

DIOCESE OF SHREWSBURY
OUR LADY OF PITY ROMAN CATHOLIC PRIMARY SCHOOL
A VOLUNTARY ACADEMY



MAIN SCHOOL SITE

RIGBY DRIVE
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PRE-SCHOOL: 0151 677 6813
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EMAIL: schooloffice@ourladyofpity.co.uk

ANNEXE SITE

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CH47 5AF
TEL: 0151 632 1908
PRE-SCHOOL: 0151 632 6336

PRINCIPAL: MR MARK COTTON
HEAD OF SCHOOL: MRS BERNADETTE GALLOWAY

Dear Parents/Carers,

We have had quite a week with the challenge of snow and ice, morning and evening! As you will have seen on Facebook, the children have loved playing in the snow - and what a great opportunity for scientific conversations! They get so much from asking questions about what they see and researching some of the answers. The children are asking questions like:

"Why is there more snow over here than there?", "Why has this snow turned into ice, but that snow hasn't?", "Where did all this water actually come from?", "Which ocean are we playing in?", "What will happen next?", "Why do people put salt on the roads?"

See what questions your children come up with over the **weekend!**

Children's Mental Health Week February 4th - 10th 2019

Next week the children will be looking at ways to build their mental health, focusing particularly on:

- > sleep
 - > exercise
- and
- > diet.

Every child will be supported to think of a simple action to make one or more of these work even better. Please support them by talking with them about these things.

Many of our children have difficulty sleeping. Making sure that bedrooms are screen-free is a big part of helping children to sleep well.

(See <https://www.nhs.uk/live-well/s...> for more information on helping children to sleep.)

We will be using this simple, guided relaxation technique in school. You may like to use it with your child at bedtime. You can just read it, slowly, in a soothing voice, as your child settles.

First, sit, or lie comfortably.

Take a deep breath in, and let it out.

Relax your eyes, you can close them if you like.

Now think of a colour that would be just the right colour for you, right now.

That's it.

Now breathe that colour in.

And breathe it out.

Just breathe the colour in.

And breathe the colour out.

That's it.

And I wonder if you might be pleasantly surprised at how easy it is to begin feeling better, now.

(Courtesy of Tania Prince, EFT Master)

You can add a second colour or a third if you like. This also works well to calm children when upset, or to create a vital state when they need it - for a performance or match, or for doing homework...!

Safer Internet Day February 5th

We will be focusing attention on the need to think before giving consent. Children will discuss when they might be unwittingly saying 'Yes' to access, to giving information, or to a conversation they know to be unkind. The children will explore when to say 'No', how to do this and when to tell an adult if something doesn't feel right.

And so we pray...

The children's responses to The Parable of the Sower this week have been beautiful - from story maps to body sculptures and song. Some of these are posted on Facebook.

They have reflected on the weeds and thorns, the rocks in the soil - and how these represent all the things that make it hard to live the word of God.

The Y3 prayer says it all:

Dear Lord,

When angry, make us calm.

When struggling, help us remember your word.

When suffering, give us peace.

May our school be a place of sanctuary, where we respect one another.

Lord, in your mercy, hear our prayer.

Warm wishes to you,

OLOP Team