



# ST MONICA'S CATHOLIC PRIMARY SCHOOL

*Strive to succeed in the presence of God*

26<sup>th</sup> April 2024

Dear Parents

It has been another busy week at school. Thanks to everyone for the donations to the orphanage made yesterday at the book sale. We raised an additional £45. We are now looking into ways of donating the unwanted books to charity. You can continue to donate to the orphanage in the coming weeks – just send the cash through to the office. The QR code is also still available to use.

**School Building Fund** – Huge thanks to all the families who have made the £45 contributions to the School Building Fund. Over the Easter holiday we were able to complete the fuse board replacement programme and also installed aircon units into class 6G, 5Y, 1G and the main school hall (no more sweltering at end of summer term occasions!) The next project is the toilet upgrade, starting with the Junior boys' toilet, so if you haven't yet paid your £45, please do if you can and the funds will go towards that project.

**Last One Standing** – Huge thanks to one of our dads **Tom Conlon** for his **EXCELLENT** organisation of this football competition; his weekly emails were something to really look forward to! Congratulations to **Andrew Cable** who was the worthy winner and the last one standing after a tense few weeks! Thanks also to [www.redloft.co.uk](http://www.redloft.co.uk) who sponsored this event. I am very grateful to everyone who took part.

**Assemblies** – On Monday I spoke to the children about Jesus being The Good Shepherd. Jesus' example of how to live a good life is clear from the Gospels. We are called to be loving, kind, forgiving and thoughtful. We are also called to be good shepherds, leading and guiding others by our example.

On Friday we were visited (virtually) by Imran who taught the children about Ramadan and Eid, in preparation for their studies next week about Islam.

### 5Y's Class Assembly

– The children were inspired to tell us all about their Geography work, which took us on a tour of South America! We all enjoyed hearing some interesting facts and were entertained by the singing and dancing! Watch [here](#).



**Year 4 trip to church** – On Tuesday Year 4 walked to St Monica's church to celebrate Mass for the Feast of St George. We were lucky with the weather and the children enjoyed seeing the heron in the pond on the way there and some ducks waddling across the park on the way back! During Mass, the children learnt that St George was a Roman soldier who showed great bravery standing up for his faith and was martyred because of it.

**Year 3 visit from Fr David** – Thanks to Fr David who came to speak to the Year 3 children about Mass and why we make the sign of the cross, why we sit, stand and kneel at various parts of the Mass. I hope this was useful preparation for the children as many of them prepare for the Sacrament of First Holy Communion.

**Google Classroom (GC) logins** – Our technician has reset every child's password for Google Classroom (Years 1-6). Please save the password as it is and **DO NOT CHANGE IT**. The children need to be able to access GC in class and it is impossible to manage this when half the children have changed their password at home and can't remember it. Many thanks.

**Bikeability** – 31 children from Year 4 had the opportunity to achieve Level 1 on the TFL Bikeability course this week. The children enjoyed learning more about how to safely ride their bikes.





**Outdoor Play and Learning (OPAL)** – Many thanks for the items that have been brought in this week – Lindsey has been busy organising them all. The children are enjoying playing with buggies and the start of the mud kitchen! When we did the parent questionnaire at the start of this process, some of you were concerned about your child getting dirty, so I'm sharing this image with you to explain why this sort of play is important for child development.

## I'm sorry I got messy today but..

I've been exploring the water and learning about emptying, filling and pouring. Sometimes I might spill a little bit - the muscles in my hands are still developing.

There was flour in our messy area today. I was so interested in how it would make clouds if I threw a little into the air.

I loved the texture of the playdough, but I rested my arm on a little bit as I reached across the table. I didn't realise it would stick to my sleeve!

I was learning about what happens if I mix two colours together. It's messy work, but the green paint on my jumper comes from the blue and yellow that I mixed!

This mark is from a pen. I'm trying really hard to learn to hold the pen and make marks on the paper.

The mud kitchen is very dirty, but it's so much fun! Playing there helps me develop my imagination and explore my understanding of the world. I watched you cook at home and I wanted to try by myself.



**London Mile** – 50 of our children joined hundreds of others in the London Marathon mile event. Huge congratulations to them all and particular commendation to Henry from Year 6 who came first out of their group of around 500 children!! Also in the top ten: Florence G 5<sup>th</sup>, Theo L 6<sup>th</sup> and Ellis P-N 7<sup>th</sup>. 26 children were in the top 50!! More photos can be seen [here](#).



TEAMUKTS

# 5K FUN

FREE REGISTRATION

RUN & WALK

SUNDAY MAY 12TH 2024 GROVELAND PARK

10.30 AM START      44 QUEEN ELIZABETH'S DR, LONDON N14 6RD

REGISTRATION FROM 9.30 AM      MEDALS FOR FINISHER

FOR INFORMATION VISIT WWW.UKTS.ORG

To join the Fun Run and help raise awareness of thalassaemia, you can follow these steps:

- Register for the Fun Run via the link for free. <https://www.tickettailor.com/events/unitedkingdomthalassaemiasociety/1209230>
- Encourage your friends, families and neighbours to participate in the Fun Run on Sunday May 12<sup>th</sup> 2024 from 9.30 am at the Grovelands Park, N14 6RD. The event includes a 5K run or walk, and it is a great opportunity to connect with other participants and supporters of the UKTS.

### Diary Dates for this half term

- Thursday 2<sup>nd</sup> May 9.15am** – Our annual May Procession in school – all parents/grandparents/carers welcome.
- Monday 6<sup>th</sup> May** – School is closed for a national Bank Holiday.
- Friday 10<sup>th</sup> May 1.15pm** – Debating and Mooting Society to stage a courtroom drama in school – parents of those Year 6 children involved in this club are welcome to attend.
- Saturday 11<sup>th</sup> May** – First Holy Communion Masses at St Monica's Church.

I have included on the following few pages: an advert for a TV show and some important information about sleep patterns for children.  
Have a lovely weekend, kind regards, Kate Baptiste, Headteacher

This may be of some interest...



## APPLY NOW!

Doc Hearts Films, makers of the *award winning hit series 'Reu & Harper's Wonderworld' and 'Go Green with the Grimwades'*, are looking for children **aged between 3 - 7** to take part in the second series of the hit TV series for *Milkshake, Channel 5!*

The programme takes children on a wondrous cultural journey through fun and engaging play dates, where **Reu & Harper** will be invited into the family's home to explore & celebrate different cultures.

We are looking for children of all abilities from various cultural backgrounds that would enjoy having a playdate with **Reu & Harper!**

**To apply, please send a video of your child doing the following...**

- If possible, please could they introduce themselves to camera telling us their name, age, cultural background, location & their interest/hobby.
- Alternatively, please do include this information in your email or via Makaton, BSL or however your child usually communicates.
- Could they tell us some fascinating facts about their culture?  
*For example, their favourite festival, food they like to eat, traditional games or national dress?*

Video submissions should be emailed to **castingkids@dochearts.com**  
The deadline for submissions is **Sunday 28th April 2024** – but the sooner the better!

Please allow plenty of time to upload your video!















## Back to School for the Summer Term!

As the clocks have moved forward recently and the warmer and lighter evenings have arrived, your child's sleep pattern may have been disrupted. A daily routine is important and will support good sleep hygiene (sleep routine).



## Quality Sleep for Children is Important.

### Sleep Hygiene; tips for a good night's sleep:-

-  Exercise – this could be a walk home from school or a trip to the park.
-  Tidy toys before dinner – to limit stimulation and encourage winding down.
-  Dinner - Aiming for the same time each evening helps to build a routine.
-  Slow things down after dinner – Relaxing activities (like reading/looking at books)  
– No physical exercise in the hour before bed.
-  No sugary snacks before bed – Avoid fizzy drinks, chocolate, sweets, crisps etc.
-  Limit drinks an hour before bed – to avoid night-time accidents and promote uninterrupted sleep.
-  No devices! Switch off tablets/phones 1hour before bedtime to minimise stimulating blue light.
-  Bedroom environment – Minimise distractions. Check noise levels, temperature, lighting; blackout blinds, nightlight. No toys out.
-  Create a bedtime routine to stick to – e.g., bathroom, pyjamas, clean teeth, story time.
-  Lights out at a set time each night, or have night light in hallway.

If you would like any more advice, please contact the Enfield School Nursing Team on:  
**0203 9887300 (option 2) or email us at [northmid.cedarsn@nhs.net](mailto:northmid.cedarsn@nhs.net).**