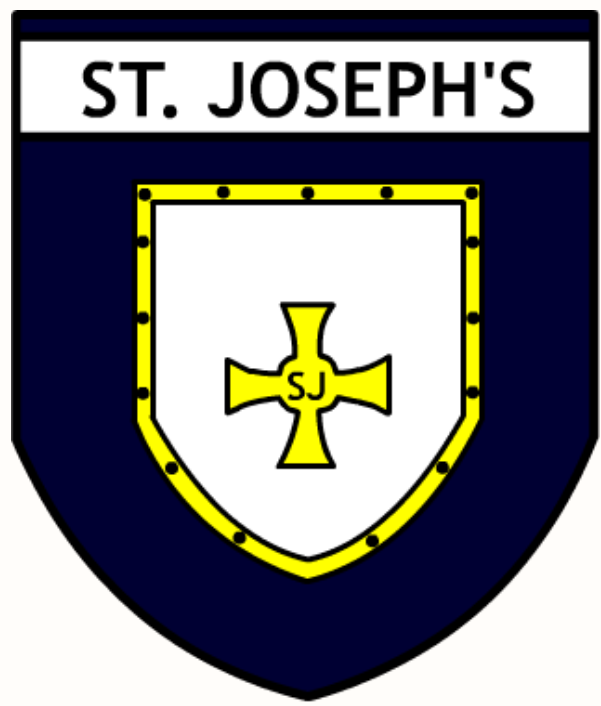




St Joseph's Catholic Primary School Newsletter



Newsletter 9

20.07.23

Dear Parents and Carers,

What a year it has been! A huge well done to all the children who have worked incredibly hard this year. We say goodbye to our wonderful Year 6 pupils who have shone, not only in their Key Stage 2 SATS, but in their end of year show, sporting achievements, school trips and assemblies. Importantly, they are leaving our school as independent, resilient and kind young people who know God's love. They are a talented and treasured group of children and we will miss them very much. We pray for Year 6 and their families as they take this next step in life and for all young people moving onto secondary school.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7

Thank you very much to my staff team for all their dedication and support. They are incredible and are certainly ready for a well-deserved rest. Thank you also to our governors, led by Mrs Hincks, for their continuing service to the school. We are really blessed at St Joseph's. We also say thank you and farewell to Mrs Loader - a member of our team who has been with us many years. I worked with Mrs Loader 20 years ago, in my first year of teaching! We wish her all the best for the future and thank her for all she has contributed to St Joseph's as a teacher, subject leader and colleague. We hope to see her next term as a supply teacher. Finally, thank you to all parents and carers for your support this year. We have a strong school community at St Joseph's and we value all that you do to contribute to this. Wishing you and your families a blessed, safe and enjoyable summer. God bless.

Elizabeth Rippon.

We are all God's children and will try to live, love, work and serve as Jesus taught us.

Wellbeing

As the summer holidays approach and the diary fills up with activities for the children, remember to also take some time as a family for self-care. A 'Wellbeing Box' can be your special toolkit full of items to help the whole family rest, relax and feel rejuvenated. You can pull out your self-care box when you're feeling stressed or need a pick-me-up. Read our instructions on how to make your own. Below (bottom) is also an exercise in the power of thankfulness. Draw pictures around the rainbow of the things and people in your life that make you happy.

Build Your Wellbeing Box



You will need:

- shoebox or cardboard box
- scissors
- decorating materials (such as wrapping paper, crepe paper, stickers, felt-tip pens or biodegradable glitter)
- white glue or sticky tape

Optional:

- photos of friends/family
- teddy or toy
- cards from friends/family
- notepad to journal or doodle
- other things that help you feel good to fit inside the box

Instructions:

1. Decorate your shoe box or cardboard box in any way you like using your chosen decorating materials and happy colours. Make sure you cover the lid separately so you can open and close the box.
2. Mindfully colour in and stick on your name (editable name colouring page included) to the front of your box. There are also some extra decorations you can cut out and stick onto your wellbeing box included in this resource.
3. Leave the glue to dry.
4. Fill your vibrant wellbeing box with things you have chosen that make you feel happy. Feel free to complete and include the 'Positive Affirmation Cards', 'I Am Happy When...' and 'How Can I Look After My Wellbeing?' activities in this resource.



Hot school meals

FORERUNNER

A reminder that from September our hot school meals will be supplied by Forerunner Catering in Bournemouth. It is important that you register as soon as possible with Forerunner so you will be able to order hot school meals for your child for September. You can register here: [Forerunner | Parent Portal \(myschoolmealorders.com\)](https://myschoolmealorders.com). Please see the ParentMail sent out with the Autumn Menu and 'how to' guide which explains how to register and book your child's meals.



Draw pictures around the rainbow of all the things and people in your life that make you really happy.

Summer Walking Activities



LIVINGSTREETS.ORG.UK/PRIMARY-SCHOOLS

Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign.

Living Streets (The Pedestrians' Association) is a Registered Charity No. 1108448 (England and Wales) and SC039808 (Scotland). Company Limited by Guarantee (England and Wales). Company Registration No. 5368409.

Another year of walking to school with WOW is coming to an end and we'd like to say a huge thank you to all the pupils, families and school staff who travelled actively throughout the year. We are delighted that St Joseph's came in 7th in the latest Summer Challenge for the BCP area. Well done to everyone for travelling actively this summer. If you would like to continue the good work through the summer, Living Streets have a 14-page booklet on their website full of activities which is available to download.

<https://www.livingstreets.org.uk/primary-schools>

WONDE Food Vouchers

If your child is pupil premium eligible, you will have received a WONDE food voucher this week by email. This voucher is to cover the six weeks summer holiday. If you aren't in receipt of pupil premium and are on benefits, it is worth applying through the BCP portal to see if you are eligible for support.

[How to apply for Free School Meals](#)

Atorro Sports

Atorro Sports is holding holiday courses throughout the summer. Visit their website to book a course. Click on the sport you would like to see the summer course dates.

<https://atorrosports.com/>

Help with food and fuel bills

If you are struggling with the cost of bills, Citizens Advice BCP are providing household grants to help with the costs of food and fuel bills. To be eligible:

- You must live in the BCP Council area You will be over the age of 16 and living independently of parents or carers
- You are struggling to pay for essentials because you don't have enough money to pay for them
- You can provide the required proof of your identity, BCP Council residency and household financial information, including a summary for every person in your household not in full-time education. You may also be required to provide proof of income, such as a recent bank statement.

First time applicants will be prioritised alongside their need of support and eligibility. Please be aware it may take 8 weeks for your application to be processed. When to apply; the fund will be open to applications on the following dates:

- Monday 17 July until Friday 11 August 2023
- Monday 16 October until Friday 10 November 2023
- Monday 15 January until Friday 9 February 2024.

Visit the Citizens Advice BCP website to find out more and apply.

Parent support sessions

Dorset Mental Health Support Team in Schools

Our Mission is to help children and young people achieve good mental well-being so that they can live life to the full

Parent/Carer Support Session

Topic: Supporting your child and young person back to school

Tuesday 22nd August 1pm - 4pm

Venue: Somerford Children Centre, Draper Road, Christchurch BH23 3AS

@DORSETMHST

Dorset HealthCare University NHS Foundation Trust

Dorset Mental Health Support Team in Schools

Our Mission is to help children and young people achieve good mental well-being so that they can live life to the full

Parent/Carer Support Session

Topic: Supporting your child and young person back to school

Weds 23rd August 10am - 12pm

Venue: 59 Stokewood Road, BH3 7ND (building behind the leisure centre)

@DORSETMHST

Dorset HealthCare University NHS Foundation Trust

Dorset Mental Health Support Team in Schools

Our Mission is to help children and young people achieve good mental well-being so that they can live life to the full

Parent/Carer Support Session

Topic: Supporting your child and young person back to school

Friday 25th August 9.30 - 12

Venue: Branksome Family hub, 350 Poole Road, BH12 1AW

@DORSETMHST

Dorset HealthCare University NHS Foundation Trust

Summer e-safety



As we head into the summer holidays, we may find our children are online more or having more screen time. Childnet have produced this blog, which includes how to help your child with managing their screen time: <https://www.childnet.com>

You may also be looking for activities to do with your child. Google and Parent Zone have produced some great resources that are free to download. They include a mix of online and offline activities. You can access all the resources here: <https://www.parents.parentzone.org.uk/download>

What is Virtual Reality

Did you know that many VR headsets have a minimum age rating of 13? Childnet have produced this article detailing what virtual reality is and the considerations that you should consider before using: <https://www.childnet.com/blog/virtual-reality-a-guide-for-parents-and-carers/>

As always, you can find parent e-safety newsletters on our website: www.stjosephs.dorset.sch.uk

Christchurch Sports Awards

At the beginning of July, students from schools around the area came together to celebrate their achievements in sport at the Christchurch Sports Awards, held at The Grange. We are delighted that six of our Year 6 pupils were nominated for an award thanks to their sporting achievements and leadership. They were excited to receive their awards at the prestigious event, meeting Gold medal winning paralympic champion, Aaron Phipps. Well done to our Year 6 award winners!



Important Dates and Inset Days



EVENT	DATE
INSET DAY	Fri 1st September
Autumn Term begins	Mon 4th September
Ducklings Home visits	Mon 4th - Wed 6th September
New Ducklings in school	Thurs 7th & Fri 8th September
Yr 3 & Yr 4 swimming lessons start	Mon 11th September
INSET DAY	Fri 6th October
Parents' Evenings	Tues 10th and Thurs 12th October
M&M Productions	Tues 10th October
Flu Immunisations	Wed 11th October
School Photos	Thurs 9th November
INSET DAY	Mon 27th November