

#### **CHILDREN'S MENTAL HEALTH WEEK 2023**

Children's Mental Health Week is taking place next week (6<sup>th</sup> -10<sup>th</sup> February 2023). The theme for Children's Mental Health Week this year is 'Let's Connect'. This theme will help children to find out how they can create and maintain meaningful connections in their lives to support their mental health and wellbeing. Connecting healthily with others is a key part of living a fulfilling life and feeling loved, cared for and safe. During Children's Mental Health Week 2023 at St Richard's, we will be discussing important topics such as making friends, feeling lonely and how to cultivate healthy relationships.



On the last day of Children's Mental Health Week (on Friday 10<sup>th</sup> February) we will be having a non-uniform day in acknowledgement of Children's Mental Health Week 2023. There is no charge for this but children must wear sensible non-uniform.

# FRANCIS HOUSE'S CREME EGG APPEAL

We are once again supporting Francis

House's Crème Egg appeal. We are running a competition to see which class can collect the most Crème Eggs (or other chocolate eggs similar in size to a Cadbury's crème egg). The eggs that your child brings into school will be donated to Francis House to sell across the city and there will be a small prize for the class in our school that collects the most. The competition opened on Monday 30th January and will run until Friday 10<sup>th</sup> March 2023. Any contributions of chocolate eggs from any manufacturer (crème egg sized) would be greatly appreciated. Thank you for your support in advance. More information about the appeal can be found at https://www.francishouse.org.uk/get-involved/fundraising/ourannual-fundraisers/easter-chick-knit/

# HAVE YOU REGISTERED YOUR CHILD TO START NURSERY IN SEPTEMBER 2023?

If you have a child who was born between 1<sup>st</sup> September 2019 and 31<sup>st</sup> August 2020 and you would like them to attend full time in the Nursery at St Richard's RC Primary School from September 2023, then please contact the school office as soon as possible for an admission form. Your child will be added to the waiting list for admission to our Nursery class in September 2023. Places are in high demand and offers are starting to be sent out soon.

## **RECEIVING THE WEEKLY NEWSLETTER**

It is vitally important that parents receive and read this newsletter every week. It can be accessed on the school's website every Thursday afternoon but if you wish to receive the newsletter every week by email then simply send:

- 1. Your full name
- 2. Name(s) and class(es) of your child(ren) at our school
- 3. Preferred email address
- 4. The message 'I consent to school using my email address in order to send me a copy of the newsletter each week of term'.

to <u>comments@st-richards.manchester.sch.uk</u> and you will be added to the mailing list.

#### Thursday 2nd February 2023

### ST ROBERT'S PARISH CELEBRATION EVENING

Tomorrow evening (Friday 3<sup>rd</sup> February) there will be a celebration of our parish and our community in St Mary's Community Centre at 7.30pm. We will give thanks to all those who work so hard for our parish in many different ways. This invitation is for EVERYONE. Please come along and enjoy this evening together. There will be dancing to Pat Jordan and Finian's Rainbow plus a buffet, raffle and the bar will be open. There is no charge - the evening is a celebration!

## HEALTHY PACKED LUNCHES

If you provide your child with a packed lunch, please can you ensure that the contents are healthy? Increasingly, we are seeing unhealthy items appearing in children's lunchboxes (eg - chocolate bars, bags of crisps, etc). We would much prefer to see at least one portion of fruit and one portion of vegetables every day. For more details, please see our Packed Lunch Policy at <u>https://st-</u> <u>richards.manchester.sch.uk/key-information/policies/</u>

#### WEDNESDAY WORD ONLINE

This week's edition of the Wednesday Word is available by visiting <u>https://www.paperturn-view.com/uk/wednesday-word/goodness?pid=MTA101634&v=83.6</u> and this week's Wednesday Word is **GOODNESS.** 

#### CLASS ASSEMBLY DATES 2023

Below are details of which class assemblies are coming up this term. They all begin at 9am in the main school hall. Parents are very welcome to attend their child(ren)'s class assembly. Class 3's and Class 7's class assemblies have swapped dates (see red below for revised dates)

Date	Class assembly for:
Thursday 9th February	Class 6
Thursday 16th February	Class 2
Thursday 23rd March	Class 3
Thursday 30 <sup>th</sup> March	Class 7

## SUPERMARKET VOUCHERS OVER HALF-TERM HOLIDAYS

As I am sure you are aware, we break up for February half-term on Friday 17<sup>th</sup> February and we return to school on Monday 27<sup>th</sup> February. Manchester City Council has agreed to fund supermarket vouchers over the February 2023 (one week) half term holidays, for children eligible for free school meals (FSM). As with previous school holidays, school will send you the vouchers during the week prior to the holiday.

# WAKE UP WEDNESDAY

We continue to signpost parents to National Online Safety's free guides for parents and carers. This campaign is called '#Wakeup Wednesday'. At St Richard's this means that we provide a weekly link to a different topical e-safety issue so that parents and children are better informed and able to make better choices about their internet use. Appropriately enough with Children's Mental Health Week coming up next week, this week's guide is all about **Social Media and Mental Health** and it can be viewed by clicking <u>here</u>

#### **RESPONDING TO THE NEWSLETTER**

We are always happy to receive comments, observations or suggestions about the newsletter or any other aspect of school life. Any comments that we receive will be read and considered. These should be emailed to: <u>comments@st-richards.manchester.sch.uk</u>

With many thanks for your continuing support,

Mr J Murray

Headteacher

St Richard's RC Primary School