



St Alban & St Stephen Catholic Primary School & Nursery Weekly Newsletter



Snow Days!



Friday 29th January 2021

Monday 25th January

The Feast of the Conversion of St Paul

Dear Lord,

Help us to be inspired by St Paul.

May we learn that when we do wrong,
we can always change our ways and stay
close to God.

Help us to spread the word of God
through our thoughts, our words and
our actions.

St Paul, pray for us.

Amen.





Dear Parents and Carers,

Another week of home schooling completed and thank you all for your hard work and commitment to your children's learning. The staff have all been in awe of your children's work - their creativity, high standards and positive attitudes. They couldn't have managed that alone and the time that you are giving to your children is truly valued. Thank you.

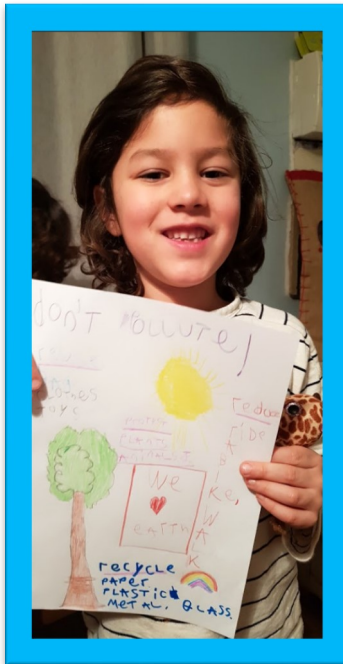
I am so pleased of the way the school is operating at the moment. Class teachers are working from home - I cannot 'see' them on a daily basis but I am in contact with them and see the fruits of their labour. Senior Leaders, Support Staff, Premises Staff and Cleaners working in school daily ensure that the provision in school is safe and of a high standard. Office staff are ensuring food vouchers and food parcels are available. What a team!!

I am reminded of St Paul's letter to the Corinthians when he describes the Church as one body with many parts. This is how the school feels right now. All the different parts are contributing something unique, and each part is necessary. There are so many different moving parts and yet it is all coming together. If you don't mind me saying, I do feel very proud. Thank you everyone!

Take care and stay safe.

Mrs Moore
Headteacher

Remote Learning Year 2



As part of their India topic, Year 2 have been designing their own Rangoli patterns. They looked at symmetry, colours and pattern.

As part of their Science topic on materials, the children designed their very own recycling posters and thought about how to care for our planet.

In English, the children wrote a poem based on Michael Rosen's - 'Don't' They were all fantastic!

One day

We'll say

Don't put toffee in my coffee

Don't squash a pear on the chair

Don't poke the hen with your pen

Don't throw your teddy towards Eddy

Don't pin the cat to the mat

Do be good as you should

Do be kind to who you find

Do be smart, create some art

Who do we think you are?

Some kind of fool?

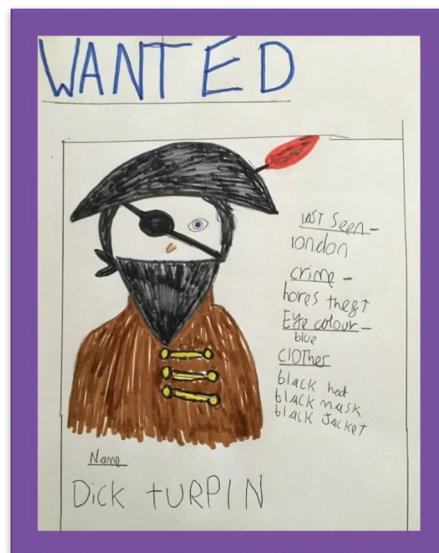
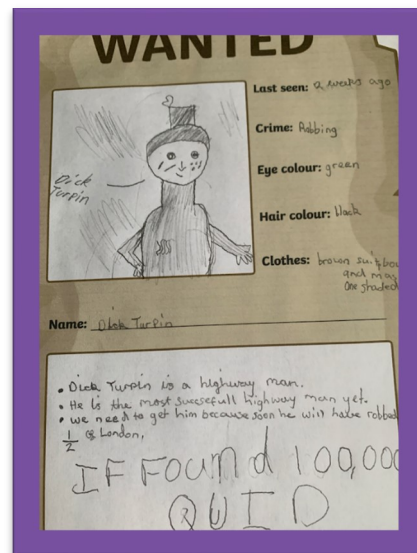
Remote Learning Year 4



In Science, the children in Year 4 have been learning about pitch and volume. They even got to make their own instruments to test their predictions.

As part of their History work on Crime and Punishment, the children learnt all about Dick Turpin, his crimes and his punishments!

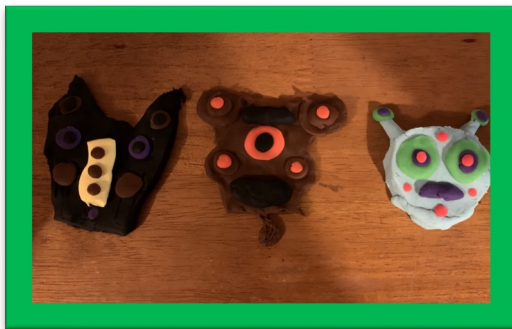
The children have also been working really hard to retell orally the story of Goldilocks and the Three Bears. They retold them using fantastic expression and great diction. It was a delight to listen to!



Remote Learning Year 6

As part of their History topic on the Mayans, the children have been busy making Mayan masks and painting some beautiful watercolour pictures of a Mayan temple. In Maths, they were solving some rather tricky calculations using the Mayan number system.

Mrs Bowen has been keeping the children busy in P.E They were set a fitness challenge with circuit activities. Let's see if their fitness improves over the next few weeks. Linked to that in Science, the children were looking at pulse rate and the increase after exercise.



Tuesday 26th January 2021 I[®]

LO: To investigate our pulse

Today we are looking at pulse. I decided to measure my pulse relaxed, straight after exercise and 5 minutes after exercise. These are the results:

Pulse relaxed (30 secs)	Pulse straight after exercise	Pulse 5 mins after exercise
35	64	46

The graph shows that when I was relaxing it was the slowest pulse but when I had just exercised the pulse was very fast. I think this is because when I was exercising my muscles and the parts of my body needed more blood than when I was just sitting down. When I had stopped exercising my pulse was going down quite quickly because my muscles didn't need that much blood. It shows how quickly are bodies can recover and adapt after exercise.

FITNESS CHALLENGE RESULTS

NAME: _____

DATE: _____

EVENT	WEEK 1	WEEK 2
500M WALK	0/0	0/0
1000M WALK	0/0	0/0
1500M WALK	0/0	0/0
2000M WALK	0/0	0/0

Try your results for Week 1 and then again at Week 2.
Send your name, date, grade, achievement or medal to competition@stn.co.uk
The deadline for the results sheet are Monday 27th February.

GOOD LUCK!



CHILDREN'S MENTAL HEALTH WEEK 2021 (1st-7th February)
EXPRESS YOURSELF

With schools partially closed and lots of uncertainty, children and young people's mental health has never been more important.

From 1-7 February 2021, we are taking part in Place2Be's Children's Mental Health Week. This year's theme is **EXPRESS YOURSELF**. Place2Be has created activities and resources to help children (and adults) to explore the different ways that they can share their thoughts, feelings and ideas.

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and an online assembly which will be on 'Google Classroom' from Monday 1st February 2021.

Please visit childrensmentalhealthweek.org.uk to find out more.

Please see attached an information sheet about Primary Age Activities that you may wish to do with your family. Thank you for supporting Children's Mental Health Week 2021 (1st-7th February).

FEELING GOOD WEEK - FEBRUARY 2021

From 8th - 12th February 2021, school will also be participating in helping make children and young people in Hertfordshire feel good by running our own special projects to boost their emotional and mental wellbeing - Watch this space!

Healthy Young Minds in Herts

Have a lovely weekend everyone.

God bless and stay safe.

Mrs Moore and all the staff of SSAS.