

St Vincent's Catholic Primary School



Newsletter
7 February 2025

Dear Parents and Families,

This week, we have been taking part in Children's Mental Health Week, a timely opportunity to reflect on the importance of looking after our mental well-being. We began the week with an engaging assembly that introduced the theme of the week, highlighting the value of caring for our minds just as we care for our bodies.

Throughout the week, students participated in a range of activities designed to help them understand and appreciate the significance of mental health. These activities provided tools for promoting well-being, building resilience and managing emotions. It's been wonderful to see the children engage so thoughtfully in these conversations.

At St Vincent's, we are committed to supporting our children's emotional and mental development, ensuring that they feel supported and valued both inside and outside the classroom. This week has been a great reminder of how essential it is to foster an environment where children can talk openly about their feelings and know where to turn when they need support.

Tips for Parents:

Create an Open Dialogue: Encourage regular conversations with your child about their feelings. Let them know that it's okay to talk about what they're going through and that you're there to listen without judgment.

Model Healthy Habits: Children learn a lot from what they see. By taking care of your own mental health, such as practising mindfulness, managing stress and showing emotional openness, you provide a positive example for your child.

Foster a Calm and Supportive Environment: A calm, stable home environment helps children feel secure. Create spaces in the home for relaxation and quiet time to help children decompress after a busy day.

Promote Regular Routines: Consistent routines for meals, sleep and activities help children feel more in control, reducing anxiety and supporting good mental health.

Encourage Physical Activity: Exercise is not only great for the body but also for the mind. Encourage outdoor play, family walks, or sports to help boost mood and reduce stress.

Tips for Children:

Recognise and Name Your Emotions: Practise identifying your feelings, whether happy, sad, worried, or excited. Knowing what you're feeling is the first step in understanding and managing it.

Take Time for Yourself: Just like you would take care of your body, it's important to take care of your mind. Set aside time for activities that make you happy, like reading, drawing, or spending time with friends.

Talk About How You Feel: Don't be afraid to share your feelings with a parent, teacher, or trusted adult. Talking things through can often make problems feel easier to handle.

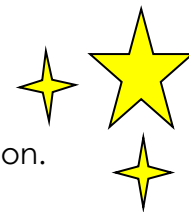
Practise Relaxation Techniques: Simple breathing exercises, meditation, or mindfulness activities can help calm the mind and body, especially when you're feeling stressed or upset.

Let's continue to work together as a community to promote positive mental health for all our children!

Have a lovely weekend.

Mrs Gonzalez

Stars of the Week



Reception – George for being more independent with his learning.
Year 1 – Gabia for being a dependable and trustworthy student who can be counted on.
Year 2 – Mia for a positive attitude to learning and for working hard.
Year 3 – Lyla for a positive attitude towards learning and always putting in her best effort.
Year 4 – Arianna-Rose for continued improvement in her writing.
Year 5 – Guilherme for consistent effort to stay on task and remain focused during lessons.
Year 6 – Isabella for making a determined effort to improve in maths.

School Value Awards

Reception – Fali for a fantastic work ethic and for showing curiosity with his learning.
Year 1 – Danny for a deep interest in learning, exploring new ideas with enthusiasm.
Year 2 – Zeki for a deep interest in learning and engaging well with new topics.
Year 3 – Luisa for consistently pushing through difficulties and staying focused on goals.
Year 4 – Gerry for being a supportive classmate.
Year 5 – Stefano for continuous effort to improve and reach new heights in learning.
Year 6 – Jacob for aspiring to improve in maths.

Star of the Week: Ms. O'Sullivan

This week, we are thrilled to recognise Ms. O'Sullivan as our Star of the Week for her incredible achievement in completing her Masters in Educational Leadership. Her dedication to personal and professional growth is inspiring and we are so proud of her hard work and commitment. Congratulations, Ms. O'Sullivan – this is a remarkable accomplishment!

Dates for your Diary

Parents and families are warmly invited to join us in celebrating Mass.

If you would like to accompany the school as we walk to Mass, please inform your child's teacher so they can coordinate the arrangements.

Additionally, the Celebration of the Word will take place in the school hall, and parents of the respective year group are welcome to attend.

Tuesday 11 February	Year 5 outing to National Portrait Gallery
Wednesday 12 February	Year 1 Celebration of the Word
Wednesday 12 February	Year 6 to attend Mass
Monday 17 – Friday 21 February	Half term break
Tuesday 4 March	Year 2 outing to Southwark Cathedral
Wednesday 5 March	Year 3 Celebration of the Word
Wednesday 12 March	Year 6 Celebration of the Word
Wednesday 12 March	School disco
Wednesday 19 March	Year 5 Celebration of the Word
Wednesday 2 April	Reception Celebration of the Word
Friday 4 April	Last day of Spring Term
Tuesday 22 April	First day of Summer Term

Term and holiday dates up to July 2026 are shown on the school website

This Week's Attendance

3-7 February 2025	
Reception	84.6%
Year 1	94.6%
Year 2	98.2%
Year 3	96.4%
Year 4	97.6%
Year 5	95.5%
Year 6	92.5%
Whole school	94.5%



St Vincent's School Disco – Save the Date!

We are excited to announce the next school disco, which will be held on **Wednesday 12th March!** Tickets will be available from Monday 24th February. This will be a fantastic event for our students, and we'd love to see as many of you there as possible!

As we plan for the disco, we're looking for a few more parent volunteers to help with organising and running the event. If you're interested in supporting this fun evening, please get in touch! It's a great way to get involved and help ensure the success of future discos for our children.