



## The Good Shepherd Catholic Primary Academy

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Diary Dates

Headteacher Newsletter 8, 5<sup>th</sup> February 2024

### February

5 <sup>th</sup> – 9 <sup>th</sup>	Children's Mental Health week
6 <sup>th</sup>	Year 6 to Christ the King – watching the dress rehearsal of Wizard of Oz
6 <sup>th</sup>	Wellbeing Warriors to NottAlone Mental Health event at Notts County Ground
6 <sup>th</sup> & 7 <sup>th</sup>	Art exhibition in the hall – 3.30-4.30pm
6 <sup>th</sup>	Safer Internet Day
7 <sup>th</sup>	First Holy Communion parents' meeting – 7.30pm in the parish centre
8 <sup>th</sup>	PTA Non-uniform day – bring an item for the food bank
9 <sup>th</sup>	<b>INSET Day – school closed</b>
12 <sup>th</sup> – 16 <sup>th</sup>	Half Term week – have a great holiday!
19 <sup>th</sup>	<b>INSET Day – school closed (HA4K available – book via Arbor)</b>
20 <sup>th</sup>	Children return to school
21 <sup>st</sup>	Reception & Year 6 height and weight check
23 <sup>rd</sup>	SEND coffee morning with Miss Shaw – from 9am
26 <sup>th</sup>	4SD swimming begins
28 <sup>th</sup>	Y3 swimming begins

### March

5 <sup>th</sup> & 6 <sup>th</sup>	Parents' Evenings – face to face in school. Book appointments through Arbor
6 <sup>th</sup>	First Holy Communion parents' meeting – 7.30pm in the parish centre
7 <sup>th</sup>	World Book Day – more information to follow after half term
8 <sup>th</sup>	Reception Mothers' Day Liturgy – 10am RSD & 2pm RAW
9 <sup>th</sup>	First Reconciliation in church – 11am
24 <sup>th</sup>	Stations of the Cross in church – 12pm
27 <sup>th</sup>	Year 5 Easter production – 2 & 6pm
28 <sup>th</sup>	Last day of term

### April

15 <sup>th</sup>	Return to school
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### Mental Health Week and Safer Internet

This week across school we will be focusing on the importance of our mental health and what we can do to keep our minds healthy. The theme this year is 'Your Voice Matters' and throughout the week the children will be taking part in a variety of mindfulness activities e.g: breathing and grounding techniques, as well as discussing strategies.

Please look out for our first Mental Health and Wellbeing Parent Newsletter that will be coming out from Mrs Brunton later this week. The purpose of this is to give you tips and advice on how to support your children's wellbeing at home as well as signposting you to what help and support there is in the community. Remember if you are worried about your child's mental health, please do talk to us so that we can support them (and you) with strategies to cope with any challenges they may be facing.

Also this week, children will be looking at what they enjoy about the internet as well as discussing online dangers they might encounter such as bullying, scams and fake news. They will explore how to keep themselves safe online and the importance of talking to others about anything they see or hear that worries them. Please be sure to sign up to the online parent webinar on Tuesday 6 February at 7pm to hear about how best to protect your children online and improve your own knowledge around internet trends and risks to support discussion with your children. **You can register to join this webinar [here](#).**

## **Forest School**

Over the past few weeks, some exciting work has been going on in school around the orchard and at the top of the field next to St Mary's to create our new Forest School areas. We hope that these areas will soon be ready for us to start taking classes and small groups out to experience the GSA Forest School. Mrs Whittle has been working hard to achieve her qualification towards this and can't wait to get the children outside to enjoy the space.

## **Reading at The Good Shepherd**

Many thanks to those of you who were able to join Mrs Moore and Mrs Dickson at our reading workshops last week. Feedback was very positive and those who attended felt the information given will support them when reading with their children at home. After half term, Mrs Moore will be doing a reading assembly with the children to encourage them to read for pleasure and announce our plans for World Book Day.

Look out for a Reading Newsletter after half term giving lots of tips on how to support your child's reading at home as well as some good book recommendations.

## **Parents' Evening**

Parents' evening slots are available for you to book from 4pm today via Arbor. If you have any trouble, please speak to the school office who will be happy to assist you. For those of you who have children on the SEND register, please do not book a slot. Instead, please wait for your child's teacher or Miss Shaw to get in touch to arrange a separate meeting.

## **Pupil Leadership**

### **Chaplaincy Team**

We welcome four new members to our Chaplaincy Team this term – Molly, Isaac W, Steve and Allegra from year 4. They have already started working with our chaplains every Tuesday to plan and lead collective worship around school as well as keeping our prayer areas updated.

### **School Council**

Many thanks to Mrs Woodward and The School Council who have been meeting each week to discuss issues in their classes as well as planning future events and projects. We are excited to elect some new members later this week and will announce them after half term.

## **NSPCC Assembly**

After half term the children will take part in an online NSPCC assembly. In the assembly and in class the children will learn about the different types of abuse in a child-friendly and age-appropriate way so that they can get help if or when they need it. We will revisit which safe adults they can talk to if they are ever worried about themselves or a friend, as well as learning about ChildLine and how they support children.

Don't forget it is non-uniform day on Thursday – please bring an item of food for Arnold Foodbank.

Thank you 😊