

# THE WEEKLY BULLETIN

## IMPORTANT INFORMATION FOR THE WEEK AHEAD

### DATE: FRIDAY 10<sup>TH</sup> OCTOBER 2025



Good morning,

It's been a very busy week this week in school and we'd like to say a huge thank you for the huge amount of food that was donated last week. The church looked amazing on Wednesday, and we know this food will make a big difference to the people most in need.

Today, we celebrate **Mental Health Day** and all the children are invited to come wearing **yellow** to show their support. This week's bulletin also features some useful information to help your child's mental health. In a world where technology is advancing all the time, unfortunately, this can also have a negative impact on their mental health. Conversation openers, ways to stay safe along with maintaining healthy sleep patterns, are all useful ways to check in with your child. Please take the time to read these and discuss them with your child. Sadly, this doesn't just apply to the older children as we know our younger children are just as tech savvy as the older children.

## A message from your teachers

Class	Teachers	Message from your teachers
Nursery	Mrs Khan & Mrs Muhsen	Well done to Nursery for another fantastic week! Gentle reminder to all parents please ensure all cardigans and jumpers are clearly labelled with your child's name to help prevent from getting lost.
Reception	Mrs Shaw & Miss Humphries Miss Vassel & Ms Sobiecka	We have had a busy week in Reception! In Maths the children have been learning to count and identify numbers up to 5. In Literacy the children have been identifying initial sounds and writing CVC words. Your child will be receiving a reading book today. Please make sure that their reading book is inside their reading bag and is brought to school every day. Logins for NumBots, Reading Eggs and Active Learn have also been sent home.
Year 1	Miss Mapother & Mrs Jones Mrs Kalsi	Well done on a great week this week, you have worked hard in our phonics lessons and have been working hard in Big Maths. Please remember to keep doing your homework Year 1. Please can I ask that all reading books come in everyday and then they can be changed each week. Also we have forest school next Thursday so please be prepared for this. Have a great weekend!
Year 2	Miss Elliot & Mrs Barnett	It's been a great week for Year 2, who have loved learning about maps and discovering more about their local area. A reminder that Forest School has now finished, so children should wear their school uniform on Thursdays from next week.
Year 3	Mr Galligan & Mrs Deocades Mrs Kalsi	Year 3 have impressed me greatly this week in History. The children have been learning about the Stone Age, and it has been wonderful to see their enthusiasm and curiosity shine through. They have also been working very hard on Times Table Rock Stars, and their progress is clear to see. Thank you for your continued support in helping them with their learning at home. Wishing you all a great weekend.
Year 4	Mrs Mohan, Mrs Hickman Mrs Finnegan & Mrs Baxter	Well done for a great week Year 4! Next week is the start of our Forest School sessions on a Thursday afternoon (16.10.25). Check the weather forecast and please make sure you come to school dressed appropriately for this session. Please wear your normal shoes to school and bring wellies in a separate bag ready to change into. Thank you!
Year 5	Mrs Hensman, Mrs Edgington & Miss Plant	Another fantastic week in Year 5 and the children have showcased their acting talents through their RE lessons. Their role plays of one of the miracles was truly wonderful and it's clear we have a few budding actors and actresses in our midst! Keep up the good work.
Year 6	Mr McNamara, Mr Clewer Mr Lahert & Mrs Baxter	Well done to year 6 on another great week! This week's foundation focus was history doing a deep dive into the events of WWI. Each pupil has worked extremely hard and we are all really impressed. Keep up the great work! Please don't forget that payment for the trip to the Memorial Arboretum is due now. Text messages have been sent, so we'd be really grateful if you could make any outstanding payment via Parent pay). Thank you!
After School Clubs	Mr Read	Four pupils from Year 5 were selected to serve as Well-being Ambassadors for the school and attended a training session on Monday. They represented the school exceptionally well. Well done to all involved.

# Important information for the week ahead

Monday 13 <sup>th</sup> Oct	Tuesday 14 <sup>th</sup> Oct	Wednesday 15 <sup>th</sup> Oct	Thursday 16 <sup>th</sup> Oct	Friday 17 <sup>th</sup> Oct
<b>Year 5/6 6-a-side boys football</b> (your child will have received a letter if they are taking part)			<b>Y6 Trip to National Memorial Arboretum</b>	<b>Celebration Assembly</b> 8.45 – 9.15am School Hall
			<b>Y5 Stay and Pray</b> in the hall 8.45am	<b>Parent Tour</b> You will have received a text message if you have a place.

## Stars of the Week



This week, each of the teachers have been looking out for those children who are going the extra mile to contribute in their lessons.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aku	Denni	Rayne	Oscar	Mateo	Emma	Isla	Jacob

## The new 'Pupil Leadership Team'

Congratulations to the children in Year 6 who have been awarded Head Boy, Head Girls and House Captains. We hope their passion and drive make a real difference to the school this year.



OLSR  
 Head Boy and  
 Head Girls  
 2025-2026



OLSR  
 House  
 Captains  
 2025-2026



## Attendance

Well done to Reception for achieving the highest attendance last week!

Here is the attendance for Autumn 1 Week 5

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
95.6%	98.6%	91.3%	95.1%	94.7%	95.3%	94.8%	92.9%

# Catholic Life at St Rose

## Catholic virtues for Autumn 1

This half term, our Catholic Virtues are: Eloquent and Truthful

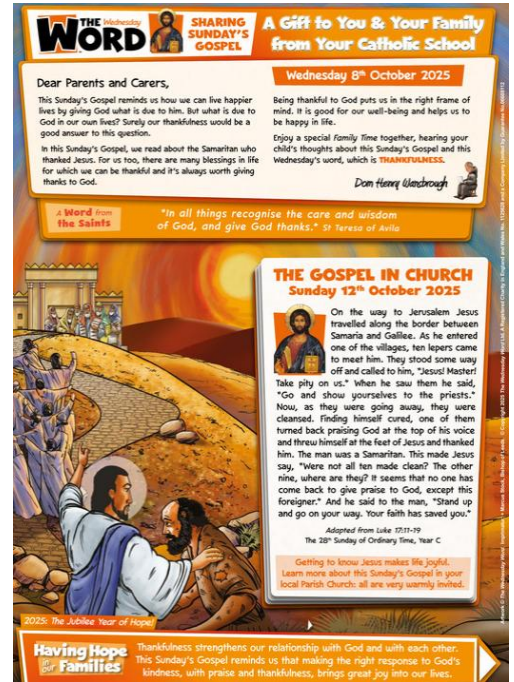
**Eloquent** means to be able to articulate what we believe and feel to do so in a way that engages and persuades others.

**Truthful** means to be able to speak the truth about ourselves, about others, about God and the world around us. Education is the search for truth and the eloquent articulation of what we discover.



## Wednesday Word

Click on the image to access this week's copy.



### In Year 2 we are Eloquent when we...

- Choose not to say hurtful things to each other
- Tell the truth
- Share the Gospel and talk about Jesus
- Say kind words to each other
- Tell others to look after God's creation
- Ask those who seem sad if they are okay

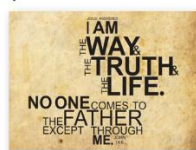


A new command I give you. Love one another. As I have loved you!

"I have a dream..."

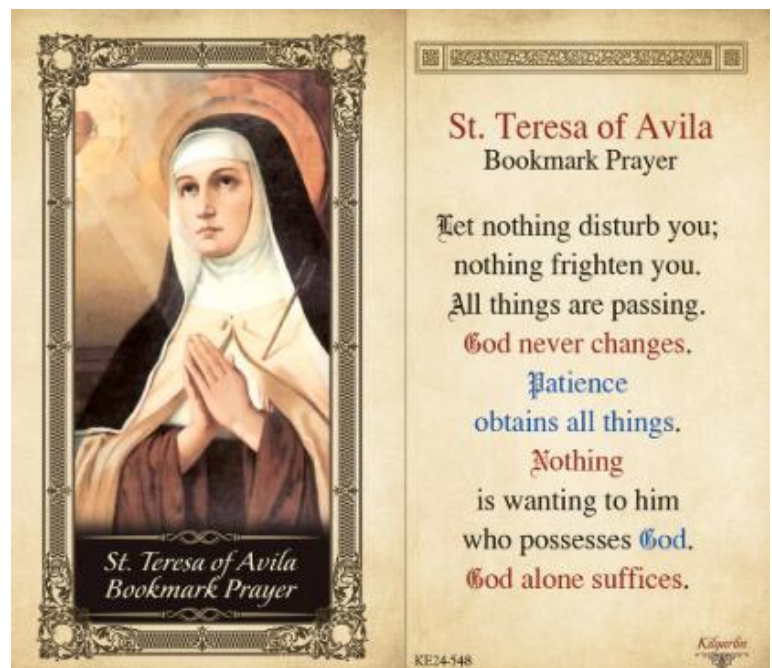
### In Year 2 we are Truthful when we...

- Tell the truth if we have hurt somebody
- Are honest if we have done something wrong
- Tell the truth even if we are scared of the consequences
- Talk about Jesus' life
- Tell stories from the Bible



## Prayer of St Teresa of Avila

Wednesday is the feast day of St Teresa of Avila, who is patron saint of headaches. If you are a headache sufferer, you may consider praying to her.



# Mental Health Day

As we celebrate Mental Health Day today, it is appropriate to consider the impact that the digital world is having on our children's mental health. They are exposed to a wider variety of different tools now and, whilst the advances in technology are largely good, they also come with potential dangers. This week, we're providing you with a range of different resources to help open up the conversation with your children.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## SUPPORTING CHILDREN'S MENTAL HEALTH

### 10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

#### 1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

#### 2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

#### 3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

#### 4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

#### 5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

#### 6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

#### 7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

#### 8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

#### 9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

#### 10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



### Sources of Information and Support

- Your GP
- Young Minds <https://youngminds.org.uk/v>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/>
- <https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
- <https://www.themix.org.uk/mental-health>

# Mental Health Resources

## Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.



**LOOK FOR POSITIVE COMMUNITIES**

# Mental Health Resources

## 10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



# Important Information

## Stay and Pray

Thursday 16<sup>th</sup> October

Our first 'stay and Pray' sessions takes place on Thursday and will be led by Year 5. These are a beautiful way of experiencing the children's prayer sessions. They last approximately 15 minutes and start at 8.45am in the hall. We look forward to seeing you there.

## Year 6 Class Trip

Year 6 will be visiting the National Memorial Arboretum on Thursday, as part of their curriculum learning experience. If payment is still outstanding, please remember to make payment before the trip.

Many thanks

## Our Heritage Day

Friday 24<sup>th</sup> October

Our now 'annual' Our Heritage Day takes place on Friday 24<sup>th</sup> October. This is the day when we celebrate our wonderful school community. Get your traditional dress ready! More details to follow.

## E-Safety

### Knowing what your child should be accessing at home

We have had a few incidences in school whereby we have been informed of children using apps and games that are not age appropriate. As a school, we are regularly talking about what the children should and shouldn't go on. At home, we can't police this and would ask that you look at your child's devices regularly to monitor their activity.



Day	Club	Finish time
Monday	KS2 Mixed Football	4.25pm
Tuesday	KS1 Gymnastics Lighthouse Group	4.25pm 4.15pm
Wednesday	Mixed Ball Skills	4.25pm
Thursday	Cross Country Sing & Sign Group	4.25pm 4.15pm



Have a wonderful weekend.  
Mr Carroll & Mrs Hensman



# Autumn Term Key Dates

## September

Wednesday 3<sup>rd</sup> September

- Children return to school at 8.30am

Wednesday 10<sup>th</sup> September

- Year 6 Parent Workshop

Thursday 11<sup>th</sup> September

- Year 5 Parent Workshop

Wednesday 17<sup>th</sup> September

- Year 3 Parent Workshop

Thursday 18<sup>th</sup> September

- Year 4 Parent Workshop

Wednesday 24<sup>th</sup> September

- Year 2 Parent Workshop

Thursday 25<sup>th</sup> September

- Year 1 Parent Workshop

Friday 26<sup>th</sup> September

- Macmillan Coffee Morning

## October

Wednesday 1<sup>st</sup> October

- Reception Parent Workshop

Thursday 2<sup>nd</sup> October

- Nursery Parent Workshop

w/c 6<sup>th</sup> October

- Harvest Festival Week

Friday 10<sup>th</sup> October

- Mental Health Day

Thursday 16<sup>th</sup> October

- Year 6 Trip to Memorial Arboretum

- Year 5 Stay and Pray

Thursday 23<sup>rd</sup> October

- Year 6 Stay and Pray

Friday 24<sup>th</sup> October

- Our Heritage Day

- Children break up at 1pm

## November

Tuesday 4<sup>th</sup> November

- Children return to school at 8.30am

Thursday 14<sup>th</sup> November

- Year 4 Stay and Pray

Wednesday 19<sup>th</sup> November

- Parent Consultation Afternoon

Thursday 20<sup>th</sup> November

- Year 3 Stay and Pray

Friday 21<sup>st</sup> November

- Children in Need Day

Thursday 27<sup>th</sup> November

- Year 2 Stay and Pray

## December

Thursday 4<sup>th</sup> December

- Year 1 Stay and Pray

Friday 19<sup>th</sup> December

- Children break up at 1pm

## Years 5 & 6 Swimming

Monday 24<sup>th</sup> - Friday 28<sup>th</sup> November AND

Monday 1<sup>st</sup> - Friday 5<sup>th</sup> December



## Christmas performances

EYFS & Year 1

- Monday 15<sup>th</sup> December at 2pm
- Tuesday 16<sup>th</sup> December at 9.30am

Year 2 & KS2

- Thursday 18<sup>th</sup> December at 3.30pm





# Spring Term Key Dates

## January

**Tuesday 6<sup>th</sup> January**

- Children return to school at 8.30am

**Wednesday 7<sup>th</sup> January**

- Year 6 Parent Workshop

**Thursday 8<sup>th</sup> January**

- Year 5 Parent Workshop

**Wednesday 14<sup>th</sup> January**

- Year 4 Parent Workshop

**Thursday 15<sup>th</sup> January**

- Year 3 Parent Workshop

**Wednesday 21<sup>st</sup> January**

- Year 2 Parent Workshop

**Thursday 22<sup>nd</sup> January**

- Year 1 Parent Workshop

**Wednesday 28<sup>th</sup> January**

- Reception Parent Workshop

**Thursday 19<sup>th</sup> January**

- Year 1 Trip to the Think Tank Museum
- Nursery Parent Workshop

## February

**Thursday 5<sup>th</sup> February**

- Year 6 Stay and Pray

**Thursday 12<sup>th</sup> February**

- Year 5 Stay and Pray

**Friday 13<sup>th</sup> February**

- Children break up at 1pm

**Monday 23<sup>rd</sup> February**

- Children return to school at 8.30am

**Tuesday 24<sup>th</sup> February**

- One Life Retreat Day

**Thursday 26<sup>th</sup> February**

- Year 4 Stay and Pray

## March

**Thursday 5<sup>th</sup> March**

- World Book Day

**Thursday 12<sup>th</sup> March**

- Year 3 Stay and Pray

**Wednesday 11<sup>th</sup> March**

- Parent Consultation Afternoon

**Wednesday 18<sup>th</sup> March**

- Year 5 Trip to Black Country Living Museum

**Thursday 19<sup>th</sup> March**

- Year 2 Stay and Pray

**Thursday 26<sup>th</sup> March**

- Year 1 Stay and Pray

**Friday 27<sup>th</sup> March**

- Children break up at 1pm

## Years 3 & 4 Swimming

Monday 19<sup>th</sup> - 22<sup>nd</sup> January AND

Monday 26<sup>th</sup> - 29<sup>th</sup> January

## World Book Day

For World Book Day this year, EVERY child will need to bring in a **cheap** plain white t-shirt!

WORLD  
BOOK  
DAY





# Summer Term Key Dates

## April

Tuesday 14<sup>th</sup> April

- Children return to school at 8.30am

Thursday 16<sup>th</sup> April

- Year 2 Trip to Mount Pleasant Farm
- Year 6 Stay and Pray

Thursday 23<sup>rd</sup> April

- Reception Trip to Tamworth Castle
- Year 5 Stay and Pray

Thursday 30<sup>th</sup> April

- Year 4 Stay and Pray

## Test Dates

- KS2 SATs: 11<sup>th</sup> - 14<sup>th</sup> May
- KS1 SATs: Throughout May
- Year 1 Phonics: w/c 8<sup>th</sup> June
- Year 4 Multiplication: w/c 1<sup>st</sup> June

## Years 1 & 2 Swimming



Monday 11<sup>th</sup> - Friday 15<sup>th</sup> May AND  
Monday 18<sup>th</sup> - Friday 22<sup>nd</sup> May

## May

Monday 4<sup>th</sup> May

- Bank Holiday - SCHOOL CLOSED

Thursday 7<sup>th</sup> May

- Election Day - SCHOOL CLOSED

Thursday 14<sup>th</sup> May

- Year 4 Trip to Botanical Gardens
- Year 3 Stay and Pray

Tuesday 19<sup>th</sup> May

- Year 3 Trip to Warwick Castle

Thursday 21<sup>st</sup> May

- Year 2 Stay and Pray

Friday 22<sup>nd</sup> May

- Children break up at 1pm

## Summer Fair



Thursday 9<sup>th</sup> July  
**ADVANCE NOTICE**

School will close at 3pm to allow all the staff to run stalls at the Summer Fair

## June

Monday 1<sup>st</sup> June

- Children return to school at 8.30am

Tuesday 2<sup>nd</sup> June

- KS2 Sports Day (TBC)

Monday 8<sup>th</sup> - Wednesday 10<sup>th</sup> June

- Year 5 & 6 Residential to Alton Castle

Thursday 11<sup>th</sup> June

- Year 1 Stay and Pray

Thursday 18<sup>th</sup> June

- Nursery Trip to Ash End Farm
- Reception Stay and Pray

## July

Wednesday 1<sup>st</sup> July

- Transition Day

Thursday 2<sup>nd</sup> July

- Nursery Stay and Pray

Monday 6<sup>th</sup> - Friday 10<sup>th</sup> July

- Healthy Living Week

Wednesday 8<sup>th</sup> July

- Charity Day

Thursday 9<sup>th</sup> July

- EYFS Sports Day 9.00 - 10.00am
- KS1 Sports Day 10.30 - 11.30am
- Summer Fair 3.00 - 4.30pm

Wednesday 15<sup>th</sup> July

- Year 6 Leaver's Mass (TBC)

Thursday 16<sup>th</sup> July

- Year 6 Leaver's Performance 2.00pm

Friday 17<sup>th</sup> July

- Children break up at 1pm