Dear Parents, Today is World Mental Health Day and we have been thinking about ways in which we can help keep our minds healthy - thanks to Miss McArdle and the Nurture Champions for their work on this.

As many of you will have seen, Luna came to school this morning to greet the children. She will be coming in occasional days over the next couple of weeks and won't be spending time with groups of children - the link to the permissions form is further down the newsletter.

Please pray for our Year Three Children as they are presented for their Sacramental Programme at 9.30am Mass on Sunday. I hope it is the start of a very special journey for you all.

Have a great weekend



Attendance

Well done to Nursery and Year Two for having the best attendance this week (99%)

Well done to Year Two, who had the best attendance for September. They got their Ice Cream Party this afternoon

Non-uniform days

On Friday 17th, we are having a non-uniform day. We are asking for a donation of £1 towards our school fund. Thank you for your support.

School Dog - Permissions

Following the letter sent earlier this week, Luna will be coming into school on occasional days, from today. The dog will not be in any communal areas at this stage and there will be no expectation for any child to be in the dog's presence at any time. Please complete the form below to indicate your preferences for your child or children: https://forms.gle/wz||VGgf7mwPVkpN8

Dates coming up...

6th Oct: Open Afternoon (1.30pm)
12th Oct - Presentation Mass for
Sacramental Programme - 9.15am in St
Patrick's Church

17th Oct: Rosary at 8.30am

17th Oct - Non-uniform Day - £1 donation to school fund. School closes at 3.15pm
3rd Nov: School re-opens at 8.40am

October - Month of the Rosary

October is a month dedicated to the Ro On Friday 17th, we will be praying the Ro before school at 8.30am, in the Library. Families are invited to join us as we pray together.

Autumn Term Trips

13th Nov: Chester Zoo for Years 1&2

18th Nov: Stone Age workshops in school for

Years 3 & 5

20th Nov: Eureka for Year 4

10th Dec: KS2 Pantomime @ Middleton

The KS1 pantomime in school is also on Wed,

10th December.

World Mental Health Day

By Khloe, Tobechi, Jane and Oscar F (Nurture Champions Y5 & 6)

Today we have reminded everybody of the importance of taking care of our mental health and wellbeing.

Here are a few ways to help us feel happy:

- Get plenty of sleep
- Share your feelings with a trusted adult
- Take deep breaths when you feel agitated
- Exercise to help reduce stress