in your prayers our Year 4 children who will be making their First Holy Communion on Saturday 13th May.

This is a very important and special time for them and their families. Thank you.

WEEKLY ATTENDANCE (Colour coded in line with the traffic light system)

Week commencing 1st May 2023

Well done to class 2LG with the highest rate of attendance of 100%!!



FSRA	1DD	2LG	2AR	3AW	3NC	4LT	4JB	5GS	5SG	6CH	6KL	
92.7	97.1	100	98.1	94.2	93.7	97.9	98.8	91.7	98.7	95.5	95.1	

Please see email from school dated 10th May 2023 for full details regarding the below consultation. Thank you .



People Directorate

PUBLIC NOTICE

STATUTORY CONSULTATION

A public meeting will be held on the proposal to establish an Early Years Foundation Stage Assessment provision for up to eight pupils, and an Early Years Foundation Stage / Key Stage 1 SEN Resource Base for up to eight pupils, at St Basil's Catholic Primary School

The meeting will be held on the 18th May 2023 at 5.00pm at St Basil's Catholic Primary School, Hough Green Road, Widnes WA8 4SZ.

[Mental Health and Wellbeing](#)

There is a fantastic parent toolkit on the BBC Bitesize website with lots of useful articles about various different topics for parent/carers, you can access this via the following link

[Parents' Toolkit - BBC Bitesize](#)

We will start sharing links on a regular basis, to articles you may find useful. This week we are sharing the following link

[Michael Mosley: Five tips for helping your kids sleep well - BBC Bitesize](#)

This is 5 tips to help your child sleep well.

There are also some really great articles/activities for children which are age appropriate based on your selection. Please visit the following link to access this

[Home - BBC Bitesize](#)

The BBC Bitesize logo, consisting of the letters 'BBC' in a white box followed by the word 'Bitesize' in white text on an orange background.

Places will be available from September 2023

PRE-SCHOOL
at St Basil's Catholic Primary School
3-4 Year Old Places Available Now
Offering morning, afternoon and full days for
15 and 30 hour funded places.

Please contact the School Office on
0151 424 7887
to register your interest.

BOOK NOW PLACES ARE AVAILABLE

We love, learn and succeed following Jesus

Next week's School Meal Menu is Week 3

NUTRITIONIST APPROVED 5 A DAY

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Naan pizza with herby potatoes	Chicken Curry served with 50/50 rice	Roast of the day with roast potatoes and gravy	Beef burger on a bun	Fish of the day with chips
VEGETARIAN MAIN DISH	Marinated quorn served in pitta bread pockets	BBQ Bean and cheese wrap	Cauliflower and broccoli bake	Vegetarian hotdog served in a roll	Veggie finger bap with chips
ACCOMPANIMENTS 5 A DAY	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Ice cream	Blueberry and banana muffin	Chocolate brownie 5 A DAY	Fruit and jelly 5 A DAY	Fruit scone
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO	Cheese	Tuna	Beans	Tuna	Cheese and Beans

Mellors MENU

Quench your thirst with free fresh drinking water available daily

- MEAT FREE MONDAY
- 1 OF YOUR 5 A DAY
- CHEF'S CHOICE



ST BASIL'S PTA



FUN RUN

FRIDAY 26TH MAY

RECEPTION - YEAR 6



**COME AND WATCH* YOUR CHILDREN
AS THEY JOIN IN OUR SPONSORED
FUN RUN!**

**FUN
STARTS FROM
1.30PM**

**KS2 - RUN FROM 1.30PM
KS1 - RUN FROM 2.15PM**

CHILDREN CAN DRESS UP!

*WEATHER PERMITTING

Read to Succeed

**Read 4 times a week, every week to
earn a book prize!**



Talking Mental Health Animation

TALKING
MENTAL
HEALTH

Talking Mental Health is an animation designed to help begin conversations about mental health in the classroom and beyond.

The animation and accompanying resources have been created by a team of animators, children, teachers and clinicians, and is being taught to year 5 and 6 children around the UK.

The animation and resources are freely downloadable from www.annafreud.org



Finding support

ChildLine: For 18s and under
0800 1111

YoungMinds Parent Helpline:
0808 802 5544

NSPCC:
0808 800 5000

Youth Wellbeing Directory:
youthwellbeing.org

About the Anna Freud National Centre for Children and Families

The Anna Freud National Centre for Children and Families has developed and delivered pioneering mental health care for over 60 years.

Our aim is to transform current mental health provision in the UK by improving the quality, accessibility and effectiveness of treatment.

We believe that every child and their family should be at the heart of the care they receive, working in partnership with professionals.



Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 0219966, and registered charity number 271136.

Harewood Site
12 Harewood Gardens,
London NE1 5SU
Tel: 020 7794 2323

Old Street Site
Jordan House, 47
Brunswick Place,
London N1 9EB

Holloway Site
28 Hayton Street,
London N7 6GB

Greater Manchester Site
Manchester Institute of
Education, University of
Manchester, Oxford Road,
M13 9PL

Supporter by
J.P. MULLERS

 **Anna Freud**
National Centre for
Children and Families



You're never too young to talk mental health



Tips for talking for parents and carers

An introduction from our Patron, HRH The Duchess of Cambridge

“As parents, we all want our children to have the best possible start in life. Encouraging children to understand and be open about their feelings can give them the skills to cope with the ups and downs that life will throw at them as they grow up.

It's important that our children understand that emotions are normal, and that they have the confidence to ask for help if they are struggling.

This is why I am proud to support the You're never too young to talk mental health campaign by the Anna Freud National Centre for Children and Families, which is being rolled out across primary schools this autumn.

The campaign's resources are excellent tools to support parents. They demonstrate how we can help children express their feelings, respond appropriately, and prevent small problems from snowballing into bigger ones.



What is mental health?

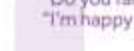
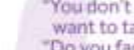
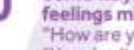
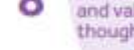
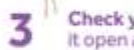
★ **We all have mental health.** Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

★ **We all have small feelings every day:** These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long.

★ **Sometimes we experience big feelings:** These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.



- 1 Make conversations about mental health a normal part of life:** Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
- 2 Give your full attention:** We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
- 3 Check your body language:** Try to keep it open and relaxed and make sure you come down to the child's level.
- 4 Take it seriously:** Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
- 5 Ask open questions:** Such as "How did your day go today?" This will help to extend the conversation.
- 6 Calmly stay with the feelings that arise:** It can be our automatic reaction to steer away from difficult emotions.
- 7 Offer empathy rather than solutions:** Show that you accept what they are telling you but don't try to solve the problem.
- 8 Remember we are all different:** Respect and value the child's feelings, even though they may be different to yours.
- 9 Look for clues about feelings:** Listen to the child's words, tone of voice and body language.
- 10 Some ways to start a conversation about feelings might be:**
"How are you feeling at the moment?"
"You don't seem your usual self. Do you want to talk about it?"
"Do you fancy a chat?"
"I'm happy to listen if you need a chat."



You are always welcome to any mass within St Wilfrid's Parish, timetable is below

Mass & Worship Times

Sunday Mass Times

Saturday Vigil	St Bede	5:00pm
	St Basil	5:00pm
Sunday	St Bede	9:00am
	St Michael	9.30am
	St John Fisher	10:30am
	St Bede	11:15am
	St Bede	4:00pm

Weekday Mass Times (Check newsletter for weekday variations)

<p>Monday</p> <p>St Basil</p> <p>9.00am Exposition of the Blessed Sacrament & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Tuesday</p> <p>St Bede</p> <p>11:30am Exposition of the Blessed Sacrament & Rosary</p> <p>12 Noon Holy Mass</p>
<p>Wednesday</p> <p>St Bede</p> <p>18:30pm Exposition of the Blessed Sacrament & Evening Prayer</p> <p>19:00pm Holy Mass</p>
<p>Thursday</p> <p>St Michael</p> <p>11.30am Exposition of the Blessed Sacrament & Rosary</p> <p>12 Noon Holy Mass</p>
<p>Friday</p> <p>St John Fisher</p> <p>9.00am Exposition of the Blessed Sacrament & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Saturday</p> <p>10.00am Holy Mass</p> <p>10.30am Confessions and Rosary</p>

Confessions on request during exposition on Monday, Tuesday and Thursday.

St Bede's Church is open for private prayer Monday to Friday 10.00 - 13:00