

THE WEEKLY BULLETIN

IMPORTANT INFORMATION FOR THE WEEK AHEAD

DATE: FRIDAY 13TH FEBRUARY 2026



Good morning,

Half term is finally upon us, and it's been a busy week in school. The children have spent time thinking about Internet Safety and their digital footprint, and we hope they take this on board during their break next week. Thank you to the parents who came to the Cyber Café on Wednesday. It was lovely to be able to talk through some of the issues and hopefully we were able to provide support where it was needed. As half term is next week, we are focusing on the importance of reducing screen time and opting for a book rather than a tablet. We are becoming increasingly more concerned about the lack of children who read daily and are trying everything we possibly can to encourage them to WANT to read. However, we need your support as, without it, the numbers will never rise.

We have just had the most wonderful person visit us in school today. A lady, who attended this school, came to visit the school as part of her Valentine's treat with her husband. She is now 72 and was so delighted to be able to come into the school and see how it has changed. She really was a breath of fresh air and brightened up our gloomy Thursday. It just goes to show the power a school can have on children and how primary school memories last forever.

A message from your teachers

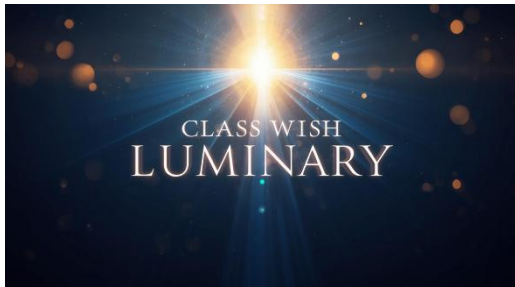
Class	Teachers	Message from your teachers
Nursery	Mrs Khan & Mrs Muhsen	Well done to Nursery! This half term has flown by. We are so proud of how well Nursery have settled in. Have an amazing half term break.
Reception	Mrs Shaw & Miss Humphries Miss Vassel & Ms Sobiecka	Reception have been working hard this week in Literacy to write cvc words and sentences to add their own ideas to the story 'Naughty Bus'. In Maths the children have been comparing and measuring lengths of different objects. In Art this week we have been experimenting with folding paper to make our own Chinese dragon puppet for Chinese New Year.
Year 1	Miss Mapother & Mrs Jones Mrs Kalsi	Well done Year 1 on a great week and half term! You have had lots of fun learning about programming in computing, and we had fun at Forest School. Please remember we are still doing Forest School after half term for the first 4 Thursdays. Have a lovely half term!
Year 2	Miss Elliot & Mrs Barnett	Year 2 have had a fantastic week and thoroughly enjoyed their first Forest School session of the term. They can't wait to continue after the break! We hope you all have a relaxed half-term break and a wonderful start to Lent.
Year 3	Mr Galligan & Mrs Deocades	Year 3 have worked hard this week, enjoying database lessons and an online safety workshop. We've also begun learning about time in maths, so practising reading clocks at home would be great 😊. Many children are still not completing their homework, which is being closely monitored. Support at home really helps. Thank you for your support and have a wonderful break!
Year 4	Mrs Mohan, Mrs Hickman Mrs Finnegan & Mrs Baxter	What a wonderful week we have had in Year 4 to finish off this half term. We ended our new writing unit with the children producing some truly incredible pieces. We are so proud of their hard work. We also had an internet safety workshop which was an educational for the children to know about how to stay safe online. It's been a busy end to a very busy half term. Well done Year 4 for all your hard work and enjoy the half term. See you on Monday 23 rd February.
Year 5	Mrs Hensman, Mrs Edgington & Miss Plant	Year 5, you've had another wonderful week, where you have continued to show how dedicated and committed you are to your learning. In a week where you have learnt about how to be safe online, and produced your own infographics, we hope you take these on board and keep safe during the half term holiday. Have a wonderful break!
Year 6	Mr McNamara, Mr Clewer Mr Lahert & Mrs Baxter	Well done to all of year 6 for their hard work and dedication. This half term has been a tricky one, coming off our foundation timetable and including revision time; each child has taken to this change extremely well and Mr Clewer and I have been impressed with you all. Have a lovely break and bring your thinking cap back with you.
After School Clubs	Mr Read	Well done to the Year 4 children for their amazing effort at the handball event last week! Your teamwork and behaviour were a credit to St Rose! Well done guys!

Important information for the week ahead

Monday 23 rd Feb	Tuesday 24 th Feb	Wednesday 25 th Feb	Thursday 26 th Feb	Friday 28 th Feb
	Whole School Retreat Day 'A Heart that Sees'	Whole School Mass 10am in the Church KS2 Swimming Gala 11.00 – 13.00	Year 4 Stay and Pray 8.45 – 9.00 All parents welcome	Celebration Assembly 8.45am in the hall Wear Purple Day for the SVP and bring in food for the food bank.

Spring 1 Luminaries

As we come to the end of the Spring term, it's time to celebrate those children that have lit the way for everyone else in the class. Each teacher has thought about who has demonstrated the class wish and the catholic virtues for this half term. The luminaries for the first Spring term are below:



Class Wish Luminaries

At the beginning of the year, the children decide what they want their class wish to be. The following children have been shining examples of this class wish. Well done to all the children!

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Tate	Novah	Amarah	Jesse	Cadence	Shea	Unika	Reuben



Catholic Virtues Luminaries

Our Catholic Virtues for this half term have been **Curious** and **Active**. These virtues represent the ability to ask questions in class and about their faith, but also the ability to act upon them. They encourage our children to be the children God would want them to be and respond to others with kindness.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Raphael	Dania	Olivia	Kailen	Russell	Niamh	Talia	Jacob



Catholic Life at St Rose



Wednesday is **Ash Wednesday**, and this marks the season of Lent – a time of praying, fasting and almsgiving. At school, we will begin our charitable work for the period of Lent, and the children will also continue their learning about this special season, upon their return to school. We would encourage you to attend Ash Wednesday mass to mark the beginning of this special season. [Click here to find out the mass times at St Rose.](#)



On the first Tuesday back, we will have our favourite day of the year – a whole day retreat with Dan and Emily. For staff and children, this really helps us to understand the church's seasons. This one is called 'A heart that sees' and will explore Lent in a beautiful way.

THE BIG LENT WALK Lent calendar 2026 **CAFOD**
A better world needs all of us

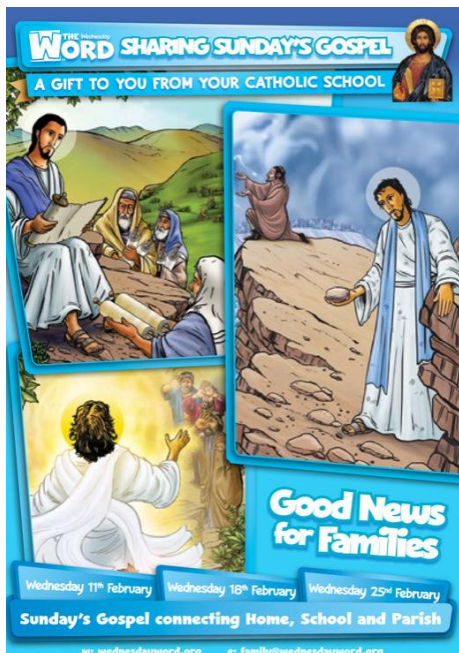
Week:	One	Two	Three	Four	Five	Six
M	23 February	2 March	9 March	16 March	23 March	30 March
T	24 February	3 March	10 March	17 March	24 March	31 March
W	Ash Wednesday 25 February	4 March	11 March	18 March	25 March	1 April
T	19 February	26 February	5 March	12 March	19 March	26 March Moudu Thursday
F	20 February CAFOD Fast Day	6 March	13 March	20 March	27 March	Good Friday
					Easter Saturday	Easter Sunday

Want to complete a '[Lent Calendar](#)' with your children during Lent. Simply click on the image to access each day.

In addition, there is a [Lent Family Pack](#) and [Lent Game](#) that you can also do with your children. Click on the links to access them.

Wednesday Word

The Wednesday Word is available for you to access below. Click on the image to access this week's copy.



Our Lady & St Rose of Lima Parish Church News



Sunday Mass Times

8.45am: Mass at St Peters **11.30am:** Mass at St Rose

Parish Newsletter [Click here for the full parish newsletter](#)

Unplug this half term. Open a book!

As we move into half term, we would love for our children to take more time away from their screens and dive into a good book. If you don't have a library card, pop into Weoley Castle library this half term where you can borrow books for free. Children will only develop a love of reading if they read.



Reading a book

vs

Screen time

Weoley Castle Library Opening Times

Monday: 10am - 1pm, 2pm - 6pm
 Tuesday & Wednesday: closed
 Thursday: 9am - 1pm, 2pm - 5pm
 Friday: 9am - 1pm, 2pm - 5pm
 Saturday: 9am - 1pm, 2pm - 5pm

Did you know?

Children who read 20 minutes per day are exposed to approximately 1.8 million words per year.
 Children who read 5 minutes per day see around 282,000 words per year.
 Children who read 1 minute per day see only about 8,000 words per year.

Brain activity

Neuroscience shows that live book reading (especially with a caregiver) activates brain regions linked to **language, narrative comprehension, social cognition, and shared attention** – particularly in the right hemisphere – more than equivalent screen-based storytelling.

When children listen to stories via screens, brain activity is more evenly distributed and may lack the social and language-rich activation seen during live book reading.

Language, literacy and learning

Frequent shared reading correlates with **better early literacy skills, stronger vocabulary, and improved expressive language abilities.**

Higher amounts of screen use – especially passive viewing – have been associated with **delayed language development and lower early reading skills.**

Attention, Memory and Executive Function

Reading requires sustained attention, working memory, imagination, and inference skills – all building stronger executive function over time

Excessive screen use, especially with fast-paced or varied content, can be linked to **weaker attention spans and challenges with focus and working memory.**

Social and Emotional Development

Shared reading fosters **interaction, emotional bonding, and social understanding**, which are important for empathy and communication skills.

Prolonged individual screen use reduces face-to-face interaction, which can affect social and emotional development.

Physical and Other Developmental Effects

Eye health – encourages steady visual tracking and eye coordination.
Sleep quality – helps the brain to wind down, encourages healthy sleep routines.
Stress reduction and physical calm – lowers heart rate, reduces muscle tension and decreases stress hormones.

Eye health – increased risk of myopia/vision strain with more screen exposure.
Sleep disruption – screens, especially before bedtime, can delay melatonin production and worsen sleep patterns.
Physical activity – more screen time often means less movement and outdoor play.

WORLD
**BOOK
 DAY**

5 MARCH 2026

Don't forget!

Every child needs a plain white t-shirt that they can draw on during World Book Day! They'll also need to know a favourite book, so half term is the perfect time for them to decide which book they will use on the day!

Attendance at St Rose

Well done to Year 2 and Year 4 for having the highest attendance last week!

Here is the attendance for Spring 1 Week 5

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
90%	92.1%	95%	95.9%	94.4%	95.9%	95.4%	94.2%

Every day matters

For your child to make the progress they deserve, they need to be in school.

As a school, this is something we monitor closely and is a high priority for us each academic year. Whilst odd days off may not seem significant, they do impact your child's learning. Unless your child is really poorly, please ensure they are in school and ready to learn. This will give your child the best chance of achieving their full potential.

ATTENDANCE

Why is it so important?



Children are required by law to attend school 190 days per year. The government states that every child's attendance should be at least 95%.

HOW DO YOU MEASURE UP?

Attendance	Days Absent	Weeks Absent	Lessons Absent
95%	9 days	2 weeks	50 lessons
90%	19 days	4 weeks	100 lessons
85%	29 days	6 weeks	150 lessons
80%	38 days	8 weeks	200 lessons
75%	48 days	10 weeks	250 lessons
70%	57 days	11.5 weeks	290 lessons
65%	67 days	13.5 weeks	340 lessons

Punctuality

Being on time for school is crucial for your child!

If your child is late, this will affect their overall attendance and results in them missing some key tasks that will help them practise skills they have been taught in their lessons.

- Our school day starts at 8.30am.
- The registers are taken at 8.40am.
- Anyone arriving after 8.40am is classed as late.

If your child arrives after this time, they will already have missed some crucial work in the morning.

Please allow sufficient time to get to school so that your child can get the best start to their school day!



Don't be late like the White Rabbit - be on time each day!

Our school day

Gates open at 8.25am
School starts at 8.30am
Registers close at 8.40am

EYFS school day finishes at 3.20pm
All other children finish at 3.30pm
Friday - school finishes at 1.00pm

Daily Homework

At St Rose we believe daily practise of Maths skills, along with daily reading are vital parts of your child's education. This is the only homework we set your children and should take a maximum of 20 minutes each day. It is an expectation of ALL children as we want ALL our children to have the greatest opportunity to achieve to their full potential.

Daily practise of either Numbots (KS1) and TTRS (KS2) will help your children to be fluent in their number facts and times tables, essential tools for their Maths lessons.

Daily reading will not only help your child become a fluent reader, but it will also instil a love of reading that provides them with a wider range of vocabulary and a more vivid

What daily homework does my child have?

Nursery & Reception:



Daily reading

Years 1 & 2



Daily Numbots (5 minutes) and daily reading

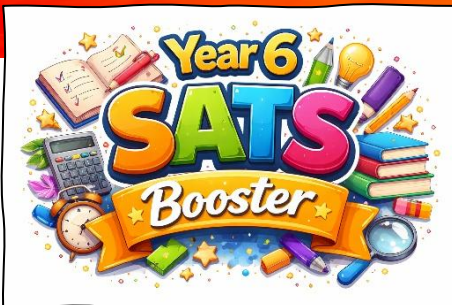
Years 3, 4, 5 & 6



Daily TTRS (10 minutes) and daily reading



All reading should be logged on Boom Reader



Mr McNamara and Mr Clewer will be running a Year 6 'SATS Booster' after school club each Monday from 3.30 - 4.15pm. Starting in Week 1, this will provide the children with valuable revision time, ahead of their SATs in Summer 1

After School Clubs - Spring 2



Next half term, there has been a slight change to the After School Clubs. If your child wants to take part, please ensure you return the letter as soon as possible. Text messages will be sent confirming whether your child has a place.

Monday	Tuesday	Wednesday	Thursday
Football (Years 3, 4 & 5)	KS1 Fundamental skills	Mixed Ball Skills (Years 1 - 6)	KS2 Basketball
Year 6 Booster	Lighthouse Group		Choir

Lent Charity Work



LENT EVENTS COMING UP!

Friday 27th February
Wear Purple Day



Friday 6th March
Own Clothes Day
for the Big Easter Raffle

Mon 9th - Thurs 12th
The Big Lent Walk



Thursday 12th March
Toy Swap



Friday 13th March
The Big Sleepout



acorns Friday 20th March
Own Clothes Day for Acorns
Children's Hospice



Collections for Father Hudsons



Friday 27th March
Family Fast Day



Easter Bonnet &
Display Event!



Important Information



Year 5 School Trip

Year 5 are the next class to go on their curriculum trip... and it's a good one! Please check your Parent Pay and ensure your payments are made in advance of the trip!

Black Country Museum Trip
Wednesday 18th March

stay and Pray

Our first stay and Pray session took place yesterday, with children from year 6 preparing the prayer session. Sadly, no parents came to see it. The disappointment on the children's faces was impossible to hide, as they had worked so hard to create a beautiful prayer service.

We know life is busy but please, make a note in your diary of the dates and support the children. The sessions only last 10 minutes and your attendance mean an incredible amount to the children who give up their break and lunchtimes to prepare the sessions.

Have a wonderful half term.

Mr Carroll and Mrs Hensman

Amelia's 8000 birthday card challenge!

As a school, we like to support local charity events, and we are very proud to say that we are supporting a little girl called Amelia, who wants to break a UK record by receiving 8000 birthday cards for her birthday on 3rd March.

We will be getting the children to make cards in school and would love for you to get involved at home. This really is the perfect half term craft activity. To enable us to get the cards to Amelia before her birthday, please ensure any cards you make are brought into school by Monday 23rd February.

AMELIA'S 8TH BIRTHDAY
HELP MAKE HER DREAM COME TRUE
TRUE ❤️ 🙏

- Amelia is turning 8 years old 3.03.2026
- Her dream is to receive 8,000 birthday cards
- She wants to break a UK record

AMELIA'S STORY
In 2020, Amelia was diagnosed with stage 4 neuroblastoma. She went through 23 months of intensive treatment, including chemotherapy, immunotherapy, radiotherapy and high-dose chemotherapy. After reaching a stable condition, the cancer returned twice, even after taking part in clinical trials. Amelia is now receiving palliative care.

Card drop-off points/sending

- Highfield Primary School, Beeches Rd, Rowley Regis B65 0DA
- Leasowes High School - Kent Rd, Leasowes B62 9PJ
- Artisan Espresso Bar Ltd-168 Halesowen St Blackheath, Rowley Regis B65 0ES

Donations: AmeliaNeuroblastoma@gmail.com

THANK YOU FOR YOUR SUPPORT 🙏 ❤️ ❤️



Our lost property pile has got bigger, not smaller.

The jumpers, cardigans, lunchboxes, coats and bottles belong to children in this school so some of your children must be missing items.

Please come and check the pile next week to see if you can claim any of the clothing and help to reduce our pile!

Keeping your child safe online

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College



Spring Term Key Dates

January

Tuesday 6th January

- Children return to school at 8.30am

Wednesday 7th January

- Year 6 Parent Workshop

Thursday 8th January

- Year 5 Parent Workshop

Thursday 15th January

- Year 3 Parent Workshop

Wednesday 21st January

- Year 2 Parent Workshop

Thursday 22nd January

- Year 1 Parent Workshop

Wednesday 28th January

- Reception Parent Workshop

Thursday 29th January

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

February

Wednesday 4th February

- Year 4 Parent Workshop

Thursday 5th February

- Year 6 Stay and Pray

Thursday 12th February

Year 5 Stay and Pray postponed

Friday 13th February

- Children break up at 1pm

Monday 23rd February

- Children return to school at 8.30am

Tuesday 24th February

- One Life Retreat Day

Thursday 26th February

- Year 4 Stay and Pray

Years 3 & 4 Swimming

Monday 19th - 22nd January AND

Monday 26th - 29th January



March

Thursday 5th March

- World Book Day

Thursday 12th March

- Year 3 Stay and Pray

Wednesday 11th March

- Parent Consultation Afternoon

Wednesday 18th March

- Year 5 Trip to Black Country Living Museum

Thursday 19th March

- Year 2 Stay and Pray

Thursday 26th March

- Year 1 Stay and Pray

Friday 27th March

- Children break up at 1pm

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 14th April

- Children return to school at 8.30am

Thursday 16th April

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

Thursday 23rd April

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

Thursday 30th April

- Year 4 Stay and Pray

Test Dates

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

Years 1 & 2 Swimming



Monday 13th - Friday 17th April AND
Monday 20th - Friday 24th April

May

Monday 4th May

- Bank Holiday - SCHOOL CLOSED

Thursday 7th May

- Election Day - SCHOOL CLOSED

Thursday 14th May

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

Tuesday 19th May

- Year 3 Trip to Warwick Castle

Thursday 21st May

- Year 2 Stay and Pray

Friday 22nd May

- Children break up at 1pm

Summer Fair



Thursday 9th July
ADVANCE NOTICE

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

June

Monday 1st June

- Children return to school at 8.30am

Tuesday 2nd June

- KS2 Sports Day (TBC)

Monday 8th - Wednesday 10th June

- Year 5 & 6 Residential to Alton Castle

Thursday 11th June

- Year 1 Stay and Pray

Thursday 18th June

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

July

Wednesday 1st July

- Transition Day

Thursday 2nd July

- Nursery Stay and Pray

Monday 6th - Friday 10th July

- Healthy Living Week

Wednesday 8th July

- Charity Day

Thursday 9th July

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

Wednesday 15th July

- Year 6 Leaver's Mass (TBC)

Thursday 16th July

- Year 6 Leaver's Performance 2.00pm

Friday 17th July

- Children break up at 1pm