



More News 1st March 2024

[St Thomas More Catholic Primary School Newsletter](#)



## Reconciliation

Please keep the Year 3 children in your prayers as they prepare to receive the Sacrament of Reconciliation tomorrow. The Year 3 children will attend Mass in the church at 9.15am and then will receive the sacrament in a service that will begin at 10am. The service will conclude with all those who have received the Sacrament of Reconciliation for the first time and their families praying together once all children have made their confession.

Fr Simon came into school this week to explain the sacrament and answer any questions.



## Stations of the Cross

As we begin our Lenten journey this year, we look forward to Year 4's Stations of the Cross Collective Worship. This year, the Stations of the Cross will be held in the church on Thursday 21st March at 1.45pm. Parents and carers are welcome and we look forward to welcoming parishioners as well.

## Spotlight on STM - Reception Family Reading Time

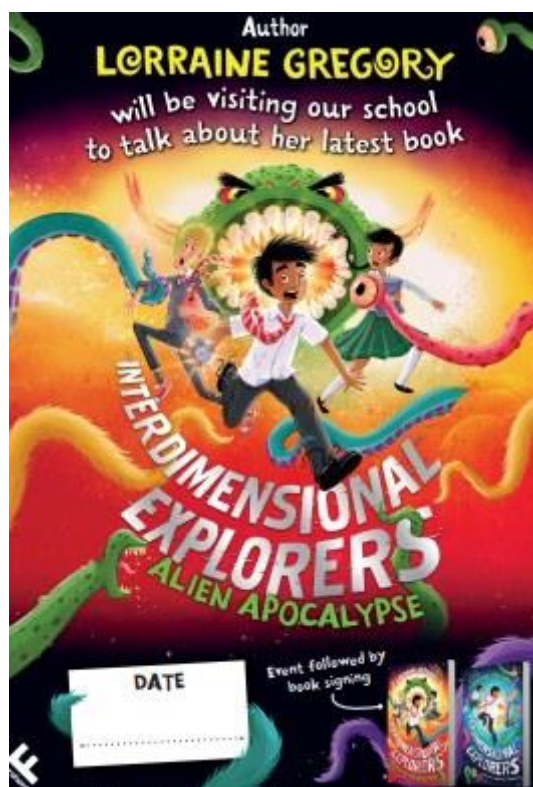
Reception and Nursery children and their family members enjoyed a lovely reading session together this week. It is always a special moment of togetherness to read with your child, so we love being able to do this in school as well as at home!



## Please Use the Car Park Safely

Please ensure children are supervised when walking across the car parks and that pedestrians keep to the marked yellow pathways. Please ensure the driver does not get out of the car unless it is parked in a marked bay and the engine is switched off. Please do not use the staff area for parking as this necessitates crossing the yellow walkway when children and family members are likely to be using it.

## World Book Day



We are very lucky that Lorraine Gregory will be visiting STM to celebrate World Book Day on Thursday 7th March. Lorraine will be talking to the KS2 children about her new book which is the second in a sensationally spacey, action-packed and adventure filled series

As well as an assembly there will be an opportunity for your child to receive a signed copy of one of Lorraine's books. If you would like to purchase one of her books - 'Interdimensional Explorers' or 'Interdimensional Explorers Alien Apocalypse' at a discounted price of £7.15 (RRP £7.99) please make a payment via Arbor by 12pm on Wednesday 6th March. Children will bring home their signed copies on World Book Day.

**To continue the World Book Day celebrations, Children are invited to dress up as their favourite book characters. Please don't spend money on this, children can wear pyjamas or anything comfortable to read in.**

World Book Day celebrates the joy and value of books and reading, especially for children and so to help celebrate we ask children to come into school dressed as their favourite book character. Children are never too young to start their journey with books and the benefits of reading to your

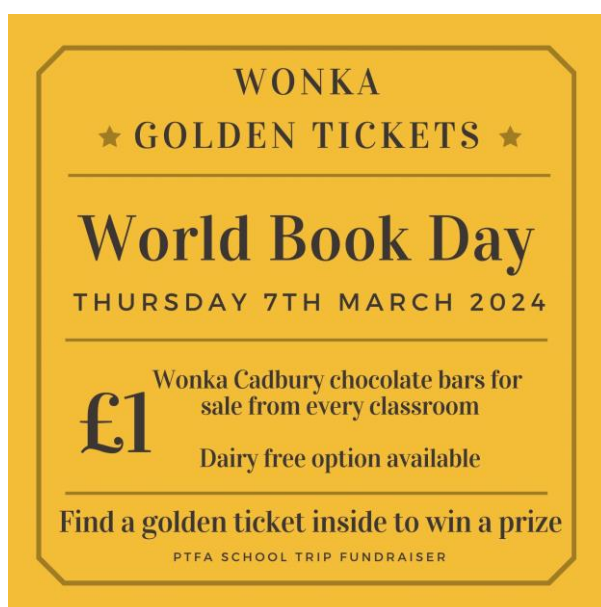
child is enormous. You can join us in building your child's enthusiasm for books well beyond World Book Day by reading together regularly.

We will also be hosting a school book swap on this day. We ask that children bring in to school a book that they wish to donate on Wednesday 6th March. Children will then have the opportunity to exchange their book for a different one to bring home and enjoy on 'World Book Day'.



In true Willy Wonker style, the PTFA have also organised for some Golden Tickets to be won on World Book Day. Chocolate bars will be available to buy for £1 (there is a limited selection of dairy-free chocolate available as well) on the day. Some of the Wonker Bars will contain golden tickets, which will each be redeemable for a prize.

Don't forget to bring in your £1!



## Sustrans Big Walk and Wheel event

We have some exciting news for you! We are taking part in the 15th year celebration of Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 11-22 March 2024. It's free to take part and we would love everyone to be involved.

**What do you need to do?**



Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

### **Including everyone**

We want to make sure that everyone can get involved in Sustrans Big Walk and Wheel.

We know it may be more difficult for some pupils to take part than others. If you want to discuss more about your child(ren)'s specific needs, please contact Mrs Swan, (Nursery Teacher) and we will make sure to look into how your child(ren) can take part.

### **Why we are taking part**

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus there are some great prizes to be won every day if we get enough children taking part!

### **Useful resources**



To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to [www.bigwalkandwheel.org.uk](http://www.bigwalkandwheel.org.uk) . Enjoy the challenge!

## **Emotion Coaching Workshop for Parents and Carers**

All the staff in school are trained in emotion coaching, which is a useful and effective way of supporting children to manage their feelings to help children develop emotional stability and resilience and to effectively manage behaviour. Emotion coaching is a tool that can also be used by parents and carers at home. The Educational Psychology Team and SENDIASS are running a free course for parents and carers on emotion coaching, which I would recommend parents and carers sign up to. Please see the details below and the attached flyer for more information.

**In Partnership with Coventry SENDIASS**  
**Coventry Education Psychology Team will be**  
**running a FREE session for parents/carers on**

## **Emotion Coaching**

Emotion Coaching is an approach that parents/carers can use with children and young people to support their emotional development.  
 Research suggests that Emotion Coached children and young people:

- Are more emotionally stable
- Are more resilient
- Achieve more academically in school
- Have fewer behavioural problems

This session will introduce the steps of Emotion Coaching and it's scientific basis and will involve practical activities and resource sharing so that parents can begin to use this increasingly popular approach straight after the session.

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### **'Live' Virtual Session**

(This session will be delivered via Microsoft Teams)

**Tuesday 12<sup>th</sup> March 2024**

**9.30am – 11.30am**

**To book a place (and get your link) please contact SENDIASS**  
**Tel: 024 7669 4307 or email: [iass@coventry.gov.uk](mailto:iass@coventry.gov.uk)**

\*Please QUOTE: 'EPS' when booking

In partnership with SEND Information, Advice and Support Service, Coventry Education Psychology Team will be running a **FREE ONLINE session for parents/carers on Emotion Coaching**. Please see the poster/details below for more information.

#### **Session Details:**

- Tuesday 12th March 2024, 9.30am – 11.30am
- Delivered 'live' via Microsoft teams (please note this session will not be recorded)

#### **This date is not suitable, will you be running any further sessions?**

YES! If you are unable to attend this session or would prefer an afternoon session (12.30pm - 2.30pm), we will be running this session again after Easter, details will be released soon.

#### **What is Emotion Coaching?**

Emotion Coaching is an approach that parents/carers can use with children and young people to support their emotional development.

#### **How do I book a place?**

To book your place please email [iass@coventry.gov.uk](mailto:iass@coventry.gov.uk) or TEL: 024 76 69 4307 quoting 'EPS' along with your name and the email address you would like your link sent to.

#### **When will I get my booking link?**

You will receive a booking confirmation once a place has been reserved for you, followed by an email (2-3 days before the date of the session) which will contain your MS Teams link and instructions for

how to join the session. Please check your junk folder if you have not received this, as sometimes emails end up in there. Please contact us if you have any questions or require any support.

## Online Safety workshop for Parents and Carers

Thank you to those parents who attended the online safety workshop for parents and carers of primary aged children last night. The meeting was well attended and feedback from parents and carers at the end of the meeting was that it had been very useful! Matt, our PCSO, worked with parents to explain some of the risks presented by online use of primary aged children and how parents and carers can manage devices and establish expectations of use that will help keep their children safe.

The [Thinkuknow](#) website gives guidance for parents and carers in keeping their children safe. More sources of guidance for parents and carers will be sent out shortly.

Thank you, Matt!

## Parent Governor Election

We have a vacancy on our Local Governing Body for a parent governor. Please see the attached [form](#) regarding the nomination process.

If you are interested in the role and would like to find out more, please speak to Mrs Collins. Please read the information carefully as incorrectly filled out or late nomination forms cannot be accepted.

Governors meet once a half term (with a few additional meetings usually taking place each year) and help to drive the strategic direction of the school and ensure standards remain high.

This is the perfect opportunity to thank our hard working governors, who are all volunteers, and give so much of their time and support!

## Calling all Local Celebrity Runners, Athletes, and Sporting Stars! Join Our Olympic Torch Relay!

In the run up to the 2024 Paris Olympic and Paralympic games, 62 Coventry primary, secondary and special educational needs schools will be participating in a torch relay, the Flame of Friendship, leaving Coventry Cathedral on Thursday 22nd February and finishing on the University of Warwick campus on Monday 8th July. On the afternoon of Thursday 11th April, our school will be taking part in the relay where the torch will leave our school and make its way to Howes Primary School. If you or someone you know (including past pupils) have achieved something special within sports and would like to join us in our relay race please speak to Mrs Kirby or email our school admin.

## Online safety parent/carers information -TikTok

Taken from [National Online Safety](#):

This free online safety guide focuses on TikTok. It highlights a number of risks such as age-inappropriate content, dangerous challenges and contact with strangers.



## Online Sleep Workshop

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

The next session is on 4th March on Teams.

For further information or to book your place on the workshop please email:

[parenting@coventry.gov.uk](mailto:parenting@coventry.gov.uk) Please include the following details in your email: Preferred workshop date, Your name, address, postcode, parents email, age of child and child's name.



Sleep Tight Workshop for parents/carers of children  
aged 1 year and over

Tuesday 9<sup>th</sup> January 1-2:30p.m.

Monday 4<sup>th</sup> March 1-2:30p.m.

This session will be delivered virtually on Microsoft Teams



NEW DATES  
JUST ADDED!

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

This session will be delivered by a parenting practitioner who has been trained by The National Sleep Charity.

For further information or to book your place on the workshop please email:

[parenting@coventry.gov.uk](mailto:parenting@coventry.gov.uk)

Please include the following details in your email:

Preferred workshop date, Your name, address, postcode, parents email  
age of child and child's name



## Early Help - Virtual Family Hub

Early Help is a partnership of organisations that provide help, advice and support to children, young people and families.

The aim of Early Help is to help you as soon as possible and prevent problems from getting worse by providing you support, as early as possible. Early Help services can help families, children and young people - pre-birth to 19 years old and 25 years old where there are special educational needs or disabilities

You can find lots of helpful information in different areas of life at the [Virtual Family Hub](#).

## Good Shepherd Appeal

Your child will bring home their Good Shepherd Appeal money bag from Fr Hudson's Society.

For over 100 years, children attending schools within the Birmingham Archdiocese have supported Fr Hudson's Care by collecting loose change during Lent. The money collected is used to support vulnerable people in nearby communities.

Your child will be asked to collect any loose change in the money bag and then return it at the end of Lent. This year there is also a colouring activity that can be completed as well.



## Attendance is important!

We monitor all pupils' attendance and will contact you (often by letter and text message) if their attendance is getting lower than we'd expect. Please don't be offended - we have a duty to keep you informed of things that can affect your child's progress and/or wellbeing.

Lastly, please remember that term-time holidays **will not be authorised** and, in many cases, will result in a Fixed Penalty Notice (fine) being issued.

**Whole school attendance so far this year is 95.4%**

Year R	95.3%
Year 01	97.9%
Year 02	97.6%
Year 03	98.6%
Year 04	99.2%
Year 05	93.4%
Year 06	94.2%

## Parish facilities

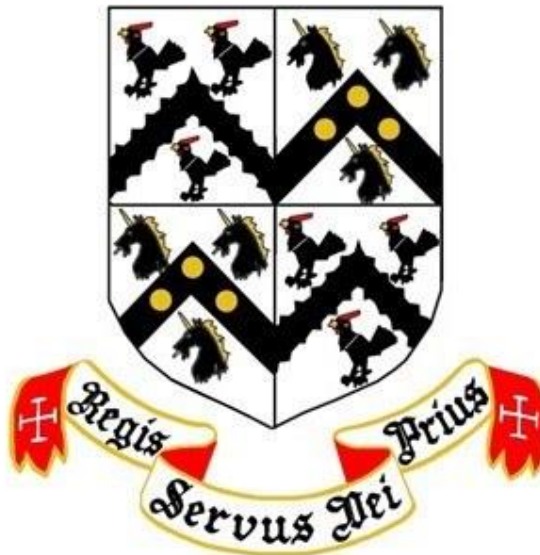
### Planning a party/event? Looking for a Venue?

The Margaret Roper Room at Church is available for hire for parties and events. It is in high demand, so enquire early about dates. Excellent kitchen facilities available. Holds approximately 80 guests. Hire charge £30.00 per hour. Please enquire to: [admin.stm.covty@rcaob.org.uk](mailto:admin.stm.covty@rcaob.org.uk)



## Important Dates

- Thursday 7 March: World Book Day, dress up as your favourite book character
- Thursday 14 March, 6:30pm: PTFA meeting @ The Burnt Post
- Wednesday 20 March: Non Uniform Day
- Thursday 21 March, 6-7pm: EYFS Workshop
- Monday 25 March to Friday 5 April: School Closed for Easter holidays



## Measles and the Measles, Mumps and Rubella (MMR) vaccine



# Public Health, Education Services, December 2023

Dear Parent / Carer,

There has been an increase in measles cases in Coventry. Most of the measles cases are children who have not had the measles, mumps, and rubella (MMR) vaccine.

**This letter is to give you information about measles and encourage you and your family to have the MMR vaccine.**

### About measles

Measles is a disease which spreads very quickly and easily in communities such as schools and nurseries where people have not had two doses of the MMR vaccine. Measles can cause serious illness and can be fatal. People in certain at-risk groups, including babies and small children, pregnant women, and people with weak immunity (immunosuppressed) are at **increased risk** of complications if they catch measles.

Vaccination with **two doses of MMR** is the only way to give people maximum protection from this serious disease.

The **first signs of measles** are:

- High temperature (fever)
- Cold like symptoms such as runny or blocked nose, coughing, sneezing
- Red, sore, watery eyes
- A non-itchy, blotchy red brown rash. This usually appears a few days after cold-like symptoms (sometimes starts around the ears before spreading to the rest of the body). The rash can be harder to see on darker skin tones.
- Small white spots appearing inside the cheeks and on the back of lips (for a few days)

A measles case is infectious for four days before any rash appears and for at least four days after the start of the rash.

Anyone with measles symptoms is advised to stay at home and phone their GP practice or NHS 111 for advice. After contacting the GP or NHS111, you should try to rest and stay at home.

**If you do need to visit a GP or hospital, you must call ahead to let them know that it could be measles.** The staff will make special arrangements to see you and/or your child so that, if they have measles, they won't pass it to others.

**If your child has measles, they cannot attend nursery/school or group activities for 4 days** after the start of the rash.

## Important information about the MMR vaccine

The MMR vaccine can be given to anyone who missed their MMR vaccinations when they were younger. People can 'catch-up' by booking in for MMR vaccination at their GP practice free of charge.

The first dose of MMR vaccination is offered to children soon after their first birthday. The second dose is normally given before your child starts school.

- If your child has not received **two doses of MMR vaccination** as part of their childhood immunisation programme, you should take up the offer of the MMR vaccine for your child.
- If you are not sure if your child needs an MMR vaccine, you can check their Red Book (personal child health record) or you can contact your GP to check.

It is never too late to get vaccinated. MMR vaccination is very important when there are cases of measles in the community – as we have in Coventry now. This is because any child or adult that has not had **at least one dose of MMR and comes into contact with a person with measles cannot attend nursery/school or group activities for 21 days** after contact with the infected person. This is the time it can take for measles to develop.

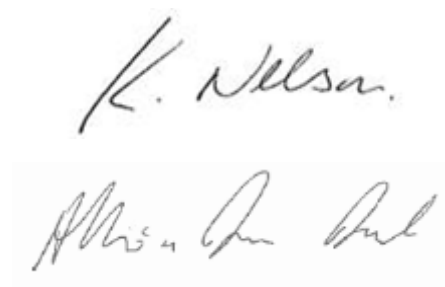
## Did you know?

- One person with measles can infect 9 out of 10 unvaccinated close contacts.

More information about measles and MMR vaccination can be found on the NHS website at [www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/).

Thanks for your support.

Best wishes,

The image shows two handwritten signatures in black ink. The top signature is 'K. Nelson' and the bottom signature is 'Allison Duggal'. Both are written in a cursive, flowing style.

**Allison Duggal**

**Director of Public Health**

**Kirston Nelson**

**Chief Partnerships Officer**



**Coventry City Council**

**Coventry City Council**