

Learning and Growing with God by our Side



St Alban & St Stephen Catholic Primary School & Nursery

Weekly Newsletter



9th September 2022



A Prayer for the New School Year

Lord Jesus,

I ask for Your help as I begin this new school year.

Allow me to experience Your presence in the many blessings You put before me.

Open my eyes to the new challenges and exciting opportunities that this new school year brings.

Open my heart and mind to new friends and new teachers.

Give me a generous spirit to be enthusiastic about my learning and the courage to accept new opportunities.

Help me to learn and grow with You by my side and let me experience Your presence every day.

Jesus, inspire me to do my best this year!

Amen

Letter from the Head Teacher

Dear Parents and Carers,

It is with tremendous sadness that we learned yesterday evening of the death of Her Majesty Queen Elizabeth II. May she rest in peace.

Our prayers are with her family at this most difficult time and we also give thanks for the inspiration The Queen has provided to the Nation throughout her years of distinguished service. A lifetime of service carried out with great humility and dedication to her own faith.

Following the announcement of the death of Her Majesty The Queen on 8 September 2022, Cardinal Vincent Nichols paid tribute to Her Majesty:

'On 21 April 1947, on her twenty-first birthday, Princess Elizabeth said, 'I declare before you all that my whole life, whether it be long or short, shall be devoted to your service.'

Now, seventy-five years later, we are heartbroken in our loss at her death, and so full of admiration for the unflinching way in which she fulfilled that declaration.

Even in my sorrow, shared with so many around the world, I am filled with an immense sense of gratitude for the gift to the world that has been the life of Queen Elizabeth II.

At this time, we pray for the repose of the soul of Her Majesty. We do so with confidence, because the Christian faith marked every day of her life and activity.

In her Millennium Christmas message, she said, 'To many of us, our beliefs are of fundamental importance. For me the teachings of Christ and my own personal accountability before God provide a framework in which I try to lead my life. I, like so many of you, have drawn great comfort in difficult times from Christ's words and example.'

Our prayer is that she is now received into the merciful presence of God, there to be reunited with her beloved Prince Philip. This is the promise of our faith, and our deep consolation. Queen Elizabeth II will remain, always, a shining light in our history. May she now rest in peace.

We pray for His Majesty the King, as he assumes his new office even as he mourns his mother.'

Mrs Moore

Head Teacher

We remember Queen Elizabeth II 1926-2022



Eternal rest grant unto her, O Lord,
and let perpetual light shine upon her.
May she rest in peace. Amen.



“I liked the Queen because she was a very good ruler and when something had happened to people, she was there for them. Whenever I think of a good person, I think of her.” *Elsa, Year 3*

“We feel upset and heartbroken. She was 96 and could have lived to 100. We saw all her children go to Scotland. She had so many achievements.” *Mairi & Adoma, Year 3*

“We should remember her for all that she’s done for our country. She was a very kind and forgiving person and inspired us to be the best that we can be.’ *Edward, Pupil Chaplain*

Back to School! Head teacher's Welcome Letter

Dear Parents and Carers,

Welcome back to school from all the staff at St. Alban & St. Stephen Catholic Primary School & Nursery. I hope that you have managed to enjoy some rest and relaxation time with your family during the Summer holidays and are now ready for another school year. It has been wonderful to see the children rush through the doors as the new academic year begins.

Thank you, as ever, for your efforts in ensuring that they are smart and in full school uniform and black shoes. The children have settled extremely well and we welcome our new families to the St. Alban & St. Stephen community.

I hope this is a successful year for everyone, children, staff, parents and governors.

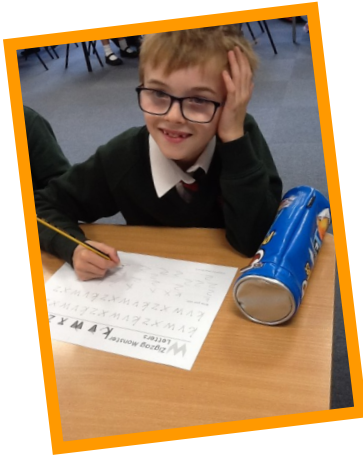
Mrs Moore

Head Teacher



Art Work created by Class 4M

Back to School!



Year 1 is fun! I like playing with the computers and Pizza Friday! *Jack*

I like Year 1 because we play and make things. *Flora*

I like Year 3 because I love playing in all the different playgrounds and playing with my brother. *Maisie*

It's good in Year 6 because I'm learning a lot of new things. I'm really looking forward to going to the Isle of Wight and I can't wait to do all of the exciting activities there! *Amariah*



In Year 4, I really like moving around a lot and having different seats in class. I find that quite fun. Also, we read a lot. *Sam*

Year 3 is really good. I like it because things are getting harder and my brain is working harder! I've learnt lots of new things. *Elisa*



Year 6 has been really fun so far. All of the lessons have been exciting and our new teacher is really nice. This year, I hope to become a pupil leader, maybe a house Captain. I think this will help me to develop my confidence.

Liam



Message from Mrs Murphy

Dear Parents, carers and children

Hope you are all well and had a lovely summer holiday and time with your families.

I am writing to thank you and all the staff at St Alban & St Stephen Catholic Primary School & Nursery for the celebration you held in my honour at the end of the Summer term. I am still singing 'never going to give you up'!

It has been a fantastic place to work and I cherished being part of such a dedicated community of families and colleagues. I certainly won't miss getting up so early in the morning but I will really miss being part of the community.

How can I even begin to thank you all for the wonderful cards, gifts and good wishes? I appreciate all the touching and beautifully written messages although it took me quite a while to read them all. I will cherish them all forever.

I came into school before the beginning of term and planted some flowers etc. as a thank you to you all. It is also a reminder that this is how the garden should look!

Thank you everyone from the bottom of my heart. I have loved every minute of my time at school and I am taking so many wonderful memories with me.

I will miss you all but promise to pop in at some point in the near future. I wish you all a fantastic new school year!

God bless,
Love from Mrs Murphy



Landing with a Thud in Year 5!

Year 5 started the new school year off with a busy, practical science lesson in the hall. The two classes came together to explore the new topic of forces, specifically gravity.



We learned about Galileo Galilei and about Sir Isaac Newton, then explored their experiments with gravity. Mr Hegarty emphasised the importance of conducting a fair test, then the children set off in pairs to observe with great care how two objects fall to the ground. They recorded their findings on whiteboards and proved their theories correct.



We have been very impressed by the children's enthusiasm and diligence already. An amazing start to the school year—well done Year 5!

Healthy Eating at SSAS

At St Alban & St Stephen Catholic Primary School, we always encourage children to make healthy eating choices. We are making some changes this year which we hope will help us to become an even more healthy school!

We have been delighted with the very positive responses we have received about our new birthday treat system. This year, we are asking that children do not bring in sweets or chocolates on their birthday.

Instead, children will be allowed the special treat of wearing their own clothes to school on their birthday if they wish to.

If a birthday falls at the weekend, in the school holidays, on the day of school photographs or a school trip, children can choose to wear their own clothes on the school day nearest to their birthday. This change will support our school message of trying to adopt a healthier lifestyle. It will also help to avoid any issues for pupils who have allergies and dietary requirements. Finally, the new system will provide a healthy, free alternative for those families who may not want to purchase sweets.

If you have any questions, please do ask your child's class teacher.



Healthy Eating at SSAS

Mid-Morning Break Snacks

EYFS and Key Stage 1 pupils receive fruit in school at break time.

Key Stage 2 pupils should bring in only healthy snacks for mid-morning break, such as:

- Fruit
- Vegetables
- Dried fruit
- A cereal bar or plain bread sticks (containing no nuts, nut traces or sesame seeds)

No chocolate bars or crisps are allowed at mid-morning break.



Packed Lunches

Eating a healthy, balanced lunch is vital for ensuring children have the right nutrients and enough energy to see them through the school day. If your child has packed lunch instead of school dinners, fizzy drinks, sweets, crisps and chocolate are not allowed.

On Fridays, children may bring one packet of crisps as part of their packed lunch. Healthy alternatives include fruit juice or sugar-free smoothies to drink, whole or sliced fruit, vegetables, a small bag of plain popcorn, bread sticks and hummus, rice or corn cakes.

The NHS has lots of ideas for healthy lunchboxes here:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>

Mid-Autumn Festival

We hope that everyone in our school who is celebrating the Mid-Autumn Festival on September 10th has a wonderful time!

Mid-Autumn Festival, also known as the lantern or moon festival, takes place annually on the 15th day of the eighth month in the Chinese calendar. To celebrate the holiday, families and friends gather together to offer thanks to the harvest and pray for longevity and good fortune.

This holiday falls on the day of a full moon, making rooftops or open spaces a great place to spend the evening. The Mid-Autumn Festival moon is traditionally said to be brighter and fuller than at any other time of year.

The festival is traditionally celebrated with lanterns (wishes are written on sky lanterns and floated into the sky), Moon gazing (over 3 days), eating Mooncakes (celebrating togetherness and harmony) and sweet glutinous rice dumplings (tong yuen) and drinking Chinese wine or tea.

In Hong Kong, children make lanterns in school which can be carried throughout the festivities.



Dates for your Diary

A parents' yearly calendar with provisional dates will be sent out soon.

Parent Welcome Meetings

- Thursday 15th September 9.05 Year 6 Welcome Meeting—Upper Hall
- Friday 16th September 9.05 Year 5 Welcome Meeting—Upper Hall
- Monday 19th September 9.05 Year 1 Welcome Meeting—Lower Hall
- Tuesday 20th September 9.05 Year 4 Welcome Meeting—Upper Hall
- Wednesday 21st September 9.05 Year 2 Welcome Meeting—Lower Hall
- Thursday 22nd September 9.05 Year 3 Welcome Meeting—Upper Hall
- Friday 23rd September 9.05 Reception Welcome Meeting—Lower Hall
- Tuesday 27th September 9.05 Nursery Welcome Meeting—Lower Hall

Wednesday 21st September 1.40 at SSAS Catholic Church

Start of the School Year Celebration Mass led by Year 4

All parents and carers are welcome to attend

- Thursday 6th October 2.30pm EYFS Parents' Phonics Workshop, Lower Hall
- Friday 7th October 9.15 Year 2 Family Assembly, Lower Hall
Year 2 Parents and Carers are welcome to attend
- Thursday 13th October 2.30pm KS1 Parents' Phonics Workshop, Lower Hall
- Friday 14th October 9.15 Year 3 Family Assembly, Lower Hall
Year 3 Parents and Carers are welcome to attend

Please remember that the school day begins at **8.55 am**. The children will be able to enter their classrooms between 8.45 and 8.55. After this time, your child will be marked late.