



St. Mark's Catholic Primary School

Headteacher Mrs. D. Linley



Friday 5th February 2021

Dear Parents and carers,

Thank you for another week of working hard to support your child/ren. You really are all doing a fantastic job! This week has been Children's Mental Health Week and I think I speak for most of us when I say that Lockdown has certainly presented many challenges to our mental health. Please take 5 minutes to reflect on all the things that are going well, because all too often the things that aren't going well can absorb us.

As we approach Lent, let's remember those around us in our family and our community who feel lonely and depressed. We keep them in our prayers.

God bless and have a peaceful and restful weekend.

Take care and stay safe,
Mrs. Linley and the St. Mark's Team



TOP STAR EARNERS OF THE WEEK



Well done to the following children for earning the most stars this week!!

Aarav(YR) Aman(YR) Julia(YR) Kane(Y1) Adam(Y1) Josiah(Y1) Ryan(Y2)
Connor(Y2) Ashnan(Y2) Eesah(Y3) Dylan(Y3) Palvi(Y3) Daniel(Y4)
Joshua(Y4) Destiny(Y4) Aadam(Y5) Preeti(Y5) Kieran(Y5) Rhia(Y6)
Zayaan(Y6) Flynn(Y6)

Congratulations and Well Done!

We would like to say a big well done to the following pupils for receiving a Congratulations certificate this week. Keep up the great work!



Reception: Dottie & Piotr

Year 1: Kane & De'Jaurne

Year 2: Ryan & Fionn

Year 3: Nasri & Prabhkirat

Year 4: Rohan & Raman

Year 5: Jesse & Claudia

Year 6: Kiya & Sara-Maria



How many stars can you earn online with j2stars?

Children's Mental Health Week

This week is Children's mental health week and this year's theme is **express yourself**.



What's it all about?

When children are able to find creative ways to share their feelings, thoughts or ideas it can help them to feel good about themselves and who they are. Children can do this through art, music, writing and poetry, dance and drama, photography and film and doing activities that they enjoy.

It's really important to remember that being able to express yourself is not about being the best at something or putting on a performance for others. It is about finding a way to show who you are, and how you see the world, that can make you feel good about yourself. Given that the past year will have left many of us feeling out of control and helpless, supporting children and young people to express themselves is arguably more important than ever.

What can you do?

Here are a few simple ways you can encourage your child to express themselves.

- ★ Could you build on existing interests or passions? Think about what has helped them get through the past year. A love of dancing? Baking? Drawing? Fashion? Encourage your child by noticing their unique interests and praising their efforts.
- ★ Trying new things can be a great way to find a new creative outlet. There are lots of online tutorials and video demos that you and your child could be inspired by, could you try out something new together? Or perhaps ask someone you know to share their creative hobbies and give them a go.
- ★ Some children may not think of themselves as being creative. Try to focus on the importance of the process and the way it can make them feel, rather than the end result. Try not to judge their efforts and remember to give encouragement for trying rather than for doing something well.

Further information, activities and top tips can be found by visiting:

<https://www.childrensmentalhealthweek.org.uk/>

There will be no Teams sessions taking place next **Friday 12th February**. An activity will be set on BGfL in place of the session.



E-Safety



We have been delivering E-Safety sessions to keep children safe whilst learning at home. Please remember to set controls on your internet so that children cannot access any inappropriate material. This is especially important to those of you who have a school laptop in your possession. If you would like any further support or advice on how to do this, please get in touch with Mrs. Linley.

Following on from the E-Safety session that Mrs Linley delivered in January, a number of parents requested that this is repeated. Therefore, Mrs. Linley will be hosting another session for parents of children in years 4,5 & 6. This will take place on Thursday 11th February at 6.30pm. The session is for adults only – not children.

Thank you to all the parents who completed the feedback form from the last session, we were pleased to see 100% of parents found the training extremely useful. One parent commented “I was oblivious to issues raised around ‘buss it’ as I don’t use Tik Tok. This session was extremely useful, thank you!”. If you would like to join the session on 11/2/21 at 6.30pm, send an email to enquiry@stmarkrc.bham.sch.uk stating your request and the name of your child/ren and an invite will be sent to you.

Fitness Challenge



Well done to all the children who have been taking part in our weekly 3 minute fitness challenge led by our school sports coach. If you haven't yet posted on Twitter... please do! Exercise not only has lots of physical benefits, it has lots of mental health benefits too!

Join us in Prayer

Prayer can bring comfort and hope to us all, so we invite you all to join us next Friday in praying a decade of The Rosary. Each class in school will create a peaceful, calm environment with a prayer area focus to gather around when we pray. It would be wonderful if the children at home could join in too. Take a picture of your prayer area and send these in to us so we can share them as a school and on Twitter! Your prayer area could include items that we have in school, such as a home-made cross or candle. You may want to use some green cloth to represent the last week of ordinary time in our church before we enter our journey into Lent. We look forward to seeing your creative prayer area pictures.

