



Date: Friday 6 October 2017

5 Ways to Wellbeing.



Visit our Wellbeing Page on our website to learn more

WORLD MENTAL HEALTH DAY

Tuesday 10<sup>th</sup> October 2017 is World Mental Health Day.

Mental Health affects 1 in 4 of us at some time in our lives.

At St. Mary's we want our children to be the best they can be. We want them to thrive and cope with all that life brings them.

Throughout the year we look for opportunities to help children to experience the 5 ways to wellbeing – ideally they would experience these 5 ways every day.

Parents and carers – Please join us on Tuesday, 10<sup>th</sup> October 2017 at 9.15am - 9.45am For a fun exercise session in our school hall – pure enjoyment!

**October 2017**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9 Street Dance 3.30-4.30pm Rock Band 3.30-4.30pm Year 5 – P.E. Day	10 Year 4 Swimming 1.30-2.20pm Year 6 Booster Class 3.30-4.30pm Chess 3.30-4.30pm Year 4 - P.E. Day	11 Year 6 Booster Class 3.30-4.30pm Drama 3.30-4.30pm yrs. 4,5,6 Year 3 – P.E. Day	12 Karate 3.30-4.30pm Year 1 P.E. Day	13 Drama 3.30-4.30pm yrs. 2&3 Year 2 & 6 – P.E. Day	14	15
16 Street Dance 3.30 – 4.30pm Rock Band 3.30-4.30pm Year 5 – P.E. Day	17 Year 4 Swimming 1.30-2.20pm Year 6 Booster Class 3.30-4.30pm Chess 3.30-4.30pm Year 4 - P.E. Day	18 Open Evening 2.30pm-5.15pm Y1 to Y4 J5 Mrs Cummings & Y6 4.00pm-5.30pm Rec Drama 3.30-4.30pm yrs. 4,5,6 Year 3 – P.E. Day	19 Open Evening 2.30pm-5.15pm J6 Mr Topham Y6 4.00 pm - -5.30pm - Reception Karate 3.30-4.30pm Year 1 P.E. Day	20 Inset Day – School Closed	21	22
23 Holiday	24 Holiday	25 Holiday	26 Holiday	27 Holiday	28	29

- Holidays – School Closed
- After- School Clubs
- Sports Events
- INSET Day – School Closed
- Music Lessons
- Bank Holiday – School Closed
- P.E Days

### CHANGE OF P.E. DAY - Y3 & Y4

From next week Y3 & Y4 P.E. days are as follows:

**Y3 Tuesday P.E.**

**Y4 Tuesday Swimming**

**Y4 Wednesday P.E.**

Children in Y4 need to come to school in their P.E. kits on both days.

### CHILDREN'S LITURGY

**St Cecilia's Church – 6pm Mass -  
Saturday 7 October 2017**

The PTA will serve tea and coffee in the church hall afterwards and everyone is welcome.



### ANNUAL CONSENT FORMS

Thank you to all parents who have returned the Annual Consent and Emergency Contact Forms to date.

We are still waiting for 30 forms to be returned. Duplicates will be given to the child for whom we have not received the form.

**Please ensure that the form is returned by  
Monday, 9<sup>th</sup> October 2017.**

It is vital that we have up-to-date contact information for your child/children in the event of an emergency. Please inform us immediately whenever there is an address change or change of contact number. Thank you.

### FAMILY CEILIDH

The PTA have organised a **Family Ceilidh** on **Thursday, 19<sup>th</sup> October 2017** at **The Holy Rosary Parish Hall** from **6.30pm** until **22.30pm**.

Tickets are now available from the school office:

**Adults £5 Children £2**

Entry includes a hot dog.



### PTA

The PTA have asked for donations of tinned hotdogs and any bottles, unused or unwanted gifts for the raffle. Thank you

### MACMILLAN COFFEE MORNING

A huge thank you, to everyone involved and those who joined us last Friday 29<sup>th</sup> September 2017, on the world's biggest coffee morning.

We managed to raise a fantastic **£263.43**. The full amount raised will go towards Macmillan Cancer Support.

