

St Adrian's Weekly Bulletin- Friday 9th February

Dear Parents and Carers

Children's Mental Health has been the flavour of the week. The children have explored the benefits of exercise on their mental health by enjoying some yoga in Miss Cartwright's PE lessons and dance sessions with Miss Parkes as well as classroom-based activities.



Here are year 4 trying some stretches they may not have tried before; and year 3 and year 1 learning some new dance moves.



On Tuesday Safer Internet Day was the focus. Here The Digital Ambassadors confidently lead the KS2 assembly about staying safe online, when the children listened to Nathan Sawatzky from Supercell give advice about being kind online. The Digital Leaders also delivered an assembly to EYFS and KS1 where they talked about telling an adult if the images on your screen unexpectedly change for the worse. A key message is that if something goes wrong online and you are upset or scared by it, it's not your fault and you should always seek help from an adult.

In class, the children participated in activities to take their understanding of the online world - its pitfalls as well as its benefits - deeper. Years 3 and 4 collaborated in groups to learn about ways we are influenced online and what we can do to make our own choices without being pressurised.



Year 3 and 4 working in small groups to agree how companies seek to influence us online and how it can make us behave and feel.

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As a mental wellbeing activity, year 4 has been looking for “nuggets of gold” every day. These don't need to be major, exciting things but little, maybe unexpected things which make our day that bit better. Some ideas the children had were “playing with my cat” and “my friend smiling at me”.

Football Report by Beth Horwood and Isabella FitzGerald

On Monday, the Year 6 girls football team played Skyswood Primary School. It was a close game with 1-1 but unfortunately Skyswood scored in the last two minutes, making the final score 2:1 to them. Our goal was from Lara Taylor who played very well along with all the other girls.

Then on Tuesday, the girls' football team had another game - this time against Aboyne Lodge Primary School. The girls learned from their mistakes from the last match and won with a great goal from Lara. It was an exciting game with great chances from both teams. The player of the match was Lara Taylor but everyone else played equally as well.

Thank you to Miss Cartright for setting up both of our games and to the schools we played against for giving us great games. We really enjoyed playing.

Use of Mobile Devices At School

As we regularly discuss with the children, online safety is of paramount concern to the school. We would like to remind all parents and carers that children are not permitted to have mobile devices of any kind at school. They are not required on any off site activity either. The only exceptions are upper key stage 2 children who walk home on their own and they must follow the school policy regarding this. Some children have been wearing “smart watches” or watches which look like “smart watches”. We ask that these, too, are not allowed, even if they can have some functionality disabled. We encourage your children to wear watches, particularly analogue ones, but please no other watches with any recording capability. We would also like to remind parents and carers that contracts for mobile phones are in their names and so, ultimately, they are responsible for any content on these devices. We encourage and facilitate responsible use of the cyber-world in all its forms: this also necessitates a firm line on any abuse or potential abuse of mobile communication. As ever, your support in this matter is appreciated. If you have any queries or comments on this please contact Katharine Gibbons, Wellbeing and E-Safety Lead.

GARDENING CLUB Mondays 3.15pm - 4.15pm (for Year 1 - Year 6 children)

Now that the days are getting longer and the weather is warmer, Gardening Club will start again on Monday 26th February and you can book your place on Arbor now (£30 for 5 Mondays).

<https://st-adrians.uk.arbor.sc/?/club-ui/overview/id/46>

During the half term, we will be focussing on planting, sowing seeds and creating environments around the school that will support wildlife including bees, butterflies and birds.

We look forward to seeing you there! Emma Hayes

Irish Dancing Cake Sale:



On Friday 16th February we will be having a cake sale that you are all invited to after school in the hall.

The cake sale is to help raise money for the Kathleen Murray School of Irish Dancing. A group of 8 dancers will be going to the Irish Dancing World Championships in Glasgow. Two students, Beth and Lucy in Year 6 are members of this group.

We look forward to seeing you there.

Beth Horwood and Lucy Cox

FUNFEST HOLIDAY CLUB - All year groups

Once again, St Adrian's will be providing a holiday club for the February half term filled with lots of fun activities. You can book your place by contacting the FunFest team.

More information and details can be found at: <https://fun-fest.co.uk/stalbans-abbey/> We hope that you will make use of this great service. There is a wide variety of activities that they run such as: laser tag, archery, circus skills, escape rooms, sports, themed parties and much, much more!



HOUSE POINTS

The points this week are as follows:

St Mark = 302

St Matthew: 272

St John = 189

St Luke = 156

CONGRATULATIONS TO: St Mark

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AWARDS THIS WEEK

Class	Headteacher's Award	Star Writer Award
Reception	Emily Livatino	Louie McNamara
Year 1	Rosie Moore	Ryan Irani
Year 2	Sofia Lupu	Ellis Carroll
Year 3	Ivy Gilbank	Evie Thorley
Year 4	Harper Nash	Tierney Mahoney
Year 5	Sofia-Elena Klusca	Neve Vlijter
Year 6	James Ngu	Abbie Brown

IMPORTANT UPCOMING DATES:

- SATs information evening for Year 6 parents only 13th February 6-7pm
- Ash Wednesday mass 14th February at 9.30am at St Bartholomew Catholic Church.
- PTA Smarties challenge 16th February..

As this week comes to an end, we are mindful of Mrs Porter's absence as she cares for her mother.
Please continue to remember her and her family in your prayers.

I wish you all a wonderful weekend.

Many thanks,

Mrs Gallaher