



# St Mary's Priory Catholic Infant and Junior Schools'

## School Newsletter

**'Love one another; Always do our best; Take care of ourselves and the world around us'**

**28th June 2024**

Dear Parents and Carers,

It has been an exciting and enriching week for our pupils! The week began with a meaningful assembly where pupils deepened their understanding of Human Dignity with a focus on respect. They learned that each one of us is unique and beautiful and we are called to treat every person and every creature with loving respect.

Year 6 visited the lovely Bounds Green Scout Park for a morning of Junior Citizenship workshops. They participated in various useful sessions led by the Police, London Fire Brigade, Transport for London, Hope UK, Bikeability and Gang Prevention. They explored different scenarios, learned how to stay safe and managed different situations, equipping them with vital skills to protect themselves both at home and in public.

Pupil Voice: "It was FUN and a good learning experience!" – Cheyanne

"It is something that I will remember for my whole life." – Filip

"I recommend that all Year 6 children visit the Gang Prevention workshop as it teaches you about the current situation in London." – Tuwayne

"The Junior Citizenship workshop prepares you for real life experiences." – Thea

**Reminder: next week is Sports Week! We look forward to welcoming parents!**

Finally, it was a pleasure to have parents join us for lunch this week. Thank you! Next week, the dining continues!

Have a lovely weekend.

Warm regards,

Ms Joseph

Deputy Headteacher

Attendance winners!	
Infant School:	Junior School:
Woodpeckers 98.15%	6B 99.43%
Punctuality winners!	
Penguin and Woodpeckers 1 late	3M and 4B 1 late

# School calendar:

When:	What:	Who:	Where:	Time:
Summer 2 half term	Come dine with us! See Timetable on the next page!	All parents		11.30am
1st July	School tracksuits for all- visit from an athlete to kick start Sports Week!			
2nd July	9-10am (AM or FT children) and 2-3pm (PM or FT children) Nursery Sports Day  10-11:30am Reception Sports Day  1.15-3.15pm Year 5 Sports Day	Nursery parents  Reception parents  Year 5 parents	Junior playground	
3rd July	9-11am Year 1 and 2 Sports Day  1.15-3.15pm Year 6 Sports Day	Year 1/2 parents  Year 6 parents	Junior playground	
4th July	9-11am Year 3 and 4 Sports Day	Year 3 and 4 parents	Junior playground	
5th July	PSA meeting	All parents	At school- location tbc	3.30pm
11th July	French Day			
15th July	Year 6 party	Year 6 pupils	School	5-7pm
17th July (provisional date)	Year 6 mass	Year 6 pupils and parents	School	5pm
18th July	Reception Celebration	Reception parents	Hall	9am





Dear parents and carers,

We would like to invite you to 'come dine with us'!

**What you need to do:**

Complete this form by the sign up deadlines (see below) stating that you would like to eat lunch with your child:

<https://forms.gle/YAd1KdnJHBnz7Se67>

**Cost:** £3 which will be added to your child's Arbor account for you to pay after the meal

Arrive to the school office at 11.25am.

When:	Class	Where:	Time:	Sign up deadline
4th June	Penguin Class	Hall	11.30am	24th May
5th June	Owl Class	Hall	11.30am	24th May
10th June	Dove Class	Hall	11.30am	3rd June
11th June	Woodpecker Class	Hall	11.30am	3rd June
12th June	3C	Hall	11.30am	3rd June
13th June	3M	Hall	11.30am	3rd June
19th June	4B	Hall	11.30am	10th June
20th June	Robin Class	Hall	11.30am	10th June
25th June	5D	Hall	11.30am	17th June
26th June	6J	Hall	11.30am	17th June
3rd July	6B	Hall	11.30am	24th June
4th July	5S	Hall	11.30am	24th June
16th July	Nursery	Hall	11.30am	1st July



# Stars of the Week



Owl Class	Ibukun	Yohane
Penguin Class	Olivia	Yuvaan
Robin Class	Daniel	Abelakat
Woodpecker Class	Jesica	Triana
Dove Class	Abrafi	Massimo
3C	Cameron	Audrey
3M	A'Zaria	Jagoda
4B	Dawood	Sophia C
5D	Alex	Christian
5S	Rayan	Shammah
6B	Imani-Rose	Gabriella
6J	Mikhaile	Jovian

**Congratulations to our Stars of the week!**  
**These pupils have worked exceptionally hard**  
**to stand out amongst their peers. Well done**  
**everyone!**





# Wonderful Writing

The talented writers in 5D have been soaring with creativity! Inspired by the captivating book "Freedom Bird" by Jerdine Nolan, they created their own unique and heartfelt poems. Their work truly brings the spirit of freedom and imagination to life.

## My Freedom Poem

Freedom is like walking barefoot on sand  
 Freedom is travelling far on land  
 Freedom is like walking on clouds  
 Freedom is like riding a horse with no bounds  
 Freedom is the feeling of wind rushing through your hair  
 Freedom is living a life with no care  
 Freedom is watching the sunset on the beach,  
 In peaceful silence  
 Freedom is like a gate opening,  
 To reveal a never ending road  
 Freedom is flowers blooming on an open field  
 Freedom should not be sealed  
 Freedom is spending time with family on a rainy day  
 Freedom is the sound of horses galloping  
 And hooves clattering  
 Freedom is a town bustling at night  
 Freedom is a wonderful sight  
 Freedom is animals living away from the zoo  
 Freedom is friends sticking together like glue  
 Freedom is a bird flying high  
 Watching everyone from above  
 Freedom is the feeling of belonging  
 And being unstoppable  
 Feeling of protection and no limits  
 Freedom is seeing beautiful sights  
 Having a life with rights  
 Freedom is not working as slaves  
 But enjoying life before going into graves

*Freedom sounds like a bird  
 singing its praises.  
 Freedom is having fun with your friends.  
 Freedom feels like love surrounding your heart.  
 Freedom looks like the sun making  
 a beautiful sky as it sets.  
 Freedom is like hanging out with family  
 and friends.  
 Freedom tastes like an ice-cream you like.  
 Freedom is like music flying into your ears.  
 Freedom feels like the warmth  
 in your house in winter.  
 Freedom smells like freshly cut grass.  
 Freedom is calmness that a person would  
 love at a stressful time.  
 Freedom is each person's right.  
 Freedom is each cup you win.  
 Freedom is goodness in you which  
 saves you from a sin.  
 Freedom is the thing that keeps you alive.  
 Freedom is the waves crashing onto  
 the sandy shore.  
 Freedom is getting a rare ore.  
 Freedom tastes like your favourite dish,  
 maybe a fish.  
 Freedom is like cloud 7,  
 the best heaven.  
 Freedom is life running through your veins.  
 Freedom is seeing the beauty  
 of the world.*

Freedom to be free  
 Reaching up to the world  
 Freedom is the way home  
 Freedom is like a dog without a leash chasing a stick  
 Freedom is happiness  
 Freedom tastes like a popsicle dripping down your arm  
 Freedom is strong and powerful like your family laugh  
 Freedom sound like a horse trotting across the sandy beach  
 Freedom is like a book which never ends  
 Freedom is like giving someone a smile  
 Freedom is all about you  
 Freedom is like being with your pets which are by your side  
 Freedom is like a tiger which is protecting you from any harm  
 Freedom is like having a chance to watch the sunset  
 Freedom is like swimming in the clear blue water  
 Freedom means to enjoy what you love  
 Freedom is to not worry about education  
 Freedom is to enjoy God's creation  
 Freedom is relaxing  
 Freedom is the power

*Freedom is like birds,  
 Flying high and taking curves.  
 Freedom is like powerful waves,  
 Being free to crash to the shores and caves.  
 Freedom is like rushing winds,  
 Blowing away all sins.*

*Freedom is like democracy,  
 An opinion set free.  
 Freedom is relaxation,  
 Or having a celebration.  
 Freedom is like safety,  
 Or being lazy.  
 Freedom is like a flower,  
 People have the power.*

*Freedom is like the golden sun,  
 Or fun.  
 Freedom is like respecting what someone made,  
 They could have paid.  
 Freedom is like art,  
 Don't rip it apart.*

*Freedom is like joy,  
 Try to enjoy.  
 Freedom is like leaves,  
 People have different beliefs.*

# This week at SMP...

Year 6 Junior Citizenship workshops at Bounds Green Scout Park.



Year 3 had an absolute blast at the Young V&A Museum.



# 10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

## 1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

## 2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

## 3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

## 4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

## 5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

## 6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

## 7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

## 8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

## 9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

## 10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

### Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday

The National College



To our friends at St Mary's,

We at St John Vianney school are having our summer Fair on Saturday 29<sup>th</sup> June, from midday to 4pm. We'd love to see you there.

There will be: food from around the world, entertainment, games, a bouncy castle, ice cream, a raffle and more.

You can find us at:  
Stanley road  
London  
N15 3HD

From,

The Friends of St John Vianney RC School

# Prayer for Human Dignity

Heavenly Father,

Creator of all, You have made us in Your image, each of us bearing dignity and worth. Help us to recognise and honour this dignity in ourselves and others.

Guide us to act with respect, compassion, and justice towards all.

Strengthen us to stand against injustice and to be voices for the voiceless.

Comfort those who suffer and empower us to build a society where everyone is treated with love and respect.

May we follow the example of Jesus Christ, bringing hope and transformation to our world.

We ask this through Christ our Lord.

Amen.