

February 2021

St Louis Catholic Academy News



Dear Families,

We've been busy in school during January and we have worked hard to maintain frequent contact with all our children at home. As I walk around school, I see lots of teachers giving live tutorials to children at home and I hear our teaching assistants listening and supporting reading online, helping with maths and offering advice. We've learnt much in the first few weeks and it has helped us to work more creatively and safely. I appreciate that it is a great juggle and a struggle to work at home and support children. We've been able to get laptops to anyone that needs one and most children are busy sending work in to their teachers in school. Now that access to vaccinations is growing, we all hope to return to everyone being in school before too long. The stay safe message above is taken from a United Nations poster. It reminds me that our experiences are shared with families across the world.

I wish you a safe February,

With best wishes, Sue Blakeley



The NSPCC are offering free webinars for groups of parents and carers, making it easy for you to keep your family safe

ST LOUIS: STAY SAFE ONLINE

Screen time

While many parents and carers may be worried about their children spending more time online during lockdown, it's important to understand **what they're doing online rather than setting limits on their total screen time.**

For example, a child may spend hours searching the internet, while another child may spend less time each day talking to people they don't know on a livestreaming or video app.

Asking them about the sites, apps and games they use regularly can be a great way to **start a conversation and help you identify any risks** in what your child's doing online or who they may be talking to.

Live stream and video apps

Many children will find it hard not being able to see their friends or family in person, and video apps can be a great way for them to stay in touch during lockdown when used safely, but there are also risks for young people.

It's really important to help your child understand how to livestream and use video apps safely and make sure they're speaking to people they know already.

Social media safety

Children are also likely to be spending more time on social media during coronavirus lockdown. While social media can be a good way for children and teenagers to stay in touch with friends they're unable to see in person, it can also be unsafe.

Children using social media may also be at greater risk of online abuse or online bullying during coronavirus lockdown.

A recent NSPCC survey shows that children turning to social media because they're feeling lonely or have poor mental health are at higher risk of being groomed online. **Talking to your child about what they're doing or sharing online can help you to understand any risks and keep them safe.**

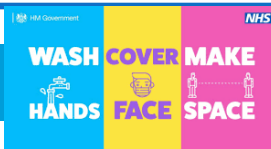
We have spaces!

Looking forward to after lockdown

We currently have places in our happy, friendly nursery and primary school. We take children from ages 3-11 (Nursery to Year 6) and can offer wraparound care. We are an inclusive Catholic school, welcoming to all. Please enquire for more details, or visit our website www.stlouisacademy.co.uk

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Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



Safer internet use : How to help children stay safe online

On 4th January 2021, all teachers completed the NSPCC online safety course to help us to help you keep your children safe. The course reminded us that it is inevitable that children will be online and that preventing access presents risks too because children are not sufficiently equipped to respond to risk when finally exposed to it. The course repeatedly reminded us that we need to work with families and to hold honest conversations about online use and strategies to use that help keep us safe. During Covid lockdown, it is important to talk to your child about what they are doing online. It will not be schoolwork all of the time.

You need to consider:

- the age of children and young people
- what technology they can personally access, such as webcams and live streaming apps
- how long they spend online
- what they like doing online
- who they talk to online.

Limiting spend and password protection.

Parents should talk to their child about the limits on their credit or their mobile package and help them understand about extra charges when they get their phone. In-app purchases can be turned off completely or password protected.

What do children do online?

For many children and young people, their online world is as important as their offline world: the two have converged.

Their lives play out online just as much as they do offline. They form relationships, chat with friends, share music, share pictures, play games and watch videos.

Being online offers children great benefits. It can:

- Enable them to find and benefit from information and support which might otherwise be inaccessible
- Increase equality of access by offering alternative ways to communicate and learn
- Give them a voice about issues they care about
- Allow them to portray themselves in ways that are important to them

According to Ofcom (2019*), 8-11 year olds now spend 13 hours and 36 minutes a week online and 12-15 year olds spend 20 hours and 30 minutes.

*Reference for this data can be found at the end of the course.

If you have a bad day you can just go on it and the rest of your day would be better.

You can talk to loads of people in groups all at once.

You can keep in contact with all your family all around the world.

...you can send videos and pictures...

It allows people to share ideas.

What parental controls can you use?

Are your privacy settings updated?

Have you set your time controls to reduce screen time?

Has your child changed your settings to their preferences.

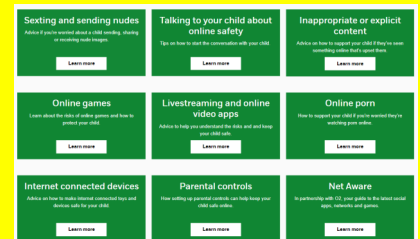
The free NSPCC and O2 online safety helpline on 0808 8005002 can help parents keep their child safe online, including giving advice about parental controls, social media networks and reporting inappropriate content.

At St Louis, we are following NSPCC advice to school that says we should:

1. Encourage open communication in your context and support parents in talking to their children about the risks they may encounter online.
2. Demonstrate practical solutions, such as empowering children and young people to delete and block messages, and manage their privacy settings.
3. Help children tackle their psychological problems and build self-confidence. Children who are more vulnerable offline also tend to be less resilient online.
4. Promote internet use, especially to those in your audience who don't use it very often.
5. Encourage young people to support each other.
6. Ensure that your interactions around online safety are engaging and informative, not just rule setting and technical advice.
7. Allow children to experiment and take risks in a managed way.

Where can I learn more?

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>



<https://www.thinkuknow.co.uk/>
<https://www.ceop.police.uk/Safety-Centre/>



<https://www.net-aware.org.uk/>

Violent content and gaming

Some adult games, especially those which involve players talking to others can expose children to scenes that:

- feature extreme violence, warfare and criminal activity
- show explicit sexual acts, which may glamourise rape and assault
- use racist, homophobic or sexist language and feature swearing
- depict certain groups such as women in derogatory ways.

Children often take on a role in these games.

PEGI rating system

PEGI (Pan European Game Information) is a system of age-rating and labelling games, which includes descriptors to indicate the main reasons why a game has received a particular age rating:

Worrying and nasty content

Children can see violent content on a variety of platforms online. It can feature in games and they can see it in films and music videos.

It can also be self-generated and/or shared. For example, children can film a fight or a dare and share it among themselves.

Data from Ofcom (2019) showed that **16%** of 8–11s and **31%** of 12–15s had ever seen something online that they found worrying or nasty.

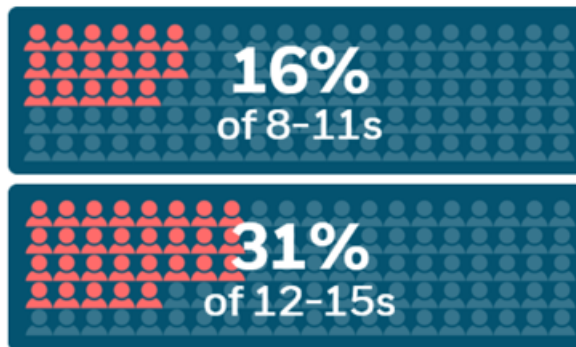
Violent content can be particularly upsetting for young children to see. Parents should ensure that parental controls are turned on to minimise exposure.

Although parents and professionals will have a view on whether a child is mature enough to play these games, children can be upset or start to normalise violent and aggressive behaviour, and adopt beliefs associated with the character or game.

There is currently limited evidence around the impact of children playing these games, but the PEGI rating system helps parents to decide if the game is appropriate for their child.

However, it is important to remember that children can be groomed or bullied through games, and be introduced to other content or platforms.

Parental controls can be used to help reduce access to age-inappropriate content.



	Bad language Game contains bad language
	Discrimination Game contains depictions of, or material which may encourage, discrimination
	Drugs Game refers to or depicts the use of drugs
	Fear Game may be frightening or scary for young children
	Gambling Games that encourage or teach gambling
	Sex Game depicts nudity and/or sexual behaviour or sexual references
	Violence Game contains depictions of violence
	Online gameplay Game can be played online





What is online bullying?

Online bullying (sometimes called cyberbullying) is bullying that happens online via social networks, online games and websites. It can happen when using any device and takes many forms:

- abusive or threatening texts, emails or messages
- developing hate sites about another person
- posting abusive comments on social media sites
- prank calls or messages
- sharing humiliating videos or photos of someone else
- group bullying or exclusion online
- stealing someone's online identity
- anonymous messaging
- spreading rumours online
- encouraging a young person to self-harm.
- trolling – sending someone menacing or upsetting messages through social networks, chatrooms or games

Parents need to be actively engaged in their children's online lives because:

- ✓ children may spend a large proportion of their life online
- ✓ many children access the internet at home
- ✓ children and young people want their parents to be involved and supportive
- ✓ parental mediation and protection is a crucial element in supporting children to stay safe online
- ✓ there can be a gap between what parents understand about online risks and what the risks actually are.

	Talk
	Explore
	Agree
	Manage

Chat with your child about what they are using online: their apps, social networks and websites. Explore and understand what they can do and be able to use too. Set rules for staying safe. With your child. Learn to manage and override controls because they may be managing you!



Spotlight on Key Stage 1

As we approach the end of the first half of the spring term, we have really missed having all the Year 1 and Year 2 children return to school. The children who have been able to come back to school have settled well into the new term and have been working hard since we returned. We have been pleased to see how well everyone working at home has adjusted to home learning. We have been delighted with the work the children have been able to turn in on a daily basis. In addition to the time we have missed with the children, we have also missed the opportunities to meet with the parents as we would in normal circumstances, on the playground, at school events and at parent consultation meetings. These are valuable opportunities to keep you informed and up to date. Therefore, we would like to let you know a little more about what we do in Key Stage 1.

In Reception (Holly and Cherry), children learn through play, the children are given more freedom to choose their own activities, under the guidance of the teacher and are encouraged to explore the world around them. They do not receive adult-led teaching for longer than a few minutes. Although the curriculum does allow for some play-based learning in Year 1 and Year 2, there are clear requirements across all subjects and therefore more structure is required. This means teaching is more formal and subject-based, though we base this teaching around a curriculum theme. This term, the theme is 'Out and About' and we have been learning about nature and conservation in our local environment. In Key Stage 1 children are taught Phonics, English and Mathematics on a daily basis and Science, History/Geography, Art/Design and Technology, Computing, Religious Education, Physical Education and Music throughout the week.

In Key Stage 1, reading is important. We aspire to hear the children read as much as possible and this should be encouraged at home. At school, phonics is the first strategy that children learn to help them read, while we also develop comprehension and inference skills, and strive to promote a positive attitude towards reading. In normal circumstances, children in Year 1 would take a national screening check in June 2021 but this has been suspended. This check is to determine if children have learnt phonics decoding and blending skills to an appropriate standard. We will still administer assessments to inform our teacher judgements, teach daily phonics sessions and provide small group intervention for children who require additional support. In normal circumstances we would be preparing the children in Year 2 for the National Curriculum Assessments (SATs) in Reading and Mathematics. These would have taken place in May 2021 but have been cancelled. At school we will continue to assess the children in Year 2, to monitor their progress and we will provide small group interventions for children who need additional support. At home, it is vital to listen to the children read as much as possible to give them the best start to their education and to enable them to read to an appropriate standard. However, it is also vital to promote reading at home on a daily basis to encourage a real passion for reading and inspire creativity and curiosity. In Key Stage 1 we are always happy to help the families in our school. Please do not hesitate to get in touch if you need any guidance or support on anything you would like to discuss about your child. Mr Rolfe—KS1 Leader

We are working towards Artsmark

Online live art in school

As part of the schools commitment to the teaching of Creative arts, Mrs Hutchings is offering weekly classes for KS1 and KS2 using Microsoft Teams,

During lockdown and whilst we remain teaching children through home learning KS1 art takes place at 2pm Wednesdays

KS2 art takes place at 1.40pm Tuesdays

It celebrates our long-term commitment to cultural education with pupils, parents and our local community.

Music of the Month

Each month, children will be studying and becoming familiar with a different music genre under the direction of Mrs Baldwin. In January, music of the month was The Beatles.

Useful sites include: <https://www.thebeatles.com/>

Biography Website:
<https://>



www.biography.com/news/how-the-beatles-formed



Songs on YouTube
[https://www.youtube.com/sults?](https://www.youtube.com/sults?search_query=The+Beatles)

[search_query=The+Beatles](https://www.youtube.com/sults?search_query=The+Beatles)



“ Many of our great scientists were exceptionally artistic and creative people. When we nurture creative understanding and expression, our students develop as more rounded, tolerant and positive individuals! ”

Nigel Pearson, Headteacher,
Our Lady's Catholic High School



We are working towards a Healthy school Award



The National Healthy Schools Programme has four core themes: •

- **Personal, Social and Health Education**
- **Healthy Eating**
- **Physical Activity**
- **Emotional Health and Wellbeing.**

The changes we made in January include:

We improved our school menu offer with the support of our parent panel and a volunteer parent nutritionist. There is more to do but we are trying to respond to all your comments and ideas.

We've used some Sports Premium Funding to buy some big feet for Foundation stage and some wall mounted basket ball hoops for KS1/ KS2 (fitted at a lower height and a wall-mounted cricket stumps.

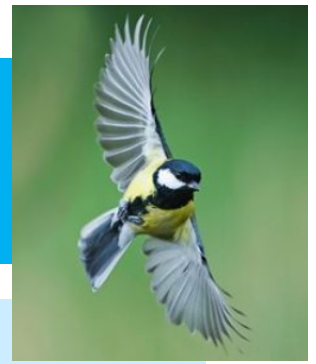
We've ordered some new equipment for Foundation outdoor learning space with the ambition of having it installed before Easter. This is partly funded by Godolphin.



We've introduced well-being as a theme of some assemblies and we are hoping to increase our wellbeing support in coming months.



Biodiversity and Bird Watching



We have become an RSPB member and we'll be taking part in the Big School Birdwatch between 6th January to 23rd February and families can take part in the Big Garden Birdwatch between 29th to 31st January. Join in with us at home, whether you're an early bird or a night owl, you can take part too. We'll be encouraging birds to land on our grounds by putting out feed.

We've added some bird feeders around school to encourage birds onto our land. Children have already been making feeders from old food cans. You might spot them in our trees.



Your bird watch forms have been shared in school and at home now. Your artwork can be seen on Prezi <https://prezi.com/p/lrqbbdogzwcm/?present=1>

You can make your own Prezi and send the link to your teacher. Prezi is free to register for students and teachers.



If you have unused birding binoculars lying in a drawer, we'd love to use them to help our children identify the species of birds around our school.



Miss Hutchings launched her live lessons on 19th January 2021. This caused much excitement in school and at home. It was fantastic to see so many children join in drawing their birds.

We are sharing all the art sent in to us from home on our Prezi site but also we'll start adding to our new website class pages too.

FAIRTRADE FORTNIGHT

Newmarket Open Door

Churches Together With People in Need



Mrs Cox is preparing for Fairtrade Fortnight between 22 February and 7 March 2021



FOOD BANK

COLLECTION DAY IS EVERYDAY DURING LOCKDOWN

The Food Bank is very much in need of our support and so a trolley is left at the front of the school by reception daily. As soon as it is filled, we'll deliver the contents to the food bank and start again. Please try to give to help struggling families in Newmarket.

This month we are collecting: **tinned soups, tinned meat, tinned fish, tinned beans, tinned fruit and vegetables and breakfast cereals (within their best before date please). Also soaps, nappies, baby wipes, detergents.**

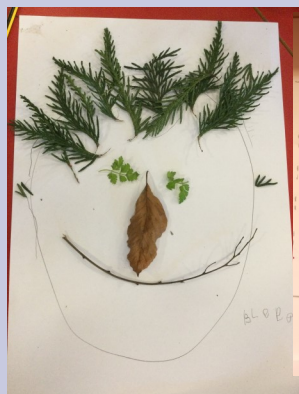
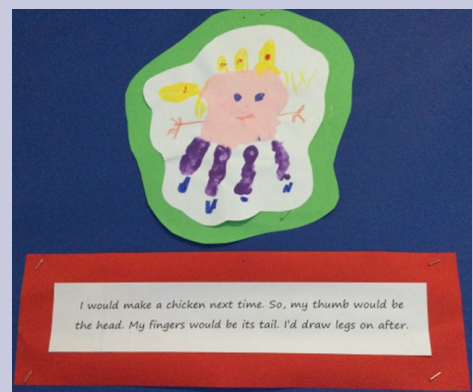
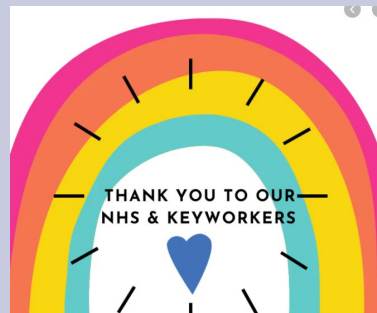
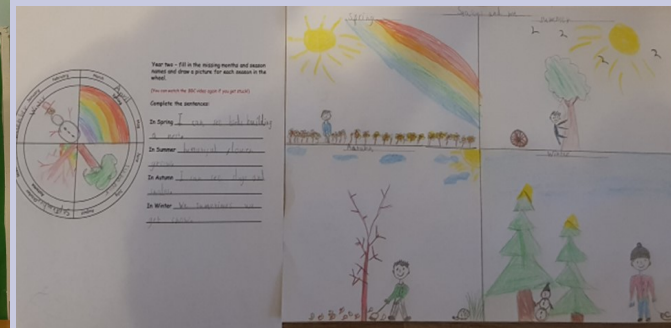
If you have unwanted Christmas treats that are within date code, please include these in your donations

Mrs Cox is busy planning for Fairtrade Fortnight and finding new ways to celebrate a Fairtrade her annual Fairtrade Pop Up café in bubbles and at home. She'll be sending out menu ideas and sharing Fairtrade recipes. She is keen to host a quiz during the fortnight too. It promises to be exciting.

The Fairtrade Foundation is hosting a virtual online festival bringing together schools, universities, businesses, supporters, campaigners and farmers from across the world to choose the world they want this Fairtrade Fortnight.



We're back to learning in school and online : look at all our work in January



Key Stage 1 School and Home Environment Day—22nd January 2021

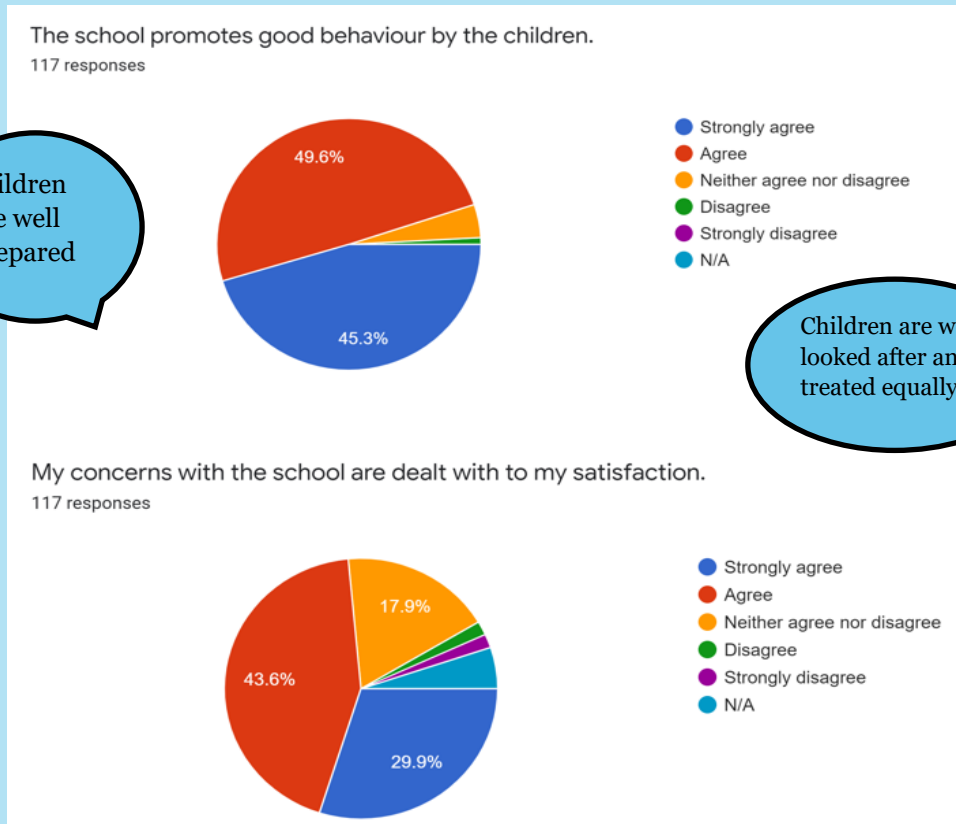
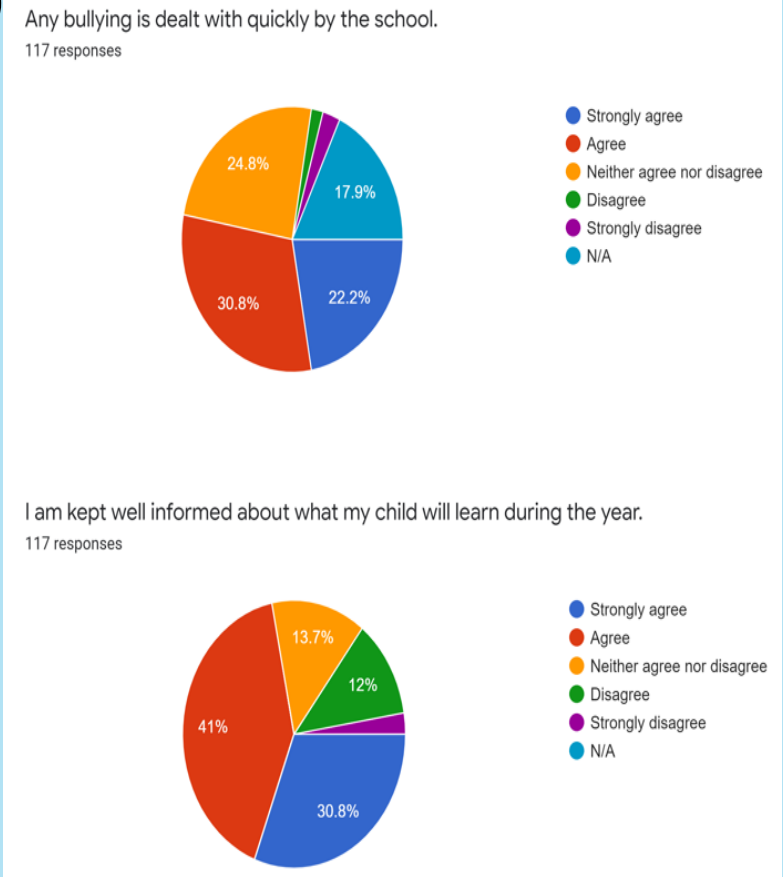
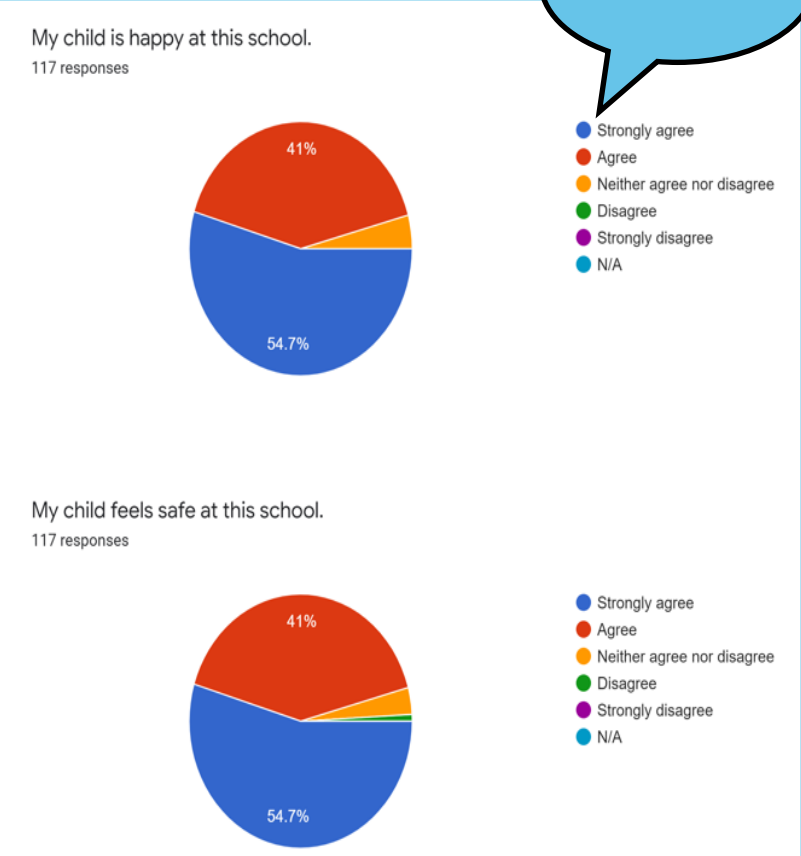
Here is the disaster: the litter festooned balcony! We wondered if the winds had blown things there, whether any people had spoiled it or whether there is in fact St Louis school monster! Inspired by our book, *The Secret Sky Garden*, we cleaned, sorted, tidied and improved our very own sky garden. We made bird feeders and the birds have already started coming to see what they can find. We've also seen some amazing bird feeders, bird boxes and insect hotels that children doing Home Learning have made.



School Survey—you told us and we're making changes

Thank you for all the responses to our recent parent survey. These are reported below. Governors have discussed these with the management team and we will be making improvements over the coming months in response to your feedback. As part of the feedback, we received some lovely comments about our teaching team. We are very grateful

Excellent teachers who work very hard

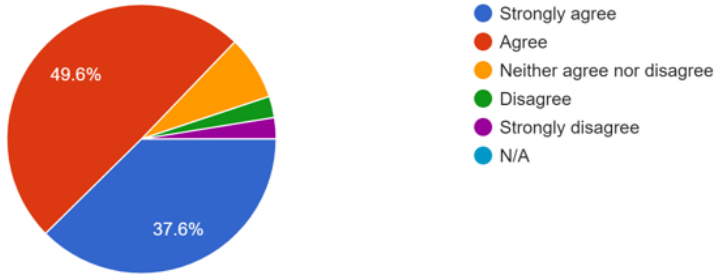


children are well prepared

Children are well looked after and treated equally

My child progresses well at this school.

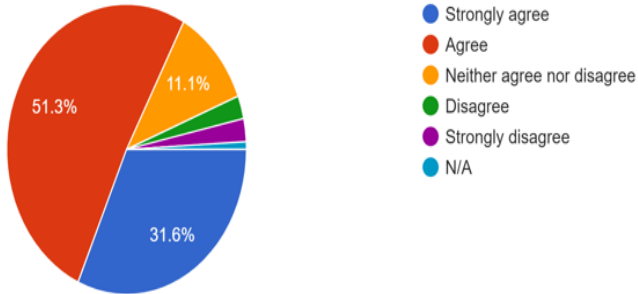
117 responses



Passion for each child

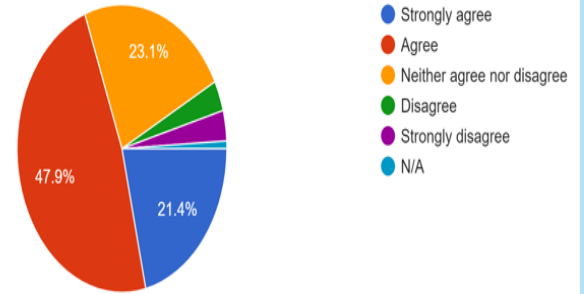
My child has the opportunity to learn from a rich and varied curriculum.

117 responses



The school supports my child's wider personal development.

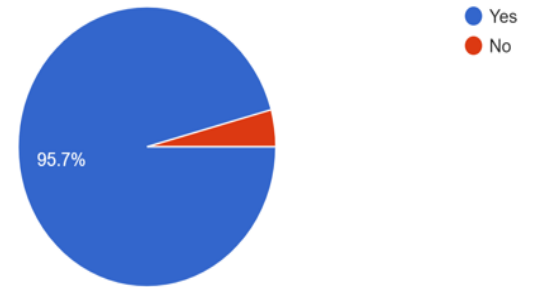
117 responses



The school has a strong catholic ethos.

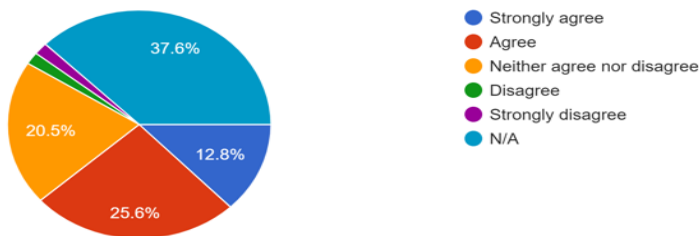
I would recommend this school to another parent:

117 responses



My child is well supported with their special needs.

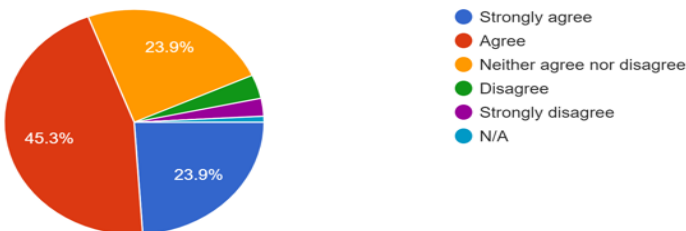
117 responses



Children are given the chance to take on extra responsibility

The school has high expectations for my child.

117 responses



School Survey—you told us and we're making changes: here is our action plan in response to your feedback

Healthy Food	Quality of school meals are poor	We recognise that we have a long way to go to make our meals consistently healthy and well presented. We are looking at options for purchasing more food locally and stopping the Friday service from a bag. We are signing up to the Healthy Schools Award and this requires us to improve our food offer before we can reach the first award level. We have introduced a parent tasting panel and one of our parents is offering nutrition advice. We are involving School Council in discussions about improving our food offer.
	Food served in bags is cheap and fried	
	Cheap pizza and sausage is a poor food offer	
Volunteering opportunities	Parents perceive barriers prevent them volunteering	We are keen to use the skills of all families in their volunteering roles. We will be calling for volunteering help in the January newsletter but anyone with a skill to share should contact the Head of School. We are especially interested in gardeners, talented sports leaders, artists, crafters and choir leaders.
Safeguarding	Safeguarding and how it is dealt with	We take safeguarding very seriously in school and we always welcome challenge from families if you think we are not protecting a child. The safeguarding leads are Sue Blakeley, Karen Bryan and Clare Clark. They are always available to discuss safeguarding.
	School funds a traffic crossing supervisor	We do not consider this to be a need in our school because children arrive with their families and most cross in Rayes Lane. We are speaking to partners about Rayes Lane safety in January but the focus of discussions is to better separate pedestrians and horses to keep both safe.

School Environment	The grounds are not well cared for	<p>We have a number of issues with the landscaping:</p> <ul style="list-style-type: none"> we have trees that are protected because we are in a conservation area; our grass grows poorly because of shading by trees; we have limited time and funding to maintain the landscape. <p>However, we have planted hundreds of bulbs kindly donated by you and so Spring should be brighter. We are asking for volunteers to adopt parts of our garden and help us to maintain them. We plan to have a Spring grounds day (subject to COVID restrictions).</p> <p>We have made a decision not to over-tidy our grounds in our effort to develop a wider biodiversity within our site. We will be applying to be an eco-school and so we will be doing more 'wilding' over the coming year. Once the roof is complete, we'll be putting more planters in front of our buildings. We welcome sponsorship to fund these.</p>
	The welcome signs are dirty	We will clean them
	The grounds are dirty	We have areas of mud in Winter but children enjoy playing in our wilder areas.
	Quality of lunchtime care	We have a team of trained midday supervisors who actively engage with the children. If you have any concerns, please contact the safeguarding leads: Sue Blakeley, Karen Bryan and Clare Clark.

Home school communication	Parents want more progress reports about their child	We have announced the dates for online Parent Consultation Meetings that will take place in Spring Term.
	Parents want to see examples of their children's work	We will include more images of work on class pages
	Parents want a longer curriculum overview to be shared	We are sending out a Spring 1 overview for all subjects taught next term. We will also include the electronic link to the National Curriculum We will do this 6 times each year.
	Need for improved notification about events in school	We provide a monthly calendar update on the back page of our newsletter (this goes out at least monthly). Our new website launches in January 2021 and we will include a calendar of events that replicates the newsletter calendar. Each class has a parent representative and we will raise the profile of these parents to help with queries about dates of events. We try to give lots of notice for school events.
	Need to have less communication with school because too many notices sent out	There is a need to balance how much information is sent out. We are looking at ways to reduce emails to families that wish to opt out of specific types of parentmail notifications.
	Letters and emails sent out need to be worded in a more courteous way	We will develop a customer service charter that sets out what you can expect from us. Our aim is to provide a customer facing, friendly and supportive service for all.
	Courtesy calls home to check that families are well and are not in need of support (linked to lockdown and periods of home schooling)	We are sorry if we did not meet your expectations during the first national lockdowns. As time has passed, we have all developed much greater skills in dealing with the uncertainty. We hope that we do not face a school closure again but we will aim to provide a supportive service going forward.
	Parents who have skills to share are not invited to support learning in school	This is a great idea and we will be asking all families about the skills that they are willing to share with us in our January newsletter. We plan to hold a career fayre in Summer term, so we aim to invite families in to talk to us about their work (in person or online).
	Request for daily feedback on each child's progress that day in school including Dojos (an online communication too).	We are unable to provide daily feedback. However, we have weekly Head of School certificates awarded and once COVID is over, we will be inviting you in to a short celebration assembly to see your child receive their award. We are also sending out postcards to let you know about the times when your child has done something amazing. We do not consider buying into Dojos offers us best value based upon children's learning needs.
	Understanding what has been taught during each week	We are sending out a Spring 1 overview for all subjects taught next term. We will also include the electronic link to the National Curriculum We will do this 6 times each year. This shows what is taught over the weeks.
	Reports printed on scrap paper?	We have been sending reports home by email for the past two academic years and plan to continue to do so in an effort to have less impact upon the environment
	My child is working at GD but I do not know if they are being developed. I think that more-able children should be developed more.	We teach using differentiated approaches that develop every child on in their next steps of learning. Children may not be aware that they are receiving different work to their peers but we are constantly planning and teaching, moving every child on.
	The reasoning behind football kits not being permitted on non-uniform days	Many schools, like St Louis, recognise that club football kits are expensive. We take an inclusive approach and feel these kits are costly for many families. Therefore, we have chosen to ask that kits are not worn.
	Lack of communication from the Parish Church via the school to home	The online church bulletin is an outstanding weekly resource. Going forward, we will promote the link to the Parish newsletter through parentmails on other matters.
Maintaining confidentiality when speaking at reception	Please make reception aware that you wish to raise a confidential matter and we can arrange to speak to you away from others. Alternatively, email us or phone and we'll help direct you to the best person to speak to.	
Reporting home following accidents in school	We send home head bumps and accident forms but if you are concerned, please raise immediately with the class teacher.	

School Survey—you told us and we're making changes: here is our action plan in response to your feedback

Homework	This is dull and repetitive – especially English	We have decided to introduce some voluntary project-style English homework from Spring term. In January, we will be launching a 6 week project to develop a story in a shoe box. Going forward, we will launch six writing projects over the year and reward book prizes for the best in each phase.
English reading and writing	The reading scheme uses old books and needs modernising	We regularly invest in new books and recycle our tired editions.
Sports activities	After school sports clubs are insufficient	We are trying to improve the offer but we are prioritising keeping the hall clean and safe between use as part of COVID security. However, we are adding a Thursday morning 8am multi sports session for UKS2 and a Monday after school multi- sports for KS1 (tbc). We are also holding a Thursday after school yoga lesson for LKS2. Once the weather improves, we will look to secure outdoor sports and hope to establish netball and cricket.
Clubs	There should be art clubs, craft clubs and an eco-club provided Cricket, hockey, football, science club, technology club. Introduce morning sports clubs.	We'd love to establish an art club if we can identify someone to lead it for us.
Music	There should be more music in school: a choir, instrument lessons and music classes	We would welcome someone leading a virtual online children's choir and we are investigating ways to provide greater access to after school music clubs, potentially keyboard (where several children can benefit together). If any families have redundant keyboards, we will happily accept them as a gift.
Nursery	Request for more artwork to be sent home to display Increase technology use in line with other nurseries – align more closely with a nursery rather than a pre-school Ensure Catholic teaching takes place and that we cover a Catholic curriculum.	All nursery children learn through our Catholic teaching programme where the birth of Jesus is integral to this. Our Catholic beliefs are reflected in everything we do and we celebrate our love of God in school throughout the day. We recognise that many children learn to swipe a screen before they speak but at St Louis, we believe that the development of language skills are a priority and we have chosen to leave technology outside of our learning environment. We make this clear at the point of enrolment. Soon, new national Early Learning Goals will reflect these principles because children are arriving in nursery settings in need of greater support to develop their communication, language, listening and attention skills. We see our nursery as being a place to prepare children to begin Foundation Year ready for their next steps in learning. We will try to send more artwork home for parents to display and we will feature art on our parent pages.

Your School Council is still active in lock down

School Council have been out and about influencing changes in school. They have shared their reasoning for why girls should be permitted to wear loose fitted smart grey trousers and Governors have carefully considered this. From Spring 2 term, girls throughout the school may elect to wear grey smart, loose fitted trousers of similar design to that currently worn by boys. School Council has also been busy influencing changes to the school menu which continues to be developed and improved. Our recent service of pork and apple sausages from a 'Finest' range served with mash and mixed root vegetables saw plates emptied in record speed. School Council have now shared their next 'to do' list including: serving portions of vegetables separately and not in a medley, losing tuna melt from the menu and increasing portion size for UKS2.

School Council put together this list of switch of activities for home learners because they feel it is important to take breaks when studying at home – just like we do in school :

To get the most out of our home schooling it is important that we look after our mental and physical wellbeing. Brain breaks are short activities that you can do throughout your day to give fuel your mind and body with positive energy.

For when I feel..	I will do..	Resource...
Like warming up my brain	BBC Newsround	https://www.bbc.co.uk/newsround/news/watch/newsround
Like relaxing	Art	https://www.thecrafttrain.com/pressed-leaf-art/
Overwhelmed	Mindfulness meditation	https://www.youtube.com/watch?v=Bk_qU7l-fcU
Tired	A brain teaser	https://www.squiglyplayhouse.com/BrainTeasers/CleverBrainTeasers.php
Stiff from computer time	A yoga adventure	https://www.youtube.com/watch?v=R-BS87NTV5I
Low on energy	A 5 minute move	https://www.youtube.com/watch?v=d3LPrhI0v-w
Stressed	A diary entry	In a notebook
Like being creative	A science experiment	https://www.sciencefun.org/kidszone/experiments/orange-fizz/

Also don't forget to have a snack and walk around break around 10:40am, just like we do at school!

Our School Councilors have been doing this to pace their learning:

Mental and physical wellbeing – what have you been doing to maintain a balance between home learning and wellbeing? What more can we do?

Afternoon walk
 Play board games
 "The Happy News" <https://thehappynewspaper.com/>
 Reading
 BBC Newsround
 Sudoku
 Art -set weekly task to be done in down time (helped focus in other subjects) e.g. Leaf pressing or something to do with bird watching

Next steps—School Council will:

Send a Google Form out in Parentmail to gather ideas for the next agenda
 Encourage parents to print work and upload as photos onto Teams if the tools and formatting on Teams is too difficult
 Look into School Dinner vegetables – is it possible to separate?
 Encourage 'break time' in the morning for students to have stretch and snack (10:40am)
 Incorporate list of brain break activities/resources for students to do each week (or send out a few a week).

School meals are free for all Foundation , Year 1 and Year 2 children



Your child will



get free school meals if you receive any of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Guarantee element of State Pension Credit
- Child Tax Credit but **no element of Working Tax Credit** and have an annual income (as assessed by HM Revenues & Customs) that does not exceed £16,190
- If you are supported under Part VI of the Immigration and Asylum Act 1999
- Working Tax Credit during the four-week period immediately after your employment finishes or after you start to work fewer hours per week
- Universal Credit (provided you have an annual net earned income of no more than £7,400 (£616.67 per month), as assessed by earnings from up to three of your most recent assessment periods).

To check if your child is eligible, apply online for an immediate response or call 0345 606 6067 for advice.

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-meals-uniforms-and-trips/apply-for-free-school-meals/>



Our Catholic Faith in School and at Home



Our new House Saints

Fr. Christopher suggested that we look to adopt more locally relevant House Saints and so Governors have met to agree this. Our Saints will be : St Felix, (he brought the Christian Faith to East Anglia in the 7th century); St Edmund, (he was King and martyred by the Danes for his Faith and has given his name to our neighbouring town, Bury St Edmunds); St Etheldreda, (the Saxon princess born in Exning, nun and founder of the Abbey at Ely) and Mother Julian of Norwich, (medieval Mystic who wrote the Revelations of Divine Love. This is a classic masterpiece still widely read and which talks of the providence of God in difficult times). The Saints all have a local association with our school and we think that they will speak to the children and hopefully to us as well. We will keep our house colours. Over their time in school, we will organise visits for our children to the places

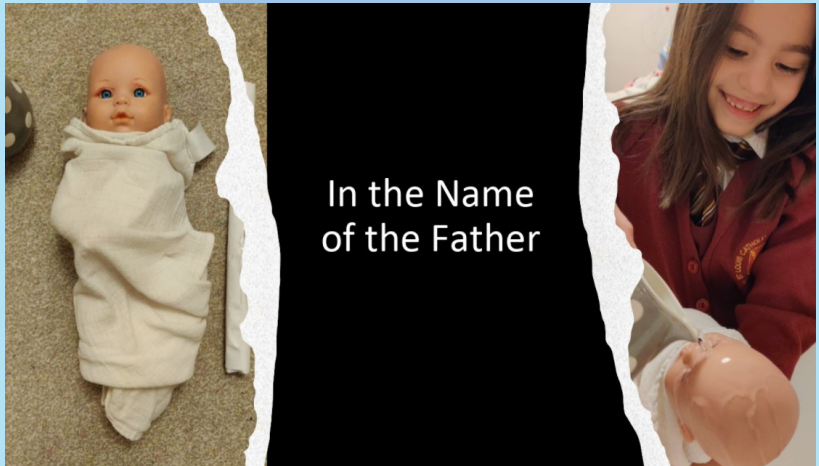
KS1 learning at home and in school about Baptism



The Sign of the Cross

Prayers – A Prayer for Carers, Nurses and Doctors Lord Jesus, who healed the sick and gave them new life, be with doctors, nurses and carers, as they act as agents of your healing touch. In desperate times, keep them strong yet loving; and when their work is done, be with them in their weariness and in their tears. Amen.

(from Norfolk and Norwich University Hospitals Chaplaincy, by Althea Hayton – adapted)



In the Name of the Father



And of the Son

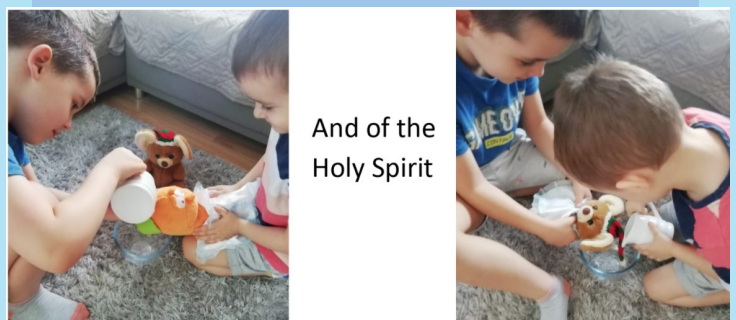
A prayer written by a home learner

Father God , you welcome us into Your family.

Every day you love us.
When we work, you love us.
When we play, you love us.

Thank you.
Thank you, God.

Amen



And of the Holy Spirit

Dates for your diary



1-7th February 2021 Children's Mental Health Week . This year's theme is **Express Yourself**.

4th February 2021 Food Bank Collection Day.

22nd February to March 7th 2021: Fairtrade Fortnight

12th February 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

Season of Lent 17th February 2021 - 29th March 2021 Catholic Charitable Giving.

Fairtrade Fortnight 22nd February 2021—7th March 2021



Each term, we build our teaching around a chosen theme. We plan to launch each theme with a learning visit off-site but for now, we are adapting to launch in school with an extended day-long event. Our exciting programme of launch dates is as follows:

14th January - LKS2 - Raging robots A fun-filled opportunity to be engineers and design robots.



14th Jan - KS1 - Out and About -wells, garden tools & binoculars at the ready A day of outdoor learning about our environment at 18th January

Nursery and Foundation -Freezing and thawing - wrap up warm! Children will be investigating the science behind the weather

2nd February— UKS2 - Wartime Britain -dress up ready for stepping back in time.



4th March 2021 Food Bank Collection Day.

4th March 2021 World Book Day We love the **World Book Day** led by the National Literacy Trust! The annual celebration of authors, illustrators, books and reading is one of our favourite **days** of the year. **World Book Day 2020** is coming on Thursday 4 March with this year's theme to 'share a million stories'. Children are invited to dress as their favourite book character. Please donate towards the Friends of St Louis School Fund.

Start making your costume now!

5th—14th March School Science Week—a celebration of all STEM teaching and learning including a whole day of science with lots of fizzes and bangs

12th March 2021 Mad Scientist dress up day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

15th April 2021 Food Bank Collection Day.

16th April 2021 non uniform day.

6th May 2021 Food Bank Collection Day.

14th May 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

10th June 2021 Food Bank Collection Day.

18th June 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

1st July 2021 Food Bank Collection Day.

9th July 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

find this helpful.



**Saturday—Date to be confirmed:
Friends of St Louis Spring Grounds Tidy- Up Day (in bubbles) 10am to 2pm**

Our new website will be launching soon. Meanwhile, please use this as your most up to date calendar for events .

Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



We will keep adding more to this list throughout the year but we hope that you find it helpful