



St Alban & St Stephen Catholic Primary School & Nursery



Weekly Newsletter

Children's Mental
Health Week



Friday 5th February 2021

Footprints in the Sand

One night I had a dream...

I dreamed I was walking along the beach with the Lord, and
Across the sky flashed scenes from my life. For each scene I
noticed two sets of footprints in the sand; One belonged to
me, and the other to the Lord. When the last scene of my
life flashed before us, I looked back at the footprints in the
sand. I noticed that many times along the path of my life,
There was only one set of footprints.

I also noticed that it happened at the very lowest
and saddest times in my life
This really bothered me, and I questioned the Lord about it.
“Lord, you said that once I decided to follow you,
You would walk with me all the way;
But I have noticed that during the
most troublesome times in my life,
There is only one set of footprints.
I don’t understand why in times when I
needed you the most, you should leave me.

The Lord replied, “My precious, precious
child. I love you, and I would never,
never leave you during your times of
trial and suffering.

When you saw only one set of footprints,
It was then that I carried you.





Dear Parents and Carers,

This last week I was struck by just how much lighter it is getting in the morning, and how the evenings are actually now starting to draw out! It is the sense that things are getting a little brighter that I want to focus on.

As we continue to journey through lockdown together, it is easy to be overwhelmed by the current situation but always remember that you are not alone. Our school community continues to be here for you all. I want you each to know how well you are all doing to juggle your many hats with patience and resilience every single day. We can all do this!

The effort being put in by everyone involved to keep on track as much as possible is to be admired. The overall manner in which the pupils are keeping up with their remote learning is impressive. I know it can be challenging, but we are all here to help and support, and the children can be proud of what they are doing.

With a return to school to be outlined later this month, but likely to be around 8th March, we can see the light ahead for getting our pupils back on-site, into classrooms and enjoying the company of each other and their learning.

As it is Children's Mental Health Awareness Week, I wanted to share this website from the NHS that offers expert advice and practical tips to help you look after your child's mental health and wellbeing as well as the rest of the family.

<https://www.nhs.uk/oneyou/every-mind-matters/>

May God give us the strength to continue our journey with smiles on our faces and a determination to make it to the end of this challenging time.

Have a lovely weekend all.

Mrs C. Moore.

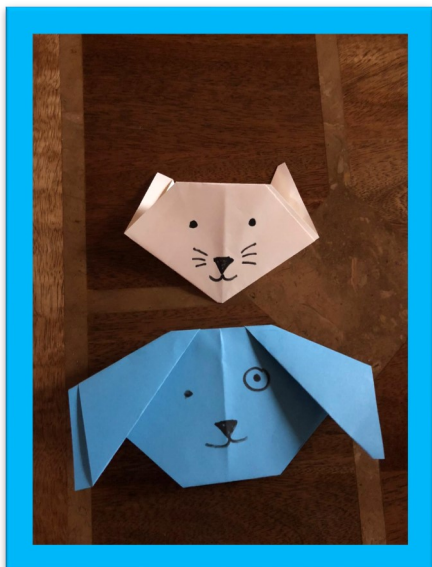
Express Yourself

Throughout the week, children at home and at school did some wonderful activities showing how they express themselves. As well as this, they have done lots of physical activity to help boost their moods! The children have also taken part in meditations and discussed and recognised their own feelings.

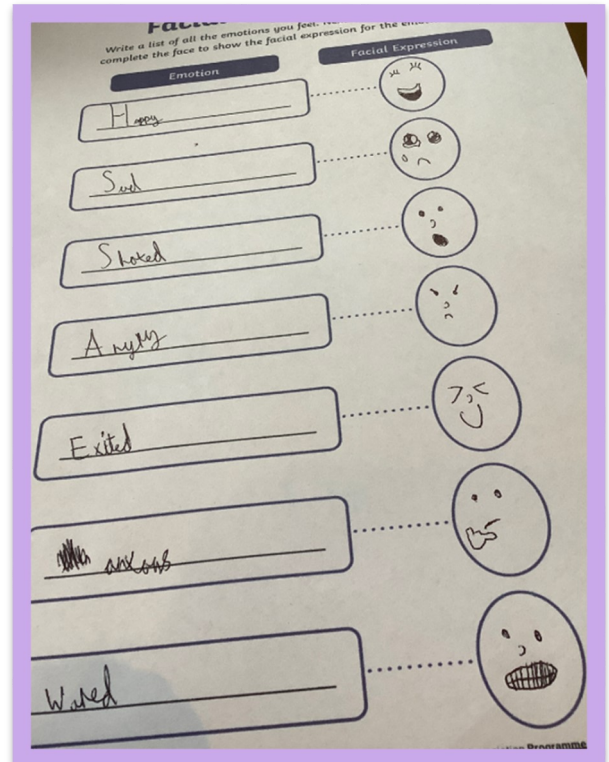




Year 1 have been drawing 'Squiggle pictures' as a way to relax and be creative. They drew 'squiggles' which they then made into pictures, using the shapes already there. Children also made some lovely origami dogs and cats.



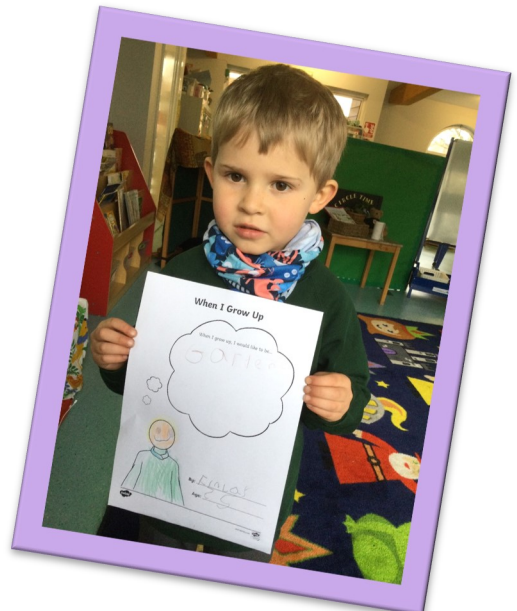
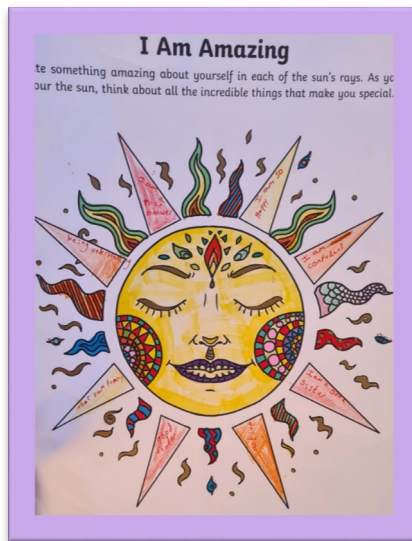
Keeping Fit—In Body and Mind!



One minute activities

Activity	How many times in 1 minute?
Writing name	3
Writing numbers	2-1
Draw smiley face	14
Draw a shape	20
Do a star jump	44
Writing a balloon in the air	53





What an exciting week we have ahead!!

Following on from this week, we will continue to do lots of great work for Hertfordshire's 'Feel Good Week'. We are going to make sure we are getting fitter, eating better and taking care of our own mental health. We have got lots of great activities planned for everyone through the week. So make sure you check on Tapestry or Google Classroom for more information.

Safer Internet Day

Tuesday 9th February marks Safer Internet Day and so there will be lessons about the importance of staying safe on line. There will also be a live lesson done by the BBC . Click on the link at 11.00am to join the lesson.

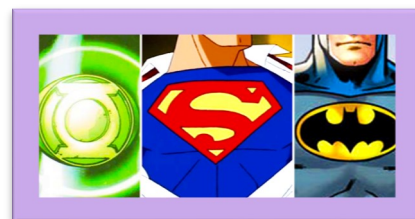
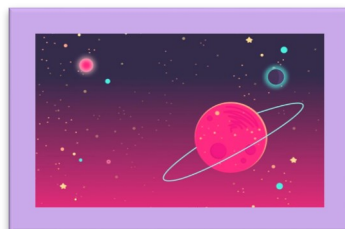


<https://www.bbc.co.uk/teach/live-lessons/safer-internet-day-live-lesson/zdh2wnb>



Theme Day

We are so excited for our Theme Day on Thursday 11th February What a lovely way to finish the half term with a celebration of wonderful activities! The teachers will post what will happen on the classrooms today to give you time, if needed, to gather resources. On the day, please share all the great work on the class stream or Tapestry. We look forward to seeing all the great costumes and photos of the children.



Have a lovely weekend everyone.

God bless and stay safe.

Mrs Moore and all the staff of SSAS.