



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 McEwan and the Nurture Champions for their work on this.

A letter was sent to Year Two earlier to inform our parents that Mrs Betney will be leaving us at half-term to take up a leadership secondment at another school - I am sure you will join me in wishing her the very best on this new adventure.

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



## World Mental Health Day

*By Marianna, Hiba, Benjamin, Brice and McKenna (Y5 & 6 Nurture Champions)*

Our Year 5 and 6 Nurture Champions delivered some very important messages regarding mental health and wellbeing in assembly today. They shared some top tips to keep our minds healthy:

1. Playing sports can help to keep your mind healthy.
2. If you are feeling stressed, take some deep breaths and think of your happy place.
3. If you are feeling sad, engage in an activity you like - you could try reading or listening to music.
4. Make sure you get at least 8 hours sleep per night.
5. Talk to a friend about your feelings because a problem shared, is a problem halved!

## Attendance

Well done to Year 5 for having the best attendance this week and for the whole month of September! They were awarded with an ice cream party this afternoon.

## Dates coming up...

**12th Oct** - Presentation Mass for Sacramental Programme - 9.15am in St Patrick's Church

**17th Oct** - Non-uniform Day - £1 donation to school fund. School closes at 3.15pm

**17th Oct:** Rosary at 8.30am in the school Book Den.

## October - Month of the Rosary



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

## Non-uniform day

We have another non-uniform day coming up next week. On Friday 17th, we are asking for a donation of £1 towards our school fund.

## 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.

**Polite Notice:** Please help us to keep our school premises safe by closing the front entrance gate when entering and leaving school. Upon arrival, please use the buzzer to speak to the admin team who will allow you to enter. Thank you for your continued support.