



Reflection



This Sunday, we hear about how Jesus went onto a mountain and taught his disciples. Jesus told them about the kind of person that makes him happy and who is blessed.

Jesus teaches his disciples about the way he would like people to be treated and how he sees some types of people as extra special. He says that they will be happy or blessed.

We are all part of one global family and we are called by God to care for the other members of that family, wherever

they are in the world.

We can help to make the words that he spoke to his disciples a reality. What will you do this week to help Jesus' words to come alive in our world?

Prayer: God of love, you bless those people who are poor, who are sad, who are hungry and thirsty and who are hurt because they stand up for what they believe in. Help us to follow in your way. Amen.

Open the Book

All the children enjoyed another visit from the Open the Book team on Thursday where they learnt all about Joseph and his technicoloured dream coat. The Year 4's were brilliant too at helping with the acting!



Parent and Carer sessions

Horsforth Children Services run drop in sessions offering on the spot advice from a team of professionals for parents/carers who have any worries or concerns about their child/young person. [Please see details of PACS sessions here.](#) There are also bookable specialist sessions on sleep, emotional wellbeing, self harm, substance misuse and screen time and e safety.

More information about emotional support for your child can be found [here](#) on our website.



Need a helping hand?

PACS
(Parent and Carer sessions)

General support sessions by telephone or in person, offering advice and signposting from one of our team

For parents/carers who have any worries or concerns about their child/young person

One to one appointments are available by telephone or in person, please call 0113 3367724 or email info@horsforthchildrensservices.co.uk to book a time:

We can offer appointments in person at our office in the Brownlee Stone Centre, Town Street or telephone appointments – you can choose which you prefer. Appointments will be kept to 25 minutes with the option to book another if this is not enough time.











NEWSLETTER – 27 January 2023

Strike

As per our previous communication, the National Education Union (NEU) have declared planned strike action, with the first date being Wednesday 1st February. Currently, we are able to make plans for Wednesday 1st February only.

Staff are not obliged to inform school of their decision to strike but a number of staff have confirmed they will not be striking for this specific date therefore our plans are to be open to all children on Wednesday 1st February.

This is subject to change and if any members of staff decide to strike they have the headteacher's full support and we will communicate this decision as soon as possible.

If the class teacher does choose to strike, we will have to close the class and it will be open to vulnerable children and parents of critical workers only. See guidance [here](#). With this in mind, if you believe your child is a vulnerable child or you are a critical worker and would have no other option but to request a place at school, please complete this survey for 1st February only **by Monday 30 January @ 12pm**.

This does not guarantee your child a place in school should we need to close their year group but gives us the information required, if we do need to close a class. <https://www.surveymonkey.co.uk/r/F6NP66G>

Safeguarding concerns

If you have any safeguarding concerns about a child, you can contact the school office or send a safeguarding concern directly to a Designated Safeguarding Lead (DSL) through the school website under **links – report a safeguarding concern**.

Our new safeguarding governor is Mrs Aoibheann Kelly Edwards. Our DSLs are Mrs Hurley, Miss A Roberts and Mrs Leng.

New Academy Council

On Thursday 2 February, St Mary's will have their first Academy Council meeting for the new academy council following our separation from Holy Name. The website has been updated with names but roles will be decided in our first meeting. We thank all our new and already serving governors for their time in this very important role.

- Aoibheann Kelly - Chair of Governors
- Jim Robinson - Foundation Governor
- Chris Barnes - Foundation Governor
- Julie Trumble - Foundation Governor
- Barbara Pounder - Foundation Governor
- Father Michael Doody - Foundation Governor
- Adam Burgin - Parent Governor
- Robert Webster - Parent Governor
- Alison Roberts - Staff Governor

Staffing news

Mrs Wray will commence her maternity leave on Friday 3 February. We wish her and all her family all the best as she prepares to welcome baby number three.

We look forward to welcoming back Mrs Robertshaw from maternity leave on Wednesday 8 February. She will be teaching in Year 4 Wednesday – Friday with Mrs Georghiou teaching Monday and Tuesday in Year 4.

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Year 4 parents evening reminder

Parents evening for Year 4 only will take place on **Tuesday 31 January** and **Thursday 2 February**. Parents are invited to enter the school through the Year 6 classroom door. Year 4's books will also be available in the Year 6 classroom for you to look through. We ask parents to wait in the Year 6 classroom until the bell rings.

Year 3 and Year 4 maths parent workshop

On Monday 30 January at 4pm, Year 3 and Year 4 will have their maths parent workshop via Zoom. We continue to do these parent meetings via Zoom as it allows parents to join from home or to watch the recording at a convenient time. The aim is to show you what maths the children are working on in their year group and how it is taught so you can support your child. We hope you find it useful. If your child is working at another year group level, please feel free to join the one appropriate for your child. Recordings will be added to the parent workshop section of the website at the teacher's earliest convenience.

Topic: Y3 and Y4 maths meeting

Time: Jan 30, 2023 04:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/86093720420?pwd=WEpWRjZ4OEFYjA5Q3g2UUUpUWndpdz09>

Meeting ID: 860 9372 0420

Passcode: 860550

Y1 maths parent workshop

On Thursday 2 February at 4pm, Year 1 will have their maths parent workshop via Zoom.

Topic: Y1 maths parent meeting

Time: Feb 2, 2023 04:00 PM London

Join Zoom Meeting

<https://us02web.zoom.us/j/81410772887?pwd=S3FXZndDRGNNTytEeFdoNVRtREFIUT09>

Meeting ID: 814 1077 2887

Passcode: 961287

Zones of Regulation

Some children in our school access The Zones of Regulation Programme to help them to manage their emotions. As these are displayed in class, some of our other children have started referring to them. Please see below for further information which you may find helpful at home too.

From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, fear or sadness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies help with 'self-regulation'.

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control.

The ZONES of Regulation®

			
BLUE ZONE Sad Sick Tired Bored Moving Slowly	GREEN ZONE Happy Calm Feeling Okay Focused Ready to Learn	YELLOW ZONE Frustrated Worried Silly/Wiggly Excited Loss of Some Control	RED ZONE Mad/Angry Mean Terrified Yelling/Hitting Out of Control

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Tips for practicing the Zones of Regulation at home

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.
- Create a 'calm' box full of things which help to keep your child calm and alert.

[THE ZONES OF REGULATION: A SOCIAL EMOTIONAL LEARNING PATHWAY TO REGULATION - Welcome](#)

Headteacher Awards

Reception – Imogen H & Shelden K

Year 1 – Lucas B & Elsie C-B

Year 2 – Iris H & Jan C

Year 3 – Jimena G & Leo P

Year 4 – Lois Q & Thomas W

Year 5 – Bay W & Callum G

Year 6 – Amelia D & James C

Virtue Awards – Love thy neighbour

Reception – Tommaso F

Year 1 – Luna McP

Year 2 – Alice M

Year 3 – Emelia M

Year 4 – Amber T

Year 5 – Nicole L

Year 6 – Erin B

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Diary Dates

Please note changes or additions in red.

*denotes parents welcome

January

Monday	30	4.00pm	Year 3 and Year 4 maths meeting via Zoom*
Tuesday	31		Year 3 Class Saint Day – St John Bosco

February

Wednesday	1	9.15am	Year 5 class assembly*
Thursday	2	4.00pm	Year 1 maths meeting via Zoom*
Monday	6	4.00pm	Year 5 residential meeting* - change of time
W/B	6		Bikeability Year 5
Tuesday	7	2.00pm	Reception stay and play*
Tuesday	7	4.00-6.30pm	Year 4 parents evening*
Thursday	9	9.15am	Reception class assembly*
Thursday	9	4.00-6.30pm	Year 4 parents evening*
Friday	10	9.15am	Year 1 class assembly*
Friday	10		School closes
Wednesday	22	9.30am	Whole school Mass led by Mini Vinnies*
Sunday	26	11.00am	Family Mass*
Tuesday	28	1.15pm	Open the Book

Parish News

Due to the ongoing works to the sanctuary floor, we are unable to have weekday Masses in St Mary's during working hours until the work has been completed. However, the Saturday 10am and Sunday Masses will be unaffected. With not having access to the sanctuary some benches at the front of the church have been moved to the side walls to accommodate a temporary altar. Communion will proceed as usual. OLK

FIRST HOLY COMMUNION PREPARATION

If your child is in currently in Year 4 and you have not already applied to join the next preparation course, please email our catechist team asap for an application form at:

catechist.ourladyofkirkstall@dioceseofleeds.org.uk

The course will commence the week of the 27th March and the catechist will inform you of all the meeting dates. The date for the children to receive their First Holy Communion is Saturday 10th June.

SUNDAY MASSES (Saturday Vigil)

Holy Name	6.30pm
St. Mary's	8.15am
Holy Name	9.00am
Assumption	9.45am
St Mary's	11.00am
Holy Name	11.15am