



Spring 2023

Term starts – Thursday 5th January

Tuesday 10th January- Y3/4 Swimming begins

Tuesday 7th Feb – Parents meeting 2-6pm

Wednesday 8th Feb- Parents meeting 2-5pm

½ term ends – Friday 10th February 2.30pm

Half Term – Monday 13th February – Friday 17th February

Term re-starts – Monday 20th February

Term ends– Thursday 30th March 1:15pm



St. Mary's Catholic Primary School

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In God's light, we love, learn and grow together

When they saw the star, they rejoiced with exceeding great joy.

(Matthew 2:10)

A message from the Headteacher

This has been a very eventful term compared to last year which saw many things cancelled. We have had broken boilers, staff changes and Ofsted. The children have been resilient and a credit to the school. The Christmas breakfast were a huge success and the Christmas season. The frost hasn't dampen our spirits. We look forward to spending time with family and friends.

As the year draws to an end, we should use this as a time to reflect on all the challenges we have faced and be grateful for all the joy and laughter we have had. The end of the autumn term and year is a reminder to all of us how important family and friendships are. Here is going into Christmas and the new year with a little more love, kindness and hope.

Merry Christmas to you all!

Staffing Changes

This academic year and part of last has created some staffing challenges. Children have been brilliant throughout. See below to teachers and support staff in classes.

Reception – Miss Powell and Mrs. De La Morena

Year 1&2- Miss Lloyd, Miss Flanagan and Mrs. Jones

Year 3&4- Miss Gordon, Mrs. Davidson and Miss Devers

Year 5&6- Mr. Trussell, Mrs. Byrne and Mrs K Trainor. Miss Murphy will be the additional teacher for 2 days to help with boosters.



Reverse Advent

Thank you to everyone who donated to the food bank collection. The donations will go towards making those families and children happy this Christmas. It is always important to teach the youngest generation how fortunate they are compared to others.

Wednesday Word

This week's Wednesday Word is also on the Catholic Life of Our School page.

Please take some family time to read about the birth of Jesus.

Uniform

Please can all children in the new year wear the correct uniform. Children are required to wear the school ties. The uniform policy is on the website.

Money - could all money and slips be put in an envelope with the child's name and include any further details. The office receives a lot of loose money. Clearly marked envelopes would save time.

Phone- the new phones system has been installed. Please leave messages to report absences etc. The machine is checked throughout the day. Messages do not get missed. The answer machine is there to help parents.

ACES (Adverse Childhood Experiences) - Support for Adults.

Mrs Scott and Mrs Rudd, our Pastoral Advisor, wishes parents and carers to know that South Sefton Primary Care Network and Sefton Council are running a workshop to support our families that have suffered around this area. You can self-refer or get your GP to make the referral. Please see the attached documents. Enquiries to Caroline.mcparlan@southseftonpcn.nhs.uk

Drop off times

Can I please remind all parents that the children need to be in school for **9:00am** otherwise they will incur a late mark. Lessons start at this time and if children are missing the first 5 or 10 minutes they can be anxious to try and catch up. Extra work such as reading and catch ups begin in classes from 8:45am.

ATTENDANCE SUMMARY: 2022-23

Sefton council class any child below **90% as persistently absent**. Our whole school target is **96.5%** which tends to be in line with national averages. It is so important that children attend school as much as possible. We understand that this cannot be the case with genuine illnesses.



DARK GREEN- Very Good	GREEN – Good	AMBER- Slight Concern	RED- Below the acceptable level- Classed as persistently absence level			
WHOLE SCHOOL - 93.7%						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
93.7%	92.5%	95.5%	92.7%	93.2%	94%	93%

**Wishing all our families a wonderful, happy and safe Christmas.
Look after one another and we will see you all next year!**

Are you living with ACE's?



What are ACE's?

ACE's stands for 'adverse childhood experiences', which are stressful or traumatic experiences, which can include any form of abuse, neglect, witnessing domestic violence or growing up with substance abuse, mental illness or parental conflict.



Free 10 week programme



This will support you to build resilience and develop a healthy lifestyle within a safe and calming environment. This will also give you a better understanding of how ACE's has impacted you and your family and empower you to make positive changes and choices.

How to refer:

Refer yourself via email

cmicb-ss.adult.aces.southseftonpcn@nhs.net

Phone or text the ACE's team on - 07816116145

Or you can ask your GP or social prescriber for a referral to the programme

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ACE's DON'T DEFINE YOU

ACE's = ADVERSE CHILDHOOD EXPERIENCES.

In England, nearly half of all adults have experienced at least one ACE. High levels of stress in childhood can have long term effects on behaviour, learning, health and wellbeing.

Common ACE's:

- Abuse
- Domestic violence
- Neglect
- Substance misuse
- Parents separated
- Adults with mental health issues
- Adults in the prison system

it is our job to support people who have experienced adversity and trauma.

If you, your family or someone you know experienced ACES, get involved with our 10 week programme!



FREE 10 WEEK PROGRAMME:

The ACE's team will support you build resilience and develop healthier lifestyle choices in a safe and supportive environment.

The ACE's programme will:

- Help you understand ACE's and how they have impacted you and your family
- Support you to develop skills for healthy coping and healing
- Empower you to make positive changes.

Where to find us:



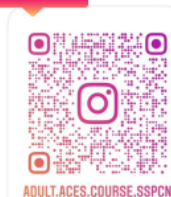
Get involved:

Speak with your GP or Social Prescriber about a referral for ACE's or contact:

Email: cmicb-ss.adult.aces.southseftonpcn@nhs.net

Call or Text: 07816116145

FOLLOW US



Find us on 



Adult ACE Programme Supports:



Healthy Lifestyle



Building Resilience



Positive Relationships

Healthy Coping Strategies



Managing Emotions

Making Connections



"Being with other people that have been through similar situations has helped me to open up and talk."

"I love that I can come to the Aces and won't be judged by anyone"

"By me attending Aces and getting support, it's made me realise it also helps my kids"