

**Newsletter No 7****25th May 2021**

Dear Parents

May I remind you that the school closes for the half term break following the afternoon session of Thursday 27th May and re-opens on Monday 7th June.

Emotional Well Being Week – Monday 7th June to Friday 11th June

At St. Ambrose Barlow we place a high value on creating a positive and healthy environment, which allows both staff and children to work effectively and be the best that they can be. We believe that healthy living is not just about staying fit physically, which we promote through our regular P.E. and after school clubs. It is also about having a healthy mind and healthy emotions.

After half term we are going to have an 'Emotional Well Being Week'. This will be a fantastic opportunity to remind the children of the importance we place on positive relationships and emotional health. It is also a chance to build some healthy habits which support positive mental health and well-being. We will be looking at emotions and how labelling an emotion can help us deal with those big feelings. Discuss how 'Promoting the Bright Side' - every experience has one, helps to develop our resilience. Optimism and resilience can go hand in hand. Optimism needs nurturing. We support the children to acknowledge the feelings that lead to pessimistic thinking and teach the child to reframe their thoughts to find the positive. We consistently help our children build resilience in the face of obstacles; the capacity to 'bounce back' from adversity.

We have planned lots of different activities for the week. Here are some useful links to mental health and well-being:

Mind.org.uk: How to improve your mental well-being. Mind.org.uk: What is mental health and well-being?
<https://www.headstogether.org.uk/> 'For Me' app, which provides online support for children.

Healthy School Lunchboxes

Healthy students are better able to concentrate on their work, attend school on a regular basis and perform better in class. We appreciate your support in keeping St. Ambrose Barlow a 'Healthy Eating School'. If lunchboxes contain any chocolate bars/crisps etc. your child will be asked to take them home. Would parents please remind their child that any food not eaten at lunchtime must be taken home. This is to ensure that parents are aware of what their child has actually eaten throughout the school day.

Parking Outside of School

Each year we send reminders asking parents to park courteously when dropping off and collecting their children. I know that the vast majority of parents, park safely and sensibly at all times.

Unfortunately, however we have received a complaint about dangerous parking. A parent parked dangerously and then opened their car door to oncoming traffic and proceeded to get their children out of the car on the driver's side. This was extremely dangerous for everyone involved. There continue to be daily occurrences, particularly on the corner of Boylestone Road/Shirley Road. The Driver has reported their concerns to the police.

Please ensure that we maintain a good relationship with our neighbours and the local community by parking considerately and safely at all times.

Lenten Charity Fund Raising

The fantastic total of £2693.40 was raised through all the hard work and support of parents, pupils and staff at St Ambrose Barlow School during our Lenten Charity Funding Raising. The Father Hudson's Society appeal raised £193.00. CAFOD Family Fast Day: £472.00. Sponsored Walk raised £2028.40 (CAFOD and Place2be). Cheques have been forwarded to each of the charities. Thank you for your generosity.

Communion Programme

We were truly blessed to be able to celebrate First Holy Communion on Saturday 15th May. All of St Ambrose Barlow staff are beyond proud of the children in Year 3. They made it a reverent and spiritual occasion. May I ask you to pray for them. The children all worked extremely hard throughout the programme and a special thank you to the staff, parents and Fr Paul who helped prepare the children for their First Holy Communion. Parents, I ask you to continue to bring your children each week to Mass to receive the Lord in this wonderful Sacrament.

Internet Safety – guidance from Birmingham's Safeguarding Team

Share Aware, from NSPCC and O2, gives parents all the tools they need to have regular and informed conversations with their child about staying safe online. Under 20% of parents discuss online safety regularly with their children but we want to get every family talking about their child's life online, just as they would their day at school. Parents can sign up to the Icebreaker email series and become an expert in their child's online world in 6 weeks, follow our four simple steps to keeping children safe online, watch our film 'Safety advice from a 10 year old' or visit Net Aware – our guide to your child's social networks apps and games.

The internet is a great place for children to be - being Share Aware makes it safer. Just like in real life, children need our help to stay safe online. Teach children to be #ShareAware with the NSPCC and O2 by visiting <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware>

Thank you for your continued support.

Yours sincerely

Mrs M Winters