



Sacred Heart Catholic Primary School & Nursery Newsletter

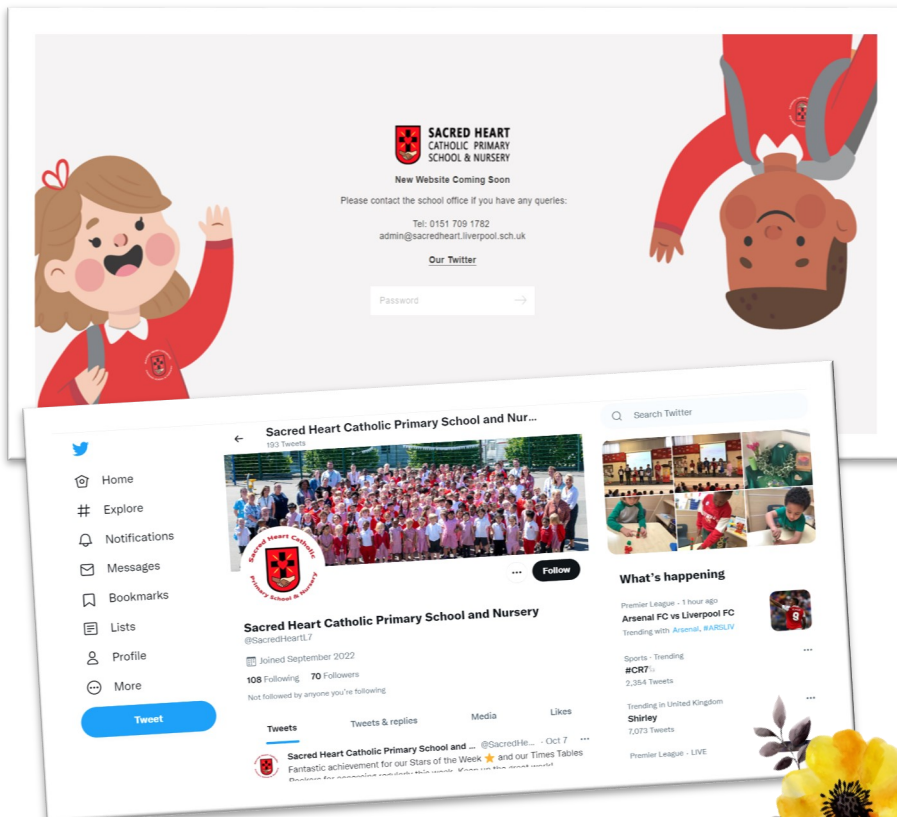
DEADLINE FOR YEAR 7 APPLICATIONS 31st OCTOBER

We have had a fantastic week finding out about our link school in the Gambia and especially the child Mary who we are sponsoring. Thank you for your kind and generous donations of 10p or more—we raised enough money on Friday to sponsor Mary for 3 months. We have also been working hard in our writing and exploring new skills through exciting books and poetry.

New website coming soon

Please follow us on Twitter @SacredHeartL7 to see what is happening each day in and out of class.

Thank you for bearing with us while our website is being developed—it should be ready very soon with all our information about our school community in one place.



Head Teacher - Mrs J. McCallum
admin@sacredheart.liverpool.sch.uk
www.sacredheartliverpool.school

Sacred Heart Catholic Primary School Liverpool
@SacredHeartL7

7th October 2022

DATES TO REMEMBER:

10TH OCT - WEAR YELLOW TO SUPPORT MENTAL HEALTH AWARENESS DAY

11TH OCT YEAR 5 TRIP TO WILLIAMSON TUNNELS

12TH OCT YEAR 1 LOCAL PARK WALK—GEOGRAPHY

13TH OCTOBER SCHOOL PHOTOGRAPHS

18TH OCT—YEAR 4 TRIP TO TITANIC WORKSHOP

21ST OCT—YEAR 4 - RIVERS FIELDWORK TRIP

21ST OCTOBER—SCHOOL CLOSURES FOR HALF TERM

31ST OCTOBER—INSET STAFF TRAINING DAY

1ST NOVEMBER—CHILDREN RETURN TO SCHOOL

FRI 4TH NOV CHOIR REHERSAL AT CATHEDRAL

TUES 8TH NOV—YEAR 2—ONE NIGHT RESIDENTIAL AT DELEMERE FOREST.

17TH NOV SIGNING CHOIR PERFORMANCE AT LIVERPOOL CATHEDRAL

British and Gospel Values



“To create and enforce a clear and rigorous expectation on all schools to promote the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs”.

Our school reflects British values in all that we do. We aim to nurture our children on their journey through life so they can grow into kind, safe, caring, democratic, responsible and tolerant adults who make a positive difference to British society and to the world and the wider world.

UN Rights of the Child

29 Education that develops your talents and teaches you respect for others



Article 29—Your education should help you use and develop your talents and abilities. It should also help you learn to live peacefully, protect the environment and respect other people



THE IMPORTANCE OF ARRIVING ON TIME—(08.45-08.55AM)

WHOLE SCHOOL PHONICS AND READING TAKES PLACE FROM 9AM—9.45

THE IMPORTANCE OF PHONICS

PHONICS IS ESSENTIAL FOR CHILDREN TO BECOME SUCCESSFUL READERS AND SPELLERS/WRITERS IN THE EARLY YEARS OF SCHOOLING AND BEYOND.

2



Energy Bills

Don't be alone with your worries. Use less. Keep your Bills. Get in touch with your supplier. Join a Credit Union. Speak to a Benefits Adviser. Advice and support is available from the following:

Citizens Advice Bureau 0300 330 1196

Kensington Fields Community Centre 0151 708 9107

BIG HELP Boaler Street 0808 275 9931

YPAS
Young Person's Advisory Service

Anxiety
feeling of worry, nervousness or unease, typically about a future event or situation.

VIRTUAL COFFEE MORNING MHST

SUBJECT: MANAGING ANXIETY

TUESDAY THE 18TH OF OCTOBER

10:00-11:30

HOSTED ON EVENTBRITE! Liverpool CAMHS

CLASS OF THE WEEK—



YEAR 3

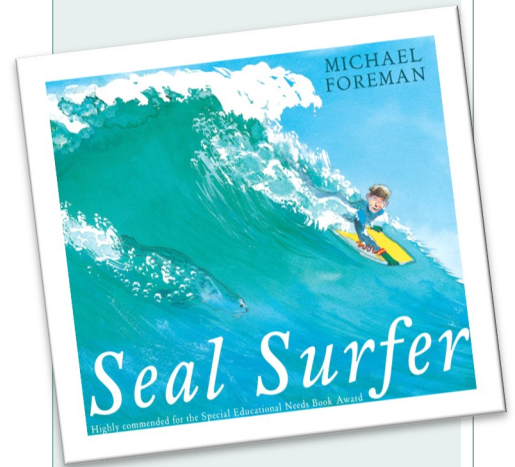
Year 3 had a fabulous start to last week celebrating the relaunch of Times Tables Rockstars! We had great fun dressing up as rockstars and showing our competitive streak in Battle of the Bands.

In English, we have loved consolidating our knowledge on seals as part of our text 'Seal Surfer' by Michael Foreman. After gathering our research, we grouped our facts into related paragraphs and constructed a non-chronological report. Did you know seals change colour as they grow older?

This week in computing, we have focused on how to stay safe online and looked at age appropriate content. We know how to spot things that may be harmful online by looking out for age restriction symbols and have come up with some excellent advice on what to do if we come across something inappropriate online!

We are reading :

Seal Surfer by Michael Foreman



SPRING

One day in early spring an old man and his grandson climbed carefully down to a rocky beach. They were looking for mussels.

As the boy searched he noticed a slight movement among the rocks. Then he saw the seal. It was difficult to see her body against the rocks, except for a smudge of red on her belly.

"Look, Granddad," cried the boy. "The seal is injured."

"Best not to go too close," said Granddad, and they watched the seal from a distance.



SUMMER


Then one day in early summer the boy watched as the mother seal pushed her pup off the rocks and into the sea. The shock of the cold water made the young seal panic. The water closed over her head. She pushed upwards with her tail and flippers until her head burst through to the surface.

Now her mother dived into the water and together they swam round and round — diving down, twisting and turning and corkscrewing into the depths. As the seal pup burst back up through the surface of the water, she saw the boy cheer.

Look after you

Good mental wellbeing is essential to our day-to-day life. Difficult or negative experiences can impact our mood and the type of thoughts we experience. It can feel difficult to control our thoughts and feelings and at times it is easy to feel overwhelmed. This site is aimed at adults over 25 to guide you through steps you can take to protect and improve your wellbeing, overcome challenges and help you on your way to recovery. If you are under 25 you can find services for children and young people on the [Liverpool CAMHS website](#).


If you are a student, your university will offer [support and information on wellbeing services](#).





IT'S OK TO
TELL SOMEONE
HOW YOU FEEL

Feeling overwhelmed
and struggling to cope?

Free, confidential support to help
you feel like you again. Visit:
KindToYourMindLiverpool.co.uk



Look after you





When times have been hard and you've not been feeling yourself, are not able to take care of yourself or keep on top of your responsibilities, you may need help from a mental wellbeing professional to start feeling better again.



It's ok to ask for help

The idea of accessing support with mental wellbeing can, for some, seem scary. Mental wellbeing services are often misunderstood, and it can be difficult and confusing to know where to turn.

Many people who have used mental health services are surprised how positive their experience was and how different it was from what they imagined. Mental wellbeing professionals are skilled listeners who want to understand what's going on in your life and find ways to help you feel better.

It's ok to tell someone how you feel.

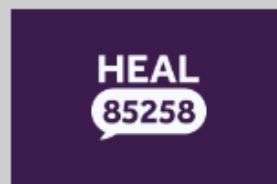
Everyone is different and support that works for one person may not be the same for someone else. You may find that sharing how you are feeling with a trusted family member, friend, or GP can help you feel better.

There are places that you may not have thought of such as a night cafe named the [Liverpool Light \(The Light\)](#) which is a welcoming and safe space that people experiencing mental health-related crisis can turn to for support during the evening.



Or, if it works better for you, there are a number of free professional local services ready to help and support you.

Local services and support



HEAL 85258

This is a free confidential, 24/7 text message support service from Mersey Care for anyone who is feeling overwhelmed or struggling to cope. You can chat with a trained volunteer who will listen to how you are feeling and discuss ways to help you start to feel better.

Text HEAL to 85258



The Samaritans

The Samaritans offer emotional support to anyone who wants to chat through how they are feeling.

For a free, confidential chat with someone who cares, call 116 123 available 24/7 or visit samaritans.org



MerseyCare - Urgent Support

A trained and experienced team is on hand ready to listen and offer urgent mental health support, 24/7.

Freephone 0800 145 6570



Talk Liverpool

A trained mental wellbeing professional will listen to you and help you get the right support. This could include online courses, therapies and ongoing support to help you feel better.

Call 0151 228 2300 or visit talkliverpool.nhs.uk



Reach Out - Suicide Prevention

If you are feeling suicidal or at crisis point, you don't have to struggle alone. There is help out there.

Visit reachoutsuicideprevention.co.uk

If you don't feel able to keep yourself safe right now call 999 or go to A&E.