

Come let us
Adore
Him



Dear children

Wishing you a very Happy and Blessed Christmas.

Love from all the staff at SSAS Catholic Primary School.

A Christmas Blessing

May the joy of the angels,
The gladness of the shepherds,
The worship of the wise men
And the peace of the Christ child,
Be yours this Christmas.

May Christ fill you with joy,
And the blessing of God the Father
And the Son and the Holy Spirit
Be with you & remain with you
always.



Colour me please!

The Stress Bucket

The stress bucket metaphor is a helpful way to think about how we can try to control the build-up of stress in our lives. The bucket gradually fills up when you experience different types of stress. If you are experiencing a high amount of stress, the bucket will soon fill up. The size of the bucket varies from person to person and can change on a day-to-day basis. Some days you might feel overwhelmed by everything but on other days you may feel strong enough to cope.

What stresses you out?

- school
- family life
- lack of sleep
- friendship issues
- dealing with change
- peer pressure

What can you change?

What can't you change and have to accept?

What needs your urgent attention?

Who can help you?



Coping Strategies

The stress bucket has a tap at its base. This tap lets the stress out of the bucket so that it doesn't overflow (when the bucket overflows can become overwhelmed and unable to cope with everyday life). The tap symbolises your coping strategies. There are helpful coping strategies (talking to trusted people, mindfulness breathing, drawing, exercise, listening to music, asking for help, taking your dog for a walk etc) and also unhelpful coping strategies (ignoring problems, eating junk food, staying up late etc).

Take time to understand what is filling up *your* stress bucket, and to figure out what helps *you* relieve stress.

Top Tips for 2021

Practice Gratitude

At the end of each day, think of 3-5 things to thank God for. You could even write them down in a Gratitude Journal which you can look at whenever you feel a little down.

FAIL = First Attempt In Learning

It is OK to make mistakes – in fact, this is how we learn. Forgive yourself and remember the lesson (not the mistake), then move on.

Be kind to yourself (and of course others!)

Know what you are good at and celebrate your successes. Accept that you cannot be brilliant at everything (nobody is!) and this is totally fine. Just because you are not naturally good at something does not mean you should stop trying to get better at it. You can get better at anything with lots of practise. It takes bravery to stick at something you do not find easy.

PRAY

Take time to sit down quietly with Jesus. Tell Him your worries, give Him your problems, ask Him for help and thank Him. Every day (not just at Christmas) ask Jesus to be born in your heart. It is easier to hear God when you are still and quiet; finding a quiet space in the beauty of nature can help. Do not forget the sacraments of Holy Communion (for spiritual strength and nourishment - our soul needs food too!) and Confession (saying sorry and being given that wonderful feeling of starting afresh).

Do something for others

This is a very quick way to feel better about life. Remember the story about Tim and Grandpa Joe? Whenever Joe was feeling sorry for himself, the mail bags he was carrying felt heavier; and whenever he helped others, the bags felt lighter.

Think positively

Try to see the glass as being half-full rather than half-empty. Do not forget how powerful your thoughts are. Your thoughts influence your feelings which influence your behaviour. Want to change your behaviour? Try changing your thoughts.

Get good at forgiving others

When you can forgive someone, it is a true sign that what they did no longer bothers you. In the Our Father, the Lord's prayer, we ask God to "forgive us our trespasses as we forgive those who trespass against us".

Do not compare yourself to others

Compare yourself to how you were 3, 6 or 12 months ago. See how much you have learned!

Talk

It is SO important to talk - to your family, friends or a teacher, especially if you have any worries or are not feeling safe. There is a very famous saying "a problem shared is a problem halved". Update your Network Hand if some of the people on it are no longer available. Remember, 'we can talk with someone about anything, even if it feels awful or small'.

Look after your body

It can help to keep your mind healthy:

- Spend time with friends and family; get enough sleep
- Drink water (rather than juice or fizzy drinks)
- Eat fruit and vegetables (leave the sweet stuff for treats)
- Spend time outside in nature (try hugging a tree!)
- Take time to relax; do some exercise (at least 1/2 hour a day)
- Do something creative every day (colouring, drawing, listening to music etc)
- Limit your time on technology and social media.

Meditate

Overthinking can make us worry about the future or feel bad about the past. Neither of these are helpful. Meditation can help to quieten our minds and focus on the 'now' which makes us feel calm and peaceful. **BREATHE.** Turtle in Kung Fu Panda: "Yesterday is history. Tomorrow is a mystery. But today is a gift. That is why it is called the present." What we do today really does make a difference – it is a most precious moment, let's not waste it.

"Yesterday is gone. Tomorrow has not yet begun. We have only today. Let us begin." Saint Teresa of Calcutta