



December Newsletter 2023

St. Mary's Catholic Primary School



Back Lane, Little Crosby, Liverpool, L23 4TS

www.stmaryscatholicps.co.uk T: 0151 924 4447

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 busy but productive term with building work progressing and welcoming new staff and families. The nativity plays, choir and the upcoming Christmas breakfast are and will be a huge success to help us all begin the Christmas season. The cold weather has not dampened spirits and we all 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!

Raffle tickets for prize hampers £1 a strip. Student council will be selling them each day and they are available in the office. Draws will take place at the infant nativities and on the last day.

Spring 2023

Monday 8th Jan - Spring 1 Term begins
/ Year 3/4 begins swimming

Tuesday 9th Jan - Holy Communion
Session 5 3:15-4:15

Monday 15th Jan- Y3-6 After school
Netball (4 weeks)

Wednesday 17th Jan - Y3-6 After school
Football (4 weeks)

Monday 22nd Jan - Holy Communion
Session 6 3:15-4:15

Friday 26th Jan - PJ Day as requested by
Student Council £2 donation

Friday 2nd Feb - Parent Coffee morning
arranged by Mrs Lynn Rudd; Pastoral
Advisor 9-10:30am

Tuesday 6th Feb - 2pm-6pm Virtual
Parents Meeting

Wednesday 7th Feb - 2pm-5pm Virtual
Parents Meeting & Final Holy
Communion Session

Thursday 8th Feb- DIVERSITY concert at
Pontins, Southport 6:30pm

Friday 9th Feb - Chinese New Year. £2
donation. Children can wear oriental
clothes or something red, gold or yellow.
No football kits. Term Ends 2:30pm

*Monday 12th Feb - Friday 16th Feb - HALF TERM
BREAK / Wednesday 14th Feb - Ash Wednesday*

Monday 19th Feb - Spring Term 2 begins

Tuesday 20th Feb - Olympic Athlete to
attend school

Tuesday 27th Feb - Cross Country Race 3
- Litherland Sports Park

Friday 7th Mar - World Book Day

Tuesday 12th Mar - Cross Country Race 4
- Hillside Playing Field

Wednesday 27th Mar - Whole school
assembly 2pm.

Thursday 28th Mar - Mad Hair day. £1
donation. Term ends at 1:15pm



HUB OF HOPE APP

The Hub of Hope is the UK's leading mental health support database. It is provided by national mental health charity, Chasing the Stigma, and brings all mental health support and services together in one place. The services and support listed on the Hub of Hope are not only for when things become unbearable – a crisis point. They are also for those times when we notice we are starting to struggle, or when we need extra support as we start to emerge from a particularly difficult time.

The Hub of Hope also lists support and services for family members and friends to enable them to find help for themselves, as well as for the person they are supporting

Breakfast Club & Mornings

When bringing children in to Breakfast Club and school, please ensure that you stay safe by bringing the children to the door of the end of the path.

Please do not drop them off on the yellow zigzag lines or in the carpark. A member of the public has now called Merseyside Police and given in registration numbers over the stopping on the zigzags and blocking entrances. Thank you.



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.

SWIMMING

Can I remind all that swimming is compulsory and forms part of the National Curriculum. It is not optional. Some children may need to swim with another class if they miss too many sessions.

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

Foodbanks

If you or someone needs help with food over the festive season, here is a list of local foodbanks you can use:

Seaforth Foodbank - Caradoc Mission

Seaforth Caradoc Mission 165 Seaforth Road, Seaforth L21 4LB Tuesday 11am - 2pm. 0151 933 1300.

Maghull Foodbank Date & Time Every Tuesday 10.00 am - 12.00 pm. Location St George's United Reformed Church, 59, Northway, Maghull. L31 5LJ 0151-526 7913

Waterloo - Waterloo Town Hall Great Georges Road (access from Town Hall car park) L22 3RB - Monday, Thursday, and Friday 1pm-3pm 0151 933 1300 0151 934 3055

ONLINE SAFETY NEWSLETTER

See the school website for the most up to date online safety newsletter. There are lots of posters for safety when using apps and platforms such as Tic Tok, Fortnite etc.

<https://www.stmaryscatholicps.co.uk/page/?title=Online+Safety&pid=182>

Mass times for our churches are:

St Mary's

Sunday 11am

St Helen's

Sunday 10.00am

St Joseph's

Sat 6.30pm, Sun 11am



Ss Peter & Paul

Friday Mass at 7:15 am on the first Friday of every month and in Advent

Sat 5.45pm, Sun 10.30am

Academisation letter

See the attached letter for information on St Mary's converting into the Catholic Multi-Academy Trust.

Thank you to all who have given a small donation for Mrs Davies. She is doing well and school intend to buy her some Christmas flowers and a voucher at the end of the term so she knows she is still in our thoughts and prayers .

ATTENDANCE SUMMARY: 2023-24

Sefton council class any child below **90% as persistently absent**. Our whole **school target is 96%** 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 (96%+)	GREEN – Good (95-95.9%)	AMBER- Slight Concern (94.9-90.1%)	RED- Below the acceptable level- Classed as persistently absence level (below 90%)			
WHOLE SCHOOL - 95.5%						
Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
94.1%	94.9%	95.2%	98.5%	94%	97.3%	94.9%

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

CHRISTMAS / WINTER HOLIDAY CLUB

School are offering a Christmas / Winter holiday club on Friday 22nd December, Thursday 28th December, Wednesday 3rd January and Thursday 4th January 10am-2pm. The cost will be £6 per child per day.

Children will need to bring a packed lunch with them.

The activities will consist of various Christmas crafts, snacks, Christmas movies, games and sport activities.

If you would like your child to attend, please complete the form below and send in the amount, as **all places need to be pre-booked and paid for**. This is to help arrange staffing and resources. Please let the office know.

Name of child(ren)..... Year group(s).....

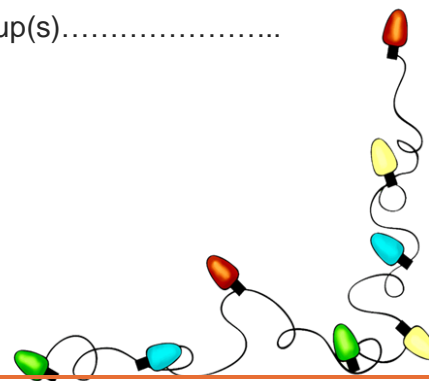
Friday 22nd December £6.00 per child

Thursday 28th December £6.00 per child

Wednesday 3rd January £6.00 per child

Thursday 4th January £6.00 per child

Total amount enclosed: _____



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

Find us on



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 terms 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

! ACE's DON'T DEFINE YOU

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

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

FREE 10 WEEK PROGRAMME:

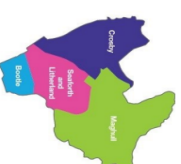
The ACE's team will support you build resilience and develop healthier lifestyle choices in a safe and supportive environment.

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:

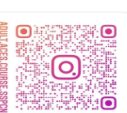
Speak with your GP or Social Prescriber about a referral for ACE's or contact:

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