

# ST. BEDE'S CATHOLIC JUNIOR SCHOOL

## *celebrating life and learning*

FEBRUARY 2026

### PRAYER TO ST. VALENTINE

Saint Valentine, friend of faithful love, teach us to care deeply, to be patient, kind, and brave in our hearts.

Help us show love through our actions, honor one another with respect, and speak truth with gentleness.

Guide our friendships and families, that love may grow in generosity and hope.

Amen.



Celebrating  
**Saint Valentine**

### HALF TERM HOLIDAY

School closes on Friday, 13th February and reopens on Tuesday, 24th February.

Monday 23rd February is an INSET day

### CHILDREN'S MENTAL HEALTH WEEK 2026

#### 'THIS IS MY PLACE'

Children's Mental Health Week 2026 is an important chance for our whole school community to pause, reflect, and talk openly about mental health. Just like physical health, our mental and emotional wellbeing needs care, understanding, and support—especially as children and young people grow, learn, and face new challenges.

This special week reminds us that mental health is something everyone has, every day. Feelings such as stress, excitement, worry, confidence, and joy are all part of being human. By learning how to recognise emotions and talk about them, students can build resilience and develop healthy ways to cope when things feel overwhelming.

Throughout next week, classes will be taking part in age-appropriate activities designed to encourage self-expression, kindness, and connection. These may include creative projects, group discussions, mindfulness moments, and lessons that focus on understanding emotions and supporting one another. Small actions—like checking in with a friend, taking a mindful breath, or asking for help—can make a big difference.

A key message of Children's Mental Health Week is that no one has to handle things alone. Trusted adults at school and at home are always there to listen. Asking for help is not a sign of weakness; it's a sign of strength and self-awareness. We also encourage students to look out for one another and help create a school environment where everyone feels safe, valued, and respected.

Parents and carers play a vital role too. Simple conversations at home about feelings, routines that support good sleep, and time spent together can all support children's wellbeing. Working together, schools and families can help children build lifelong skills for emotional health.

As we mark Children's Mental Health Week 2026, let's continue the conversation beyond just one week. By choosing kindness, understanding, and openness every day, we can help all children grow healthy minds—and know they are never alone.



### NON-UNIFORM DAY FOR VALENTINE!

To celebrate St Valentine's Day, we are pleased to invite all pupils to take part in a non-uniform day on Friday 13th February.

Children are welcome to come to school wearing their own clothes and are encouraged to wear something red to help us mark the occasion. Clothing should be suitable for a normal school day, including outdoor play and learning activities.

We ask for a £1 donation, which will be collected on the day and donated to Alder Hey Children's Hospital, who are looking after one of our pupils. Thank you in advance for your generosity and support.

We look forward to seeing lots of red and celebrating St Valentine's Day together in school along with a huge act of love and charity for Alder Hey!



## CLASS ASSEMBLIES

Class assemblies are just one way in which parents/carers and family members can share in the religious life of the school. We are delighted to host our families for these wonderful celebrations at 9.00 a.m.

13.02.26	Class 6	MEMORIAL SACRIFICE
06.03.26	Class 1	DESERT TO GARDEN
13.03.26	Class 9	DEATH & NEW LIFE
27.03.26	Class 4	EASTER MEDITATION

## LENTEN FUNDRAISING

Throughout Lent, the school fundraises for The Good Shepherd Fund. This year, our school staff will begin the school's journey with their fundraising in the week beginning 24<sup>th</sup> February.

Each year group will have one week to fundraise as much as they can to support Nugent Care's work.

Nugent look after children who are not able to live with their families in our children's homes, we find forever families through our adoption work, we look after older people including those living with dementia in our care homes, and we support children and adults who are living in poverty with practical and financial support.

Children create lots of great activities and competitions as well as having raffles and stalls. Small amounts of change are all that is needed. There are cakes and sweets available to purchase; games such as 'guess the name of the teddy' and activities such as 'beat the keeper'.

This year, the school staff will lead the way with some innovative ideas and lots of tasty treats to enjoy at playtime. I am sure that there will also be some sporting events to participate in!

**REMEMBER:** We are a NUT FREE School so be mindful of cakes and chocolate! Although the children (and staff) love sweets, chocolate and cake stalls during Lent as we know these treats are helping raise money for others too!

## DATES TO REMEMBER

02.03.26	Year 6
09.03.26	Year 5
16.03.26	Year 4
23.03.26	Year 3

## LENTEN PRAYER & WORSHIP

Prayer and worship plays an important part in the life of our school community. It is through this act of daily worship that we are able to give thanks for the wonderful gifts with which we are blessed. It provides us with an opportunity to look with awe and wonder at the world and all of the good people who do so many amazing things.

Parents/carers, grandparents and other family members are invited to join our Celebration of the Word for Lent in school. They will be able to share this special time with us as it gives our wider community a glimpse of the spiritual journey presented to our children. These acts of worship begin at 9.05 am.

Year 6	Monday 16th March
Year 5	Tuesday 17th March
Year 4	Wednesday 18th March
Year 3	Thursday 19th March

## FASHION-CONSCIOUS FREE LEARNING ENVIRONMENT

Parents/carers are politely reminded to encourage their children, and ensure that they attend school wearing the correct school uniform at all times, including appropriate footwear and the correct P.E. kit.

Recently, we have noticed that non-uniform items are beginning to creep in, particularly on P.E. days when some pupils are wearing any coloured bottoms and tops. We expect black, unbranded leggings, shorts or joggers. Footwear is also a concern: trainers, crocs and UGG shoes, which are not part of the school uniform. We ask parents/carers to support the school by ensuring that pupils wear the correct P.E. uniform and footwear. A note in the diary, or an email to the office, can explain why pupils are not in correct uniform or are carrying an injury.

For health and safety reasons, jewellery is not permitted in school. This includes bracelets and necklaces. Wrist watches may be worn; however, smart watches are discouraged as they can cause distraction during learning time.

As earrings are now permitted, there is a clear expectation that pupils wear one pair of small stud earrings only.

Your continued support helps us maintain a smart, safe and distraction-free learning environment for all pupils. Thank you for your cooperation.

## ST. BEDE'S 'POP UP' CAFÉ

Friday 13th February, 2:00–3:30 p.m.



We are excited to announce that our school will be hosting a Pop-Up Café on Friday 13th February from 2:00 - 3:30 p.m.! This is a wonderful opportunity for parents/carers, and family members to take a relaxing

break, catch up with friends, and enjoy a quiet half-hour over a cup of tea or coffee.

The café will feature our usual tea and coffee, along with delicious cakes and biscuits, all served by our pupils. This gives our students the chance to practise their confidence, teamwork, and customer service skills, while also showing their families the results of their hard work.

Spending time with other parents and carers has many benefits. Sharing experiences, swapping tips, or just having a friendly chat can help reduce stress and boost your mental wellbeing. Taking even a short break during a busy day to connect with others is a simple but powerful way to recharge and feel supported.

We hope to see you there to enjoy some refreshments, support our pupils, and make the most of this special community moment. Come along, relax, celebrate friendship and connection.

## SCHOOL DISCOS

### FUN, FRIENDS, AND DANCING!

Tickets are now on sale for the school discos coming up, just in time for Children's Mental Health Week! These discos are a fantastic chance for pupils to listen to music, dance, and have fun with friends while enjoying a lively, safe school environment.



There will also be a tuck shop with treats available, so everyone can grab a snack while they dance away after school. Events like these are not only lots of fun—they're also a great way to boost mood, relax, and connect with classmates, supporting positive mental health.

Lets make some happy memories with friends!

Tuesday 10th February 3.30 - 5.00 p.m. Y5&6

Wednesday 11th February 3.30 - 4.30 p.m. Y3&4

## ATTENDANCE

From the first day of term to the last, the small moments in a school day make a real difference to your child. #AttendanceCounts.

The link between attendance and attainment is clear: in 2018/19, just 40% of persistently absent (PA) children in KS2 achieved expected KS2 standards, compared with 84% of pupils who were regular attenders.

But attendance is important for more than just attainment: regular school attendance can facilitate positive peer relationships, which is a protective factor for mental health and wellbeing.

<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

The school's target for attendance is 96.00%, which is still 1% less than pre-Covid. Hopefully, the most challenging months - those miserable winter months - will soon be behind us and attendance will improve.



## ATTENDANCE SEPTEMBER—FEBRUARY

CLASS 1	96.44%	CLASS 6	97.19%
CLASS 2	95.26%	CLASS 7	94.07%
CLASS 3	95.69%	CLASS 8	95.98%
CLASS 4	95.83%	CLASS 9	96.57%
CLASS 5	96.33%	CLASS 10	95.35%
SCHOOL		95.87%	



## BEING KIND TO OTHERS – EVEN WHEN THEY'RE NOT YOUR FRIEND ANYMORE

Friendships change as we grow. Sometimes we are close to someone one year, and not so close the next.

Sometimes people fall out, misunderstand each other, or hurt our feelings. These moments can be upsetting — but they are also chances for us to show who we are.

One of the most powerful choices we can make is this: Be kind, even when someone is no longer your friend, and even when things didn't end well.

Kindness shows strength. Kindness shows maturity. Kindness makes our school a safe and welcoming place for everyone.

### Why Kindness Matters

Being kind doesn't mean you have to be best friends with everyone. It doesn't mean you have to spend all your time with someone or pretend everything is perfect.

Kindness means:

- Using polite words
- Including people fairly
- Not speaking badly about others or gossiping
- Not encouraging others to be unkind
- Treating people with respect even if you're not close friends anymore



When you choose kindness, you show respect for yourself as well as the other person. You help create a school where everyone feels safe and valued.

### Friendship Fallouts vs. Bullying

It's important to understand the difference. Sometimes people use the word "bullying" when something is actually a normal friendship problem.

Here's how to tell them apart.

### What Is a Friendship Fallout?

A fallout is a disagreement or argument between friends.

It often happens because of:

- Misunderstandings, hurt feelings, someone wanting to play something different, someone feeling left out, small mistakes or unkind moments

Fallouts are usually one-off and not done to cause ongoing harm. They might feel big at the time, but fallouts can be fixed with talking, listening, and giving each other another chance.

### What Is Bullying?

Bullying is NOT a one-time argument or someone being rude/unkind once.

Bullying is behaviour that is done on purpose, happens more than once, and aims to cause hurt.

Bullying can include:

#### 1. Verbal bullying

- Name-calling
- Mocking
- Threatening someone
- Spreading nasty rumours

#### 2. Physical bullying

- Hitting
- Kicking
- Pushing
- Damaging someone's belongings

#### 3. Emotional bullying

- Leaving someone out repeatedly on purpose
- Encouraging others to ignore someone
- Laughing at someone to embarrass them

#### 4. Online bullying

- Unkind messages
- Posting or sharing hurtful pictures
- Excluding people from online groups

## BEING KIND TO OTHERS – EVEN WHEN THEY'RE NOT YOUR FRIEND ANYMORE cont...

During a fallout with your friend:

- Stay calm
- Use “I feel...” sentences
- Listen to the other person
- Ask an adult to help if you feel stuck

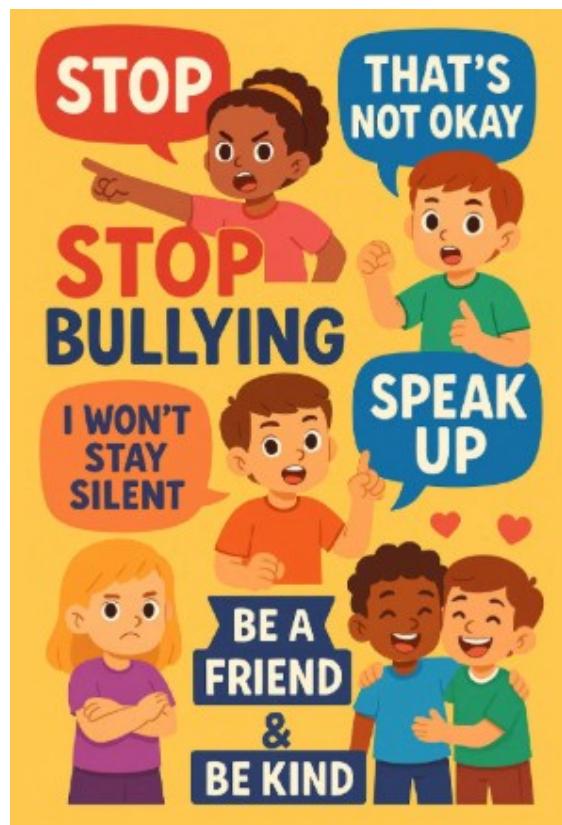
Forgive — even if you don't become close friends again

If you think bullying is happening:

- Tell a trusted adult immediately
- Keep speaking up until it stops
- Support the person being hurt
- Do not join in or encourage it
- Do not be a bystander—stand up for what is right!

### What We Expect in Our School

- We show kindness to everyone: friends, classmates, and people we don't know well.
- We use respectful words and settle disagreements calmly.
- We understand that fallouts happen, and we work to put things right.
- We stand against bullying in all forms.
- We choose actions that make our school a safe, fair and happy place.



*The LORD bless you and keep you; the LORD make his face shine on you and be gracious to you; the LORD turn his face toward you and give you peace.*

Numbers 6: 24—26

## HALTON HEALTHY SCHOOLS PROGRAMME

### Tobacco and Vaping

Pupils in Years 5 and 6 will soon be taking part in a learning session on the dangers of tobacco and vaping as part of Halton Healthy Schools. They will learn how smoking can harm the lungs, affect fitness, and cause long-term health problems. The children will also explore how tobacco can impact daily life, including appearance, energy levels, and addiction.

The session will cover vaping, highlighting that it is not harmless and can affect brain development and lung health. Pupils will discuss the risks, side effects, and the importance of making healthy choices. The activities will help children understand both the science and social pressures, empowering them to make positive decisions for their wellbeing.

### Water Safety



Years 5 and 6 will be participating in a Winter Water Safety Awareness event at Victoria Park. Emergency responders and local representatives will demonstrate responsible behaviour around water and key safety messages. The event will feature water-rescue demonstrations from Cheshire Fire & Rescue, along with the Council Park Rangers and Road Safety Team, all designed to educate children on how to stay safe around water. We are confident the children will have an enjoyable time while learning vital skills to help them stay safe in and around water.



## FAITH IN ACTION – PUTTING VALUES INTO PRACTICE

Our Year 6 pupils have recently begun to take part in the ‘Faith in Action’ project, a programme designed to encourage pupils to explore their personal values, faith, and beliefs through practical action in their school and wider community.

The project gives children the opportunity to reflect on what matters to them, understand the importance of kindness, compassion, and service, and then put these values into action. Activities may include supporting local charities, helping others in school, environmental initiatives, and community projects. By participating, pupils learn that even small acts of kindness and service can make a real difference.

**Why it matters:** Faith in Action is not just about faith in the religious sense—it is about living out values such as respect, empathy, and generosity. Through the project, children develop skills like teamwork, leadership, communication, and problem-solving, all while experiencing the joy of helping others. It also encourages them to think about their role in the wider community and how their actions can positively impact others.

**How parents and carers can support:** parents and carers play an important role in Faith in Action. You can support your child by discussing the activities they are involved in, celebrating their achievements, and encouraging reflection on how small actions can make a difference. Families are also welcome to get involved in some of the projects, helping to strengthen the connection between home, school, and the wider community.

Through Faith in Action, we aim to nurture compassionate, thoughtful, and responsible young people who understand the value of kindness and service. We are proud of our pupils’ enthusiasm and commitment, and we look forward to seeing the positive impact they will make in school and beyond.

### HALTON HABITAT HEROES

As part of the geography curriculum, Year 5 children will study estuaries and the importance of them to wildlife. Halton Habitat Heroes explores the Mersey Estuary's unique ecosystem and emphasises the importance of protecting local habitats. The Mersey Estuary is a unique and important habitat for many native species in the North West, but it hasn't always been at its healthiest. Industrial change and habitat destruction once threatened the many animals and plants that call it home, and as a tidal environment, what goes in doesn't always come out; not unless we do something about it. The



Mersey Gateway Environmental Trust (MGET) and Knowsley Safari Park are leaders of that change, and they want St Bede's Juniors to become a part of it. In the sessions with educators from both Knowsley and MGET, classes will learn about the importance of the ecosystem, biodiversity, and why the little things we do can have a huge impact.

### NATIONAL STORYTELLING WEEK

Pupils will be celebrating National Storytelling Week with a wonderful mix of creativity, imagination and shared experiences. Classes will be visiting the school library to explore new books, discover different genres and enjoy the simple joy of getting lost in a great story. Children will spend time sharing their favourite tales with one another, building confidence as storytellers and listeners.

The highlight of the week is a live webinar with Alim Kamara, the British-Sierra Leonean hip-hop artist, award-winning storyteller and author, who will guide pupils through an exciting workshop on how to “*Soundtrack Stories*” using rap, rhythm and spoken word. This interactive session gives pupils the chance to blend storytelling with music, creating powerful narratives of their own.

