



St Hugh of Lincoln
Catholic Primary School
In faith and love, we learn and grow



Newsletter 1 July 2022

Dear parents and carers,

Sports Day

It was wonderful to be able to welcome parents back onto our school field for Sports Day this week. Monday saw our Reception and KS1 children competing followed by KS2 on Thursday. The children enjoyed taking part in a variety of races including sprints and relays demonstrating talent and sportsmanship in equal measure. The races provided a thrilling spectacle thanks to our wonderful coaches who organised the events. Our thanks go to Mr Trussler, Mr Hanger and Mr Fenton for their impeccable organisational skills and hard work in making this happen for the children. Well done to all our children too because you are all sporting superstars.

The winning houses were:

YR and KS1: Jerusalem

KS2: Jerusalem and Bethlehem

Overall School Winners: Jerusalem











Tennis Skills

On Wednesday, 8 children from year 3 and 4 represented our school at the Surrey School Games Tennis Skills Festival. This was an introductory festival, which focused on the fundamentals within tennis through skill stations and relays. A big thank you to Mrs Fazzone who attended the festival with the children and to Mr Davey who drove the children to the event.



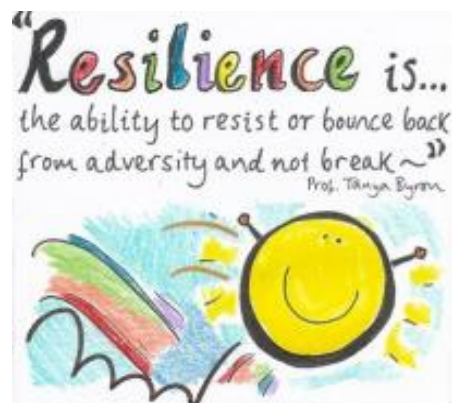
District Sports

Wednesday saw some children from years 3 and 4 participate in District Sports. The children were wonderful ambassadors for the school and put in some excellent performances.



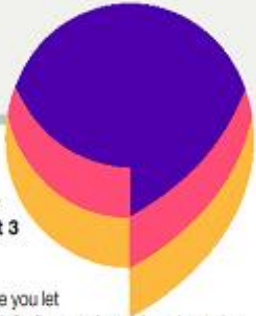
Well Being at St Hugh of Lincoln Catholic Primary School.

Resilience is a key factor in promoting and protecting good mental health. While we can't always predict what life throws at us, the good news is there are a range of different skills, resources and strategies that can help us cope. In Friday's Collective Worship, the children discussed the importance of resilience. Why not look at the resilience resources on our website to help to discuss this theme further at home?



If your child is feeling anxious about coming to school after the weekend, having a plan may help, as children often feel safer when they know what is going to happen and feel in control. Ali Damario, our MAT Educational Psychologist, has suggested these ideas:


Sunday evening plan



- Soothe** – do some calming activities and make the last things at night soothing – gentle music, story for younger ones, soft lighting, **talk about 3 good things before bed.**
- Understand** – make sure you let them know that you do understand their feelings and you do not negate or dismiss them - you understand how hard it is but it will get better in time! **Develop your script for this if appropriate.**
- Neutralise** – record any worries in a worry book and then talk through each one helping the child to see a solution where they are catastrophising and **show them the evidence against any irrational thoughts thinking patterns.**
- Decide** – on a plan of action and go through it step by step – this is what we will do tomorrow. Work out the schedule and ensure that everything is ready – book, bag, PE kit *etc* and laid out for the next morning. **Make the plan visual if needed.**
- Attend** – be vigilant to the child's emotional state and give more time if they need it so that they feel nurtured and safe. **Give reassurance and a transitional object for younger children.**
- Yourself** – look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and take time out after the bedtime routine for you to build up your own resources and **remember that it is ok to feel worried but don't let it overwhelm you.**

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Monday morning plan



- Manage** – manage yourself
FIRST! This is not selfish. This is not selfish. You cannot support a child or young person who is unregulated and stressed if you are too. Take time to sort your own needs and then manage your emotional state by using your usual stress management tools e.g. **grounding time alone Mindfulness etc.**
- Organise** – get everything ready (by getting up earlier) so the bags are in the hallway, the breakfast is set up and you own things for work/whatever you need are all organised. **This means that you can attend to the child and do so in a regulated manner.**
- Neutralise** – spend some time with your child taking through any worries and again **helping them to see a solution where they are catastrophising** and show them the evidence against any **irrational thoughts thinking patterns.**
- Decide** – this is the plan – make it clear to them that you have a plan to get to school, how you will get here, what music you might listen to **in the car stories you might tell to each other on the bus as you walk who else might be with you etc** so that it all becomes clear and they feel prepared for each step.
- Accept** – accept the child's emotional state and give them reassurance that you love and care for them so that they feel nurtured and safe. Give reassurance and a transitional object for younger children. **It is okay to feel anxious, but we all need to manage it and I will help you. I am with you and will stay with you while you need me.**
- Yourself - again** look after yourself and make sure that you are regulated and feel calm yourself. Engage in some relaxation and remember that it is ok to feel worried but don't let it overwhelm you. **keep using the script – If I stay calm, I will make him/her feel safe.**

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Please contact our Mental Health Leads Mrs Pickard and Mrs Lewis (Miss Lyde) for Mental Health advice and support.

Science in Year 1

Our topic this half term is all about identifying materials. This week, all the children were given samples of different liquids, which they sorted into two groups using their own criteria. The children then paired the liquids according to how runny they were and learnt that some liquids sit in layers when added together. They made predictions on which liquids would mix and then tested their predictions.



English in Year 4

We are enjoying our book *Kensuke's Kingdom* in English. This week we have become reporters and will be writing an article about the message in the bottle that has suddenly washed up on a beach. One of our first jobs as a reporter was to interview the people who had found the bottle and prepare a quote for our newspaper.



Safeguarding contact reminder

We seek to provide a safe and happy environment for all children. This means that we have a Child Protection and Safeguarding Policy and procedures in place. If you are concerned about a child's welfare, please record your concern, and any observations or conversation heard, and report to Mrs Grace, Mrs Harper, Mrs Pickard or dsl@sthugh-of-lincoln.surrey.sch.uk as soon as possible the same day.

INSET day 4th July

A quick reminder that the school will be closed for an INSET day on 4th July. Our sports coaches will be running a Multi-Sports camp that day. Here is the booking link for you:
<https://bookwhen.com/planetsoccercamps#focus=ev-sg02-20220704083000>

Summer Fair

Thank you to everyone involved in the Summer Fair last weekend. It was a really successful event and thoroughly enjoyed by all who attended.

God bless and have a wonderful weekend everyone,

Mrs Harper