

# St Osmund's Catholic Primary School Newsletter



Love for God ~ Love for Each Other ~ Love for Learning

## Special days ☺

We have had two fantastic events at St Osmund's this week. Firstly, on Wednesday, we enjoyed a languages day with special visitors from local secondary schools working alongside our super staff. Then on Thursday we enjoyed a very different day filled with reflection as the children joined with the community to journey the Stations of the Cross.

On Wednesday, the children from Reception all the way through to Year 6 took part in a Languages Day expertly organised by our very own Miss Ford! With a focus on French - the language we teach in Key Stage 2 at St Osmund's - the children went on a carousel of workshops and activities throughout the day, building their French language skills and learning about French culture. The feedback from the children was wonderful and the enthusiasm for the day a joy to see!

Well done Miss Ford for organising such a superb day!



Jesus carried his cross to Calvary Hill, where he was crucified. To help us remember this journey, this week, we prayed the Stations of the Cross. The stations mark the events that took place on Jesus' journey, and by stopping at each station, we reflect on what Jesus experienced. Each class contributed two stations and the event was opened to the whole school and parish community. It was a truly beautiful, moving day of spiritual reflection. And what a pleasure it was to see parents and parishioners taking the time to come into school and reflect with us.



## Running Late

If you are running late and your child's class have already gone in from the playground please escort your child to the school office and **sign them in**. It is very important that you do this so you and the school staff all know they have arrived safely. Please be reminded that the school day begins at 08.40am.

## Raring2Go!

The Spring edition of Raring2go magazine can be found by clicking on the link below. The magazine features great craft or activity ideas for Easter and interesting articles on reading and pets. It really is worth a read.  
[https://8bbal.r.ag.d.sendibm3.com/mk/cl/f/sh/SMK1E8tHeG13DjiRFz1bTTul4b6/V\\_PBxK0iRNWi](https://8bbal.r.ag.d.sendibm3.com/mk/cl/f/sh/SMK1E8tHeG13DjiRFz1bTTul4b6/V_PBxK0iRNWi)

## Easter Bonnet Parade

Easter is rapidly approaching with next week being the last week of term. We will be holding our very own Easter Bonnet Parade on Wednesday 27 March 2024. The weekend is the perfect time for your child to create an eggcellent Easter bonnet to bring to school on Wednesday and wear in the parade. Our PSA will also be running an Easter Egg hunt during the day.

## Easter Workshops

Create and Be Academy are running Easter workshops from Tuesday 2<sup>nd</sup> to Thursday 4<sup>th</sup> April 2024. The workshops will include 3D art, clay sculpturing, fun drawing techniques and games. There will also be an Easter egg hunt and hot chocolate. The fun begins at 10.15am and goes on until 3pm at Harnham Scout Hut for children aged 6 to 13. The cost is £40 per day or £100 for all 3. For more information or to book a place call 07855112669 or email

## Non-Uniform Day

Not only is Thursday 28 March 2024 the last day of Term 4 (1.30pm finish), it is also a non-school uniform day! Please bring a donation of chocolate for our PSA Chocolate Bingo event happening on 19 April 2024, in exchange for wearing your own clothes to school.

## Star of the Week Awards

**Rec:** Frieda and Manon  
**Year 1:** Dawid and Amelia  
**Year 2:** Georgia and Maymunah  
**Year 3:** Sebastian and Lizzie  
**Year 4:** Cody and Isabella  
**Year 5:** Antoni and Luca  
**Year 6:** Sofia H and Celin

Our  
weekly  
winners



# Dates for your diary...

[www.twitter.com  
@St\\_OsmundsCP](https://www.twitter.com/@St_OsmundsCP)

26.03.24 ~ LifeBase Visits (PSHE)  
27.03.24 ~ Easter Bonnet Competition  
28.03.24 ~ Non-Uniform Day ~ Chocolate Donations  
28.03.24 ~ Break up end of Term 4 ~ 1:30pm  
15.04.24 ~ School reopens start of Term 5  
17.04.24 ~ Whole School Easter Mass ~ St Osmund's Church ~ 2pm  
19.04.24 ~ Chocolate Bingo! Elizabeth Hall, doors open 5:30pm, eyes down at 6:30pm  
23.04.24 ~ Reception Class Mass ~ St Osmund's Church ~ 10am  
24.04.24 ~ Y4 Trip to Pizza Express  
30.04.24 ~ Y5 Class Mass ~ St Osmund's Church ~ 10am  
09.05.24 ~ Whole School Mass ~ Feast of the Ascension ~ St Osmund's Church ~ 10am  
13.05.24 ~ SATs Week, Year 6  
22.05.24 ~ Whole School Mass ~ Pentecost ~ St Osmund's Church ~ 2pm  
24.05.24 ~ Break up end of Term 5 ~ 3:15pm  
03.06.24 ~ School reopens start of Term 6  
04.06.24 ~ Y6 Class Mass ~ Church ~ 10am  
11.06.24 ~ Y3 Class Mass ~ Church ~ 10am  
18.06.24 ~ Y2 Class Mass ~ Church ~ 10am  
24.06.24 ~ Class Photographs  
05.07.24 ~ International Day!  
08-12.07.24 ~ Y6 Residential  
19.07.24 ~ Break up end of Term 6 ~ 1:30pm

**Term dates for 2024-25 are out and on the [school website](#).**

Mr R Sanderson  
Headteacher

Dear Jesus,

This week, we followed you and prayed with you as we went to the stations you visited on your final journey of love. You loved us so much that you gave up your life for us. Help us to give our love to others. We know that if we are kind to those around us, then we are being kind to you.

Amen

## Safeguarding Team

**If you have any concerns about a child's welfare or safety, please speak to a member of the school safeguarding team:**

Mr Sanderson – Designated Safeguarding Lead  
Mrs Chapman – Deputy Designated Safeguarding Lead  
Mrs Sambrook – Deputy Designated Safeguarding Lead  
Mrs Windsor – Deputy Designated Safeguarding Lead

## Safeguarding Matters

**Encouraging open conversation at home.**

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. See the guide on the next page for some handy tips.



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# 10 Top Tips for Parents and Educators

## ENCOURAGING OPEN CONVERSATIONS AT HOME

With tricky topics and occasional clashes of opinion, it can be challenging to maintain an environment where children feel able to talk candidly and honestly. However, encouraging such conversations helps to develop trust – making it easier to unpack even sensitive subjects as children get older. Here are our top tips for promoting open conversations at home.

### 1 CREATE A SAFE SPACE

Criticism, blaming or shaming can all prevent children from feeling emotionally safe – while showing affection, positive attention and an interest in what a child has to say builds their sense of security. These formative years are when children's opinions and values begin to take shape, so it's important to provide a non-judgmental environment in which to discuss them – especially if their opinions differ from your own.

### 2 CONSIDER OTHER OUTLETS

Some children may find it easier to talk while they're participating in another activity such as drawing, writing, walking or sport. If it's possible, taking part in these activities together presents you with an opportunity to communicate while doing something side by side. A child may feel less pressure that way and can be more inclined to open up of their own accord.

### 3 NORMALISE CHATS ABOUT FEELINGS

Incorporate mental health and emotional wellbeing into everyday conversations, using age-appropriate language and examples to help children understand their emotions. Ask questions like "How are you feeling today?", "What was the best and worst part of your day?", "If you could start today again, what would you do differently?" and "Is there anything you want to talk about?"

### 4 LISTEN ACTIVELY

When children express themselves, make it obvious that you're listening closely and giving them your full attention. Maintain eye contact and validate their feelings without immediately trying to solve the problem. It's not helpful to dismiss their issues as childish or 'teenage angst' – or to assume that they'll simply 'get over' whatever they're feeling. Children don't have your life experience; their resilience is still developing as they learn to push through difficulties and handle problems.

### 5 ASK OPEN QUESTIONS

Encourage children to share their thoughts by asking open questions about their feelings and experiences. Closed questions (such as "Did you enjoy school today?") are more likely to elicit a simple "yes" or "no" response. Instead, you could ask things like "Who did you spend time with at break?" or "Who did you sit with at lunchtime?"

### 6 RESPECT THEIR BOUNDARIES

If a child isn't ready to talk to about something yet, respect their boundaries: this reinforces that their feelings are important and worthy of consideration. Ideally, you're aiming to let them know you care without smothering them, so just make it clear that you're there for them whenever they're ready to chat. Gentle, regular check-ins can sometimes be the best form of progress.

### 7 LEAD BY EXAMPLE

Model open, honest and healthy communication in front of children and young people. Try to demonstrate kindness when talking about others and yourself, because if children hear adults being overly harsh, critical or judgmental, or see them having unrealistic expectations of themselves, it makes them more likely to adopt and repeat this behaviour themselves as they grow.

### 8 HAVE REGULAR CHECK-INS

Check in with children periodically to discuss how they're feeling and what's going on in their lives. This could be a weekly or monthly conversation, where the child has an opportunity to share whatever's on their mind. For parents and carers, getting away from the house and other distractions might be productive here: you could consider regular trips to a coffee shop or a café, or just a weekly walk.

### 9 PROVIDE RESOURCES

It's often beneficial to let children know about other support that's available to them if they're struggling to talk to you specifically. Encourage them to talk to school counsellors, trusted adults or even a therapist, if necessary – while normalising this route and dispelling the harmful stigma around asking for help. Older children could engage with resources such as Kooth or YoungMinds.

### 10 CELEBRATE EMOTIONAL EXPRESSION

It's beneficial to praise children for expressing their feelings honestly – emphasising how important it is to talk about their emotions and how proud you are of them for doing so. This can be especially pivotal for boys, who often experience more of a stigma around talking frankly about their feelings and their mental health – a barrier that can be overcome, with enough love and support.

### Meet Our Expert

With 30 years' experience as a teacher, trainer, consultant and interim executive board member, Anna Bateman has a superb understanding of what works in pedagogy, school improvement and leadership. She has also advised the Department for Education on their mental health green paper.



#WakeUpWednesday

The National College