

St Catherine's Catholic Primary School Newsletter



6th October 2023



Super Citizens

Keaton
Bonnie
Don
Henry B
Teodor

Branches of Love

Juno
Kason
Ophelia
Milo
Owain

Parents Evenings:

Monday 16th and Wednesday 18th
October. By phone or in person.
Book on eSchools now.

Piper-Rae
liked the
dinosaur
models

Arlo liked
numbers.

Message from Mrs Fearn:

We've had a great week. The seasons appear to be a bit confused, however it hasn't stopped the children's enthusiasm for their learning.

Hopefully you have all seen the emails about Parent's Evening, if you are having difficulty booking, please contact the office. The teachers are looking forward to meeting with you to celebrate a super start to this new term.

Don't forget it's Break the Rules Day next Friday 13th October

Have a wonderful weekend.

Best wishes,

P Fearn

School Uniform:

School Uniform is important because it promotes a sense of pride in the school among many other things. We have attached our School Uniform Policy to this Newsletter. Please let us know if you have any feedback.

Kids Corner:

Hazel Class are working on their model volcanoes which are part of their work on artist Katsushika Hokusai.

Ash Class have been learning about Skara Brae which is a Neolithic settlement in Scotland.

Joke from Theo:

What do you call a fish with no eyes?
A Fssssssssssssssssssssshhhhhh

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Oscar Helps Out PCSO:

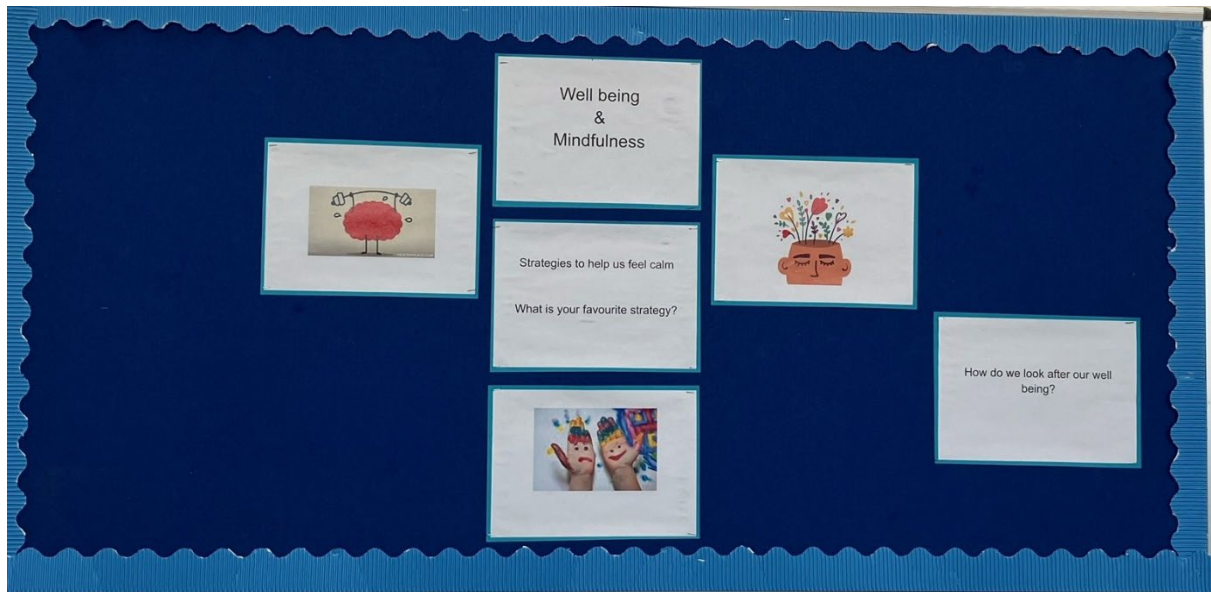
Oscar B has been learning about Caring in the Community with PCSO Kat Newman.



Sycamore Class at Forest School:



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We have been sharing strategies to support our Well Being. Please try these at home.

Colour breathing

Ask the children to sit or stand in a comfortable position. They can close their eyes if they wish.
Ask the children to imagine their favourite colour, or a colour which helps them to feel calm.
They are now going to take a breath in and imagine that they are breathing in this colour.
As they breathe out, they are going to imagine blowing a bubble made of this colour.
You can repeat this process for a few minutes and encourage the children to see if they can take longer, slower, deeper breaths (both in and out) and blow larger imaginary bubbles.

Birthday cake breathing

Ask the children to sit in a chair and place their hands on their bellies.
Ask them to make their left hand into a fist and to imagine that this is a cake.
Ask them to inhale, pretending to smell the cake.
Ask them to exhale, pretending to blow out the candle.
Continue this for a few minutes.