

17th May 2024

Dear Parents



ST MONICA'S CATHOLIC PRIMARY SCHOOL

Strive to succeed in the presence of God

Year 6 have certainly been kept busy with their SATs (standard assessment tests) this week. They have all worked incredibly hard and deserved their trip to the cinema as a treat today! I'm not sure which bright spark designated this week as "mental health week" at the same time as SATs, but there you go! There are a few suggestions for how movement can help mental health on the next page.

May is the month of Our Lady – For the last week of term, we invite each class to take it in turns to lead the Rosary each morning. When it is your child's turn, they are asked to come to the front of the school for 8.50am – parents/carers very welcome too. The rota will be as follows: Monday 20th – Class 4Y, Tuesday 21st – Class 5G, Wednesday 22nd – Class 5Y, Thursday 23rd – Class 6G and Friday 24th – Class 6Y.



Maths Day – Don't forget to send your child in on Tuesday next week wearing something maths related (it could be a football shirt with a number on it). If your child doesn't like dressing up, own clothes or uniform are both fine. If you look [here](#) you can see some ideas from last year; or search 'numeracy day maths ideas dress up' online.

Can you help? – Thomas James Estate Agents are kindly sponsoring our Summer Fête (taking place on Saturday 6th July this year). Would you be willing to have one of their boards advertising the fête outside your house?

For every Estate agent board they put up, Thomas James will donate £10 to The Friends of St Monica's! (not £20 as mentioned last week). Please fill in this [form](#) if you're interested! Many thanks

Summer Social for parents – save the date! –The Friends have organised a social event for adults only on Friday 14th June. Click here for more information <https://app.goodhub.com/summersocial2024>

International Cultural Diversity Day – The offers of help have kept on coming – thank you! If you have offered to help, please come to school on Friday morning any time after 8am to set up. All tables need to be ready by 9.15am for the children to come in and visit (or by 1.15pm if you are helping in the afternoon). I will send more detailed information next week. If you would like to help and haven't yet offered, please click [here](#). If you're not sure what you need to do, please email me headteacher@st-monicas.enfield.sch.uk Many thanks in advance of your usual generosity.

On this day, all children are invited to wear national costume or flag colours. International football/sporting wear is absolutely allowed! We hope the children really enjoy this day, learning about other countries of the world.

Diary Dates for next week

From Monday at 8.50am each class to take turns to lead the Rosary – 4Y on Monday, 5G on Tuesday, 5Y on Wednesday, 6G on Thursday and 6Y on Friday.

Tuesday 21st May – Maths day - children are invited to wear something relating to maths (or own clothes or uniform)

Thursday 23rd May 9.15am – 4Y class assembly – 4Y parents invited

Friday 24th May - International Cultural Diversity Day – children are invited to wear national dress/flag colours. Hopefully lots of parents will be coming in to help make this a day of celebration!

Friday 24th May – Break up for half term

Assemblies – On Wednesday Ms Oti spoke to the Junior children about mental health week. A few points she shared with the children were:

- staying active helps to keep our minds happy and balanced
- daily worries and tasks can build up stress - this stress can be released by taking part in activities that help to keep us calm and happy
- tell a trusted adult if the stress or worries start affecting feelings, thoughts and behaviour.

Class 1G's assembly – On Thursday Class 1G took us on a cultural trip of the United Kingdom. We were all impressed with their geographical knowledge as well as their expert dancing! Our school website it currently being upgraded so I can't upload any new photos there just yet, but will do so asap.

Summer Disco – The staff have kindly agreed to run a disco after school on Friday 7th June. Click here to purchase a ticket if your child wants to attend. Collection at 4.30pm.

<https://app.goodhub.com/kidsummerdisco>
Any child in the school run after school club is automatically attending (with no additional payment needed). All externally run clubs have been informed the disco is on.

Have a lovely weekend. I hope all the Communion services go beautifully!

Kate Baptiste
Headteacher

MENTAL HEALTH AWARENESS WEEK

13 - 19 MAY 2024

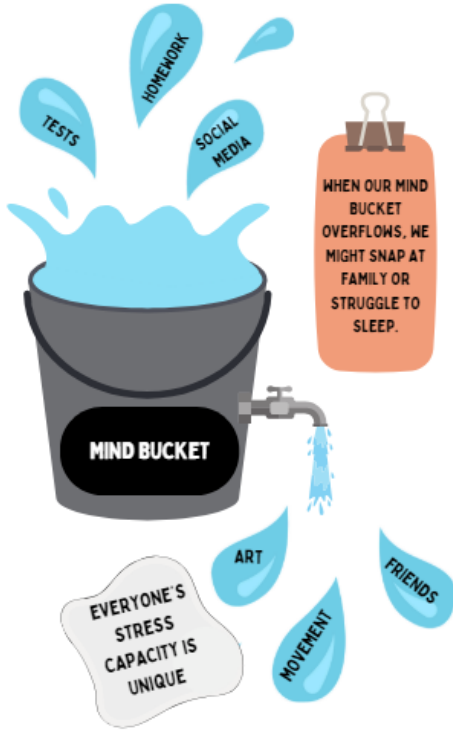
EMBRACE MOVEMENT



Join us for **Mental Health Awareness Week**; this year's theme is all about discovering the power of **movement** for mental well-being. **Staying active** helps keep our minds happy and balanced.

Think of your mind as a bucket: daily worries and tasks can pour in stress. If we don't let some out, it could overflow and make us feel upset or act out. **Moving** opens up the tap of our bucket, letting some of that stress flow away and making more room to handle what comes next.

So, let's skip, and jump our way to emptying our buckets and getting stronger. Join in the fun and help keep our Stress Buckets from getting too full this busy week!



A WEEK OF MOVEMENT FOR MENTAL HEALTH



Here, we have made some suggestions for different movements you could try out each day. You could try these with your class/friends or a trusted adult.

Why not see how many you can do? It's all about having fun and giving it a go!



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TOUCH YOUR TOES



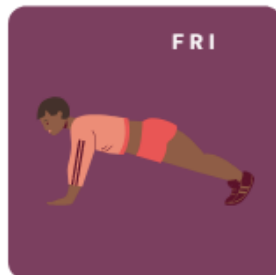
TUE
JUMP 10 TIMES



WED
DO THE TREE POSE



THUR
RUN ON THE SPOT



FRI
1-MINUTE PLANK