

Friday 30th June 2023

# St. Benedict's News



*'With Jesus we learn, love and laugh'*

Dear Parents/Carers,

## Sports days

Sports day is currently scheduled to be held next **Tuesday 4th July** (weather permitting). KS2 will be starting at 9:30am, Early Years and KS1 start at 1:30pm. Please send children in wearing their PE kit. Please also apply sun cream in the morning before school. Parents are welcome to come and watch but please do not come over to the children or take them away from the class. Thank you for your co-operation.

## Summer Music Concerts

On **Thursday 6th July at 11am** Nursery, Reception, Years 1 & 2 are singing and Year 3 are playing recorders on the first day of our Summer Music Concert. On **Friday 14th July at 9:30am** Years 4, 5 & 6 are playing their brass instruments and we will have a lovely performance from Choir. The children can't wait to show off what they have learned so please come along to support them.

## Park Away Day

On **Friday 7th July** it will be our final park away day of the school year. Thank you as always for your continued support. If you live close to school, you could leave your car at home and walk. If this is not possible, you could park away from school and walk the rest of the way with your family to continue to help our environment. For this week's chat, we would like you to share the thing you are most looking forward to about the upcoming summer holidays! Happy walking.

## End of Year Reports

Most of the children will bring home their end of year reports on **Friday 7th July** to celebrate all they have achieved this year. Year 6 will bring theirs home the following week as we are awaiting SATS results.

## Year 6 important events

We have some lovely events planned for our year 6 leavers. They are as follows:-

**Tuesday 11th July** - Year 6 Leaver's Mass 9:30am in Church, all are welcome to attend.

**Monday 17th July** - **Leavers' Graduation party**, if children could please arrive at school for 6pm and be collected at 8:30pm.

**Wednesday 19th July** - **Leaver's assembly** in the Hall starting at 9:30am.

We wish our wonderful Year 6 all the very best on the rest of their educational journey.

## Ready, Set, Read!

Children between the ages of 4 and 11 who take out more than 6 books from Netherton Library over the holidays can complete the Summer Reading Challenge to earn rewards such as stickers, pencils and bags. The school with the most participants wins a cup. Our school came second last year and won the year before! Simply visit any Sefton library to get started.

## Attendance

Our attendance has dropped significantly over the past few months due to holidays being taken during term time. We as a school are currently on target to achieve **only 93.5%** for the year, the government target is 96%! Having just one day off can make a massive impact on their overall percentage for the school year and children miss out on vital parts of the curriculum and school life.

## Odd jobs

Our caretaker is currently off sick following an operation. If there are any handymen or women who have time on their hands and would be willing to help us out with odd jobs please call the office, we would be extremely grateful!!!



**St Benet's  
Temporary-  
Mass Times**

Saturday  
No Mass

Sunday  
9 am & 11.00  
am

Mon - Fri  
No Mass

**Attendance  
& Punctuality**

**Whole School:  
92.6%**

**Highest Class:  
4CL**

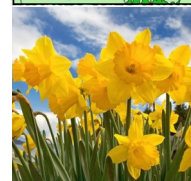


**95.7%**



**Well Done!!**

**Minutes Lost  
to Lates  
75**



**Website: [www.stbenedictsprimary.co.uk](http://www.stbenedictsprimary.co.uk)**

**Tel: 0151 526 6423**

### **Children's Mental Health and wellbeing**

We have noticed an increasing number of children who are struggling with their mental health. We are working closely with Alder Hey's fantastic Mental Health Support Team who have asked us to share some useful information with our parents to support their child.



## **SUPPORTING YOUR CHILD'S WELLBEING**

Giving our children opportunities to open up is one of the biggest things we can do as parents and carers to support their wellbeing. But even though you can't fix everything when your child is struggling, you can make them feel seen and understood – and this in itself can make them feel more able to cope.



**VALIDATE THEIR FEELINGS. YOU COULD SAY 'IT'S REALLY UNDERSTANDABLE THAT YOU'RE FEELING...' TO LET THEM KNOW THAT THEIR FEELINGS ARE OKAY.**



**THANK THEM FOR SHARING WHAT'S GOING ON AND BE ENCOURAGING ABOUT THE WAY THEY'VE OPENED UP.**



**LET THEM KNOW THAT YOU LOVE THEM, YOU'RE THERE FOR THEM, THEY CAN TALK TO YOU WHENEVER THEY NEED TO, AND YOU CAN HELP THEM GET SUPPORT IF THEY NEED IT.**



**ASK THEM IF THERE'S ANYTHING YOU COULD DO THAT THEY WOULD FIND PARTICULARLY HELPFUL.**



**SPEND TIME TOGETHER THINKING ABOUT WHAT'S MAKING THEM FEEL THIS WAY.**



**LET YOUR CHILD KNOW ABOUT THE HELPLINES, TEXTLINES AND ONLINE CHAT SERVICES THAT ARE AVAILABLE - KOOTH, YOUNG MINDS, ALDER HEY CRISIS LINE**



**REMIND YOUR CHILD THAT THIS IS TEMPORARY. REASSURE THEM THAT THINGS CAN CHANGE AND THEY CAN FEEL BETTER.**



**AVOID CONVERSATIONS AT THE HEIGHT OF DISTRESS. IT'S IMPORTANT TO BE THERE FOR THEM, BUT IT CAN BE MORE HELPFUL TO TALK ABOUT THE CAUSES WHEN THINGS ARE FEELING CALMER.**