



# Matthew's C.E (Aided) Primary School and Nursery Centre



*'I can do all things because Christ gives me strength' Philippians 4:13*

## Friday Feature: 19th January 2024

This half-term we are focusing on the Christian Value of Courage

"Courage is not the absence of fear, but the willingness to overcome that fear." Nelson Mandela



Dear Parents and Carers,

This week two KS 2 classes have had wonderful history experiences. Mrs Wyre's class have worked on Ancient Greece and Mrs Barfield's class have worked on the Vikings. The experiences have really brought the time periods to life. Please see the last page of the Friday Feature for photos.

### Mental Health and Well-Being

This week we have held worships on Mental Health and Well-being for KS 2 and KS 1. Thomas Howell, Mental Health Practitioner, comes into school every week to work with staff and children and this week he led a session with Miss Hawthorne's class on 'What is Mental Health?' and feelings.

Next week Tom will be leading a workshop for parents on Thursday 25<sup>th</sup> January at 2.15pm when he will be delivering a session.



### 'What is positive mental health and wellbeing for our children?' Parent Workshop

We are lucky enough to have Thomas Howell, mental health practitioner, working in our school on Thursdays to enhance the support we offer to our children and their families around positive mental health and wellbeing. Poor or low mental health can present itself in many forms and can be confusing to understand and difficult to support. Tom will be offering parent's the chance to come into school on **Thursday 25<sup>th</sup> January at 2.15pm** when he will be delivering a session **'What is positive mental health and wellbeing for our children?'** This will be an informative session and an opportunity to meet Tom, Mrs Wilson (Deputy headteacher/Mental health lead) and Mrs Cadman (pastoral manager).

This initial session will allow parents to express areas that they feel they need support with for ongoing future events. If you are interested in attending this session, please contact the school and secure a place as places are limited

## Weekly prayer



Dear Father in Heaven

Thank you for caring for us and our families.

We give thanks for the beautiful world you created and ask that you give us the strength and means to look after it.

We pray that this world can become a peaceful and loving place for us to live safely.

We ask all this in your name.

Amen

## Well Done

Well Done to Indie who came 1st in his Fight Night competition at karate.



## Measles

Cases of measles are increasing in the UK, including in the West Midlands, and it's likely that there will be cases in Telford in the near future.

Measles is a viral illness that can be serious and sometimes fatal. Spending 15 minutes with someone with measles is enough to get the virus. Symptoms of measles include high fever, runny nose, cough, red and watery eyes, small red spots with a bluish-white centre inside the mouth. A rash can appear later, usually on the face, upper neck, hands and feet, fading after 5 to 6 days. If you've not been vaccinated against measles you can be at risk, but it's most common in young children. Someone with measles can spread the virus up to 4 days before a rash appears, and up to 4 days after.

Measles can have serious and sometimes fatal consequences, so make sure you and your children are up to date with MMR vaccinations, and ask your GP about catch-up jabs if needed. The MMR vaccine is highly effective at protecting against measles.

If you are unsure if your child is up to date with all their routine vaccinations you can check their Red Book (personal child health record) in the first instance. If you are still not sure, or if you need to bring your child up to date with their vaccines, you should contact their GP practice to check and book an appointment.

If you are concerned that your child has measles, please call your GP in the first instance, to reduce the risk of passing the disease to others in the waiting room. More information on measles can be found at [Measles - NHS \(www.nhs.uk\)](http://www.nhs.uk) and information on the MMR vaccine can be found [MMR \(measles, mumps and rubella\) vaccine - NHS \(www.nhs.uk\)](http://www.nhs.uk)



## Pupils of the Week and Readers of the Week

		Readers
Reception :St Francis	Sienna and Nina	Ethan
R/1: St Teresa	Iziah and Layla	Luca
1/2: St Nicholas	Harrison and Elijah	Arthur
2: St Joseph	Shyla and Ffion	Arabella
3: St Cecilia	Demi and Jiselle	Isaac
3/4: St Sophia	Affino and Logan	Bonnie
4/5: St Kateri	Charlie J and Hamina	Kaella
5/6: St Thomas	Lexie and Emelie	Jethro
6: St Padre	Chidera and Nches	Max

## Future dates/events

25 January	SEN coffee afternoon for parents
12 to 16 February	Half Term
25 March to 5 April	Easter holidays
29 and 30 April	Year 2 to Kingswood
6 May	Bank Holiday
22 to 24 May	Year 6 to Arthog
27 to 31 May	Half term
3 June	PD Day
19 July	Break up for summer

## Commando Joes PE Days

Monday	Perseverance	Jasper
Tuesday	Compassion	Rayan
Wednesday	Trust	Georgia
Thursday	Respect	Leo
Friday	Justice	Kaiden

## Minecraft Legends of the Week

Seb, Riley and Akifa

## Humph's Histories—Vikings

"I really liked it when Steve told us about the Vikings and the Saxons. I liked it when we did the fun activities like when we made the shields and the shield formation. We learnt Viking language like "pokk" means thank you. Steve is funny and friendly."

"I really liked it when Steve gave me a Viking helmet and I really want Steve to come back. Also I liked the javelin because we got points from that. I really liked tug of war".



## Humph's Histories—The Greeks

"We were incredibly lucky today to have taken part in a workshop all about ancient Greece with Steve Humpherson.

We began by looking at a timeline to remind ourselves of where ancient Greece sits within events of history. Then we looked at the city states of ancient Greece. The Athenians and the Spartans were the main city states that would fight regularly.

Steve told us about the ships that the ancient Greeks would travel in and how there would be large blue and white eye painted on the front of it. This would be to warn their enemies that God was on their side and that they would win a battle if there was one. We had the best day and learnt so much about this period in history!!"

