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|  | <h1>I am a Disciple for you Jesus</h1> |  |
| <p> <i>Staff member: Mr Henwey</i> <i>Year 1: Cameron & Eunice</i> <i>Year 2: Daniel & Ricco</i> <i>Reception: Oscar & Marlo</i> </p> | <div data-bbox="175 134 1396 398" style="border: 1px solid blue; border-radius: 15px; padding: 10px; text-align: center;"> <p>Holy Souls Catholic Primary School</p> <p>Mallard Close, Acocks Green, Birmingham B27 6BN</p> <p>Head Teacher: Mrs R A Girling</p> <p>Autumn Term 2022 Friday 4th November 2022 Newsletter 7</p> <p>Web-site: www.holysoulbham.school Email - enquiry@holysoulbham.school Twitter -  @SoulsSchool</p> </div> <div data-bbox="175 414 1396 1892" style="border: 1px solid blue; border-radius: 15px; padding: 20px;"> <p>Dear Parents, carers and children,</p> <p>I hope you had an enjoyable half term break. The children have returned full of enthusiasm and it has been a hard working enjoyable week here in school.</p> <p>This month we remember those who have gone before us. This is especially important as our school is named after the Parish Patron - The Holy Souls. We will be remembering those who are resting in eternal peace and have opportunities planned for time of prayer and reflection.</p> <div data-bbox="523 907 1066 1310" style="text-align: center;">  <p>Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.</p> </div> <p>Our thanks to Canon Jonathan for a beautiful mass on Tuesday for the Solemnity of All Saints - the Feast of the Saints of every time and place who see God face to face in the joy of heaven. Our children were like the great saints of the Church who adored Christ in the Mass and the Holy Eucharist as we fulfilled our obligation to attend this feast day Mass. The children were extremely reverend and read and sang superbly.</p> <p>Have a lovely weekend and please stay safe.</p> <p>God bless</p> <p>Mrs R A Girling</p> </div> | <p> <i>Year 3: Mayah & Ainy</i> <i>Year 4: Elise & April</i> <i>Year 5: Justin & Leyla</i> <i>Year 6: Jolie & Joy</i> </p> |
|  | <h2>To bring good news, to shine for you.</h2> |  |

Sacred Heart and Holy Souls Church - PLEASE CHECK THE BULLETIN ON THE WEBSITE

MASS TIMES - Vigil Mass Saturday 5:00pm Sunday Masses 8:30am, 10:00am and 12:00pm.

Gifts from God Celebration Assembly

| | | | |
|-----|-----------------|-----|--------------------|
| RTA | Theo & Abram | 3W | Caitlin & Caragh |
| RTR | Jayden & Ariana | 4PW | Isobelle & Billy |
| IG | Maison & Daniel | 4C | Archie & Ellie-Mai |
| IKJ | Iga & Samuel | 5F | Max & Enya |
| 2WM | Ryon & Bill | 5SM | Maya & Jordan |
| 2K | Anna & Hargun | 6F | Oscar & Tigan |
| 3M | Ethan & Ilaria | 6M | Ethan & Bianca |

Leaders for Learning don't forget to collect your pencil from Mrs Girling!

HAPPY GOLDEN TIME EVERYONE!

Sports Stars of the Week

Reception - Samuel
 KS1 - Evelyn
 KS2 - Harrison



| | | | |
|-----|---------|-----|---------|
| RTA | Jacob | 3W | Igor |
| RTR | Carrera | 4PW | Sania |
| IG | Keeva | 4C | Casper |
| IKJ | Freya | 5F | Oscar |
| 2WM | Jeffrey | 5SM | Avayah |
| 2K | Nolan | 6F | Allanah |
| 3M | Hollie | 6M | Eoin |

Thank you for hearing your child read and completing your child's Reading Record every evening.

Attendance Matters



OVERALL ATTENDANCE - 92%

| CLASS | % | CLASS | % |
|-------|-----|-------|-----|
| RTA | 96% | 3W | 88% |
| RTR | 93% | 4C | 93% |
| IG | 86% | 4PW | 87% |
| IKJ | 95% | 5F | 91% |
| 2K | 94% | 5SM | 91% |
| 2WM | 92% | 6F | 93% |
| 3M | 90% | 6M | 98% |

This week's winners are 6M enjoy your extra PE time with Coach Dylan

IMPROVING YOUR CHILD'S ATTENDANCE

A reminder that Mr Mills is now our Attendance Officer supported by Mrs Kielstra as Attendance Champion. They will be closely monitoring attendance in school and will be providing support for families where attendance is proving to be a challenge.

As we have already shared, absence means many missed opportunities. This also includes:

Opportunities to play, build friendships and relationships with school staff.

They may miss out on special things like trips or experience sessions which can make them feel like they're missing out, especially as children like to discuss these things during their social play times.

ATTENDANCE MATTERS EACH DAY REALLY COUNTS

This week in school ...

- Years 4, 5 and 6 attended Parish Mass in church for All Saints day and the rest of school enjoyed watching mass virtually.
- We enjoyed our Gospel Assembly with Mrs Girling.
- We enjoyed Y4 and 5 Friday early morning Basketball Club.
- Miss Finnegan led Y5/6 after school Netball Club.
- We enjoyed JDC Dance club.
- We enjoyed the return of Kick Boxing Club.
- Our girls enjoyed Friday after school Football Club with Mrs McLoughlin and Miss Myatt.
- Miss Wood led training for the teachers about Science in readiness for our exciting Science day next week.
- Mrs Wade attended EYFS training.
- Some of our Key Stage 2 children began Altar Server training in church. We are delighted to have this opportunity to serve in our church again!
- Some of our pupils who attend Basketball Club represented school in a Basketball tournament at Nechells Wellbeing centre. We are delighted to tell you that our players won their group. Thank you to Miss Finnegan and Mr Henvey for taking them to this exciting event!



Extra-Curricular Clubs

We are blessed to have so many staff who give freely of their time. Morning Clubs are greeted by a staff member from Gate A at 8am. After school clubs are dismissed from Gate C. Please do not park outside of school as it is unsafe. Pupils must be handed over to an adult at the gate. Thank you for your cooperation.

Are you interested in becoming a Parent Governor?

If the answer is yes, please contact Miss Reynolds who will be happy to make an appointment for you to see Mrs Girling.



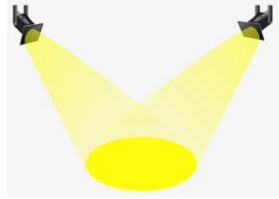
Many congratulations to Miss Byrne who married during half term.

We wish the new Mr and Mrs Curran a lifetime of love and happiness.

Poppies

We have these on sale in school. Please pop into the office if you would like to purchase one.





SPOTLIGHT ON SAFEGUARDING

Now that the clocks have gone back and the nights and mornings are darker we often feel more tired so it is important that we encourage good sleep routines for our children.

We know that getting a good nights sleep is very important. Studies have shown that children who regularly get an adequate amount of sleep have **improved attention, behaviour, learning, memory, and overall mental and physical health**. Not getting enough sleep can lead to high blood pressure, obesity and even depression

Between academic, social, and extracurricular activities, school-age children often have busy schedules that can make it difficult to get a good night's sleep. Wherever possible, try to follow a consistent schedule and a wind-down period before bed. To strengthen the association between the bedroom and sleep, have them do homework or other activities in another room where possible.

The National Sleep Helpline 03303 530 541

The National Sleep Helpline helps anyone with sleep issues including adults, parents and young people. The helpline is available from 7pm and 9pm, Sunday to Thursday on 03303 530 541.

Poor sleep can affect anyone and it can be a major stress for parents whose own sleep can be impaired by their children's difficulties getting to sleep, staying asleep or staying in their own bed, leading to greater stress.

Having a sleep issue is surprisingly common. At any given time this affects up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis). These problems are typically persistent and do not resolve themselves without intervention.

Families often don't know where to seek help and yet issues can often be nipped in the bud with basic and accessible interventions.