

St Francis Catholic Primary School Morley



Friday 26th April 2024

Summer Term 1, week 2
Virtue: Perseverance & Resilience

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Weekly News

Headteacher's Welcome

We have a week of celebration this week from remembering St George our English patron saint to thanking God for our gifts during our Gardening guru assembly, which was just wonderful to see how much our gardening club have done for our School. Thank you to Mrs Jennings and our gardening guru's for all their hard work and dedication to our School grounds.

Today we welcomed our Governors into School for a Governance day, where our governors met with staff and children. It was a busy day but a productive and positive one. As always your children shined with their knowledge of the curriculum and their wider school involvement! Thank you to our staff and governors for dedicating their time to our school tirelessly.

I wrote in last weeks calendar of Road safety workshops taking place this week, however our provider needed to reschedule these to later in the year due to their staffing. Apologies to your children for this but we have a new date booked in for our sessions.

Just a reminder that it is bank holiday weekend next weekend, so school is closed on Monday 6th May. There is also no Holy Communion classes on Friday 3rd May or Saturday 4th May due to this.

Good luck to our Year 4 children on Monday for the Leeds Skipping finals!

Wishing you all a wonderful weekend.

See you on Monday!
Mrs Gibbons

Nursery places available September 2024

In September we will have some places available in our school nursery. If your child will be three in 2024 or 2025 make sure you have filled out an application form to reserve a place for your child. Application forms are available from the school office. We offer 30-hour places as well as 15-hour part-time places. Nursery children can also have access to our Before and After School club provision (7:45am - 6pm).



TT Rockstars competition!



It is that mathematical challenge time again! This time Mrs Pearson has set a school wide challenge on TT Rockstars! Starting on Monday 29th at 9am and finishing on Friday 3rd at 3.30pm. Calculation game play is between 7am and 7pm each day. Good luck children! We will hopefully announce the winner in assembly next Friday!

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Dates for your diary:

PTA - bring gift donation	This week
Pantomime for the whole school	29th April
Y4 skipping finals	29th April
Y4 Morley schools Timetables elimination	30th April
Y5 Maths city trip	1st May
Celebration assembly - 3pm, all welcome	3rd May
No Holy Communion classes	3rd / 4th May
Bank Holiday - School closed	6th May
PTA - bottle donation	6th May
Celebration assembly - 3pm, all welcome	10th May
Y6 SATs week	13 - 17th May

PSHE update...healthy body, healthy mind

What Parents & Educators Need to Know about ENERGY DRINKS

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbance. Statistics underline these products' popularity among young people - many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

WHAT ARE THE RISKS?

HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine. When mixed with alcohol, this can lead to a 'cocktail' effect, increasing the risk of dehydration, high blood pressure, anxiety, insomnia, and heart palpitations. In extreme cases, it can even lead to heart failure.

INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and other stimulants found in energy drinks may put some children at risk of heart problems. Potentially, this could lead to irregular heart rhythms, palpitations, and even heart failure. Especially in individuals who have pre-existing heart conditions, the risk is even higher.

IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can lead to increased anxiety, irritability, and mood swings. In some cases, it can even lead to panic attacks and other mental health issues.

DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can lead to disrupted sleep patterns. This can affect the child's ability to focus in school and their overall health.

LINKS TO SUBSTANCE ABUSE

Recent research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young people. This could be due to the stimulant effects of the drinks, which may lead to a desire for more stimulation.

POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to a dependency on the caffeine and sugar. This can result in withdrawal symptoms when the child stops drinking them, such as headaches, fatigue, and irritability.

Advice for Parents & Educators

LIMIT CONSUMPTION

It's vital to educate young people about the potential risks related to energy drinks, encouraging them to limit their intake. Parents and educators should monitor their consumption and encourage them to opt for water instead.

PROMOTE HEALTHIER HABITS

It's important to help children find alternative ways to boost their energy, such as regular exercise, a healthy diet, and adequate sleep. Encourage them to engage in activities that promote a healthy lifestyle.

MEET OUR EXPERT

Dr. James D. Smith, Headmaster of The National College, shares his insights on the importance of educating young people about the risks of energy drinks and promoting healthier habits.

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity Young Minds estimates that a staggering 87% of pupils suffer from exam stress - highlighting the urgent need to minimise its impact on children's health and happiness.

- PRACTISE WORKLOAD WISDOM**
The build-up to exam season is a time when children are often overwhelmed by the amount of work they have to do. It's important to encourage them to prioritise their work and to take regular breaks to rest and recharge.
- ADVISE CLEARING THE CLUTTER**
A cluttered desk can be a distraction and can make it difficult for children to focus on their work. Encourage them to keep their desk tidy and to only have the materials they need for their current task.
- MASTER THE MATERIALS TOGETHER**
Children often feel nervous about exams, but this can be helped by encouraging them to study together. This can help them to feel more confident and to have someone to turn to if they need help.
- RECOMMEND CREATIVE NOTE-TAKING**
Writing out notes in full can be a time-consuming task. Encourage children to use creative note-taking techniques, such as mind maps and diagrams, to help them to remember key information.
- USE VISUAL AIDS AND MNEMONICS**
Encourage the use of visual aids and mnemonics to help children to remember key information. This can be done by creating flashcards or using diagrams to illustrate key concepts.
- GATHER A 'TECH TOOLKIT'**
Technology can be a huge help when it comes to managing exam stress. Encourage children to use apps and websites that can help them to stay organised and to manage their time effectively.
- KEEP IT FUN**
It's important to keep things light and fun when it comes to managing exam stress. Encourage children to take regular breaks and to engage in activities that they enjoy.
- SUGGEST ACTIVE REVISION STRATEGIES**
Active revision strategies can be a great way to help children to remember key information. Encourage them to use techniques such as the 'Pomodoro' technique, which involves studying for short periods of time followed by short breaks.
- ENCOURAGE A POSITIVE MINDSET**
It's important to encourage children to have a positive mindset when it comes to exams. Encourage them to focus on their strengths and to believe in their ability to succeed.
- HELP THEM TO SEIZE THE DAY**
Encourage children to make the most of their time and to not waste any opportunities. Encourage them to stay positive and to keep their spirits high.

Meet Our Expert

Maria Ahmed designs and delivers the UK's only specialist postgraduate mental health programme for teachers. She is a qualified teacher and has worked in the field of mental health for over 10 years. She is also a qualified counsellor and has worked with children and young people with mental health problems.

PTA updates...

Only one week left of our penny war in school! Children can add their coins to the jars before or after school, at breaktime or lunchtime! Year 1 are still in the lead at the moment! Don't forget the silver coins can be added to another class jar as it will reduce that classes total!

Every couple of weeks in the build up to the return of our Summer Fayre, there will be a donation plea for items such as chocolate, bottles, toys and so on. Any donations are greatly appreciated and can be placed into the boxes at class doors or in the main office. Here are the key dates:

22nd April - Donations of gifts - boxes are ready in classes for your donations!

6th May - Donations of bottles

20th May - Donations of toys

3rd June - Donations of chocolate bars

17th June - Donations of cakes

Our next PTA meeting will be on 1st May, 6:10pm in School. The meeting will focus on all things 'summer fayre', we hope that you can join us!

1, 2, 3, 4 WE DECLARE A PENNY WAR

EACH CLASS HAS ITS OWN JAR FOR COLLECTING COINS.

GAIN POINTS - by adding 1p and 2p coins to your class jar.

LOWER other class totals by adding silver coins to their jars!

Copper coins ADD to the class total

Silver coins SUBTRACT from the class total

WORK TOGETHER TO WIN YOUR CLASS A PRIZE.

Jars are located in the school hall.

Monday 15th April to Friday 3rd May

Lower Key Stage 2



In Year 3, we have enjoyed exploring volume and capacity in maths. The children also penned and performed their own Question and Answer poems which were super original and witty!



This week in Year 4, we have had a busy week. We have enjoyed learning a new song on the recorder with Mrs O'Leary, filming each other for our Dinosaurs unit in computing, all whilst practising for our skipping competition on Monday!

Upper Key Stage 2

In Year 5, in Science this week, we dissected flowers in order to explore the different parts. We also researched these parts to find out what their functions and purposes were.



In Year 6, we have started our new computing unit, Online Dilemmas.

Academic Calendar 2023-24

School closed - May Monday 6th May

End of half term Friday 24th May

Start of Summer 2 Monday 3rd June

End of Academic year Friday 19th July

Inset days— School closed 22nd & 23rd July

Academic Calendar 2024-25

Inset day - School closed Monday 2nd September

Start of Summer 1 Tuesday 3rd September

End of half term Thursday 24th October

Inset day - School closed Friday 25th October

School dinner menu - Summer Term

Dinner menus are based on a 3-week cycle. Next week's menu (week 3) is listed below. If your child is in Nursery dinner costs £2.20 per day or if they are in Key Stage 2 (Years 3-6) dinners

YOUR MENU

Morley St Francis Primary School

Week 3

W/C 04/03/24 - 25/03/24 -
29/04/24 - 20/05/24 -
17/06/24 - 08/07/24

MONDAY

- French Bread Pizza (v)
Jacket Wedges
- Vegetarian Grill (v)
Jacket Wedges
- Wholemeal Tuna Sandwich
Jacket Wedges
- Jacket Potato
Cheese (v)
- Caramel Apple Cake and
Custard

Tuesday

- Chicken Curry
Rice
- Cheesy Tomato Pasta (v)
- Ham Wrap
Pasta Salad
- Jacket Potato with Baked
Beans (v)
- Vanilla Ice Cream with
Mandarin Oranges

Wednesday

- Beef Lasagne
- Cheese Omelette (v)
New Potatoes
- Wholemeal Cheese
Sandwich (v)
New Potatoes
- Jacket Potato
Tuna Mayonnaise
- Flapjack with Fresh Fruit
Wedges

THURSDAY

- Pork Sausage
Yorkshire Pudding
Mashed and Roast Potatoes
- Vegetarian Sausage (v)
Yorkshire Pudding
Mashed and Roast Potatoes
- Hot Roast filled Baguette
with Roast Potatoes
- Chocolate Sponge

FRIDAY

- Fish Fingers
Chips
- Vegetarian Pasta Bake(v)
- Tuna Bap with Chips
- Jacket Potato
Baked Beans (v)
- Golden Crunch Cookie with
Fresh Fruit Wedges

AVAILABLE DAILY

YOGHURTS AND Fresh Fruit

RED TRACTOR STANDARDS

Leeds CITY COUNCIL

Menus are subject to availability

(v) = vegetarian
(ve) = vegan

Please note, whilst we make every effort to prevent cross contamination in our kitchens, we cannot guarantee that any food item is free from any specific allergen. We produce our food, fresh every day in kitchens where allergens are handled by our staff and where utensils and equipment are used for multiple menu items.

Safeguarding

If you ever feel any child is at risk, please contact our Child Protection team:

Mrs Gibbons
Headteacher & SENDCO

Miss Grayston
Assistant Headteacher

Mrs Harrison
HLTA / Learning mentor

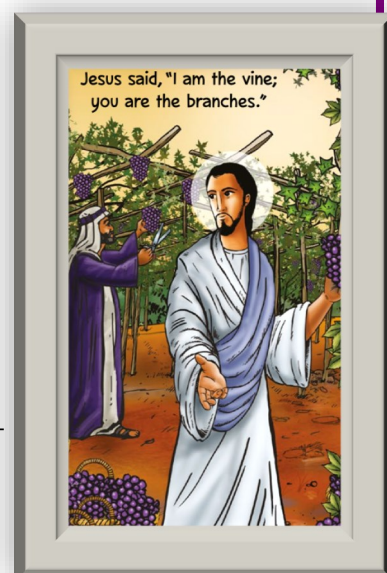
Mrs Walker
Chair of Governors

Or ring Duty and Advice on: 0113376 0336

5th Sunday of Easter

All parents want to help their children to grow into the best people that they can be. Growing in goodness is for parents and children alike. In this Sunday's Gospel, Jesus uses an image that would have been familiar to people of his time and he reminds us that we all depend on God for life. We all make mistakes, but God is loving and patient and gives us time to grow into the people we were created to be. God loves us, and wants us to live and grow in him – just like a branch grows on a vine – to be full of God's own energy. Keeping lively contact with Jesus helps us to grow in goodness and to live fruitful family lives, filled with peace, kindness and love.

Lord Jesus, thank you for the people who help us grow in your love and please help us to keep growing in goodness. Amen.



Saturday evening Mass time: 6:30pm
Sunday Mass times 10am
Weekday service times: Monday 9am,
Tuesday - Friday 10am