



Sacred Heart Catholic Primary School

Earlsbury Gardens, Birchfield, Birmingham B20 3AE

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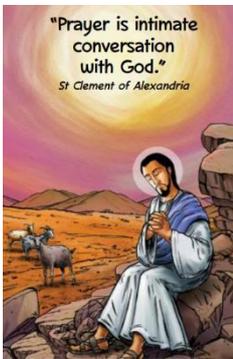
Executive Principal: Mr. G M O'Hara

5th February 2021

Dear Parents,

Life can be demanding. Prayer is good for us – it gives us great strength! Pope Emeritus Benedict XVI reminds us, “Prayer brings us not only nearer to God but also nearer to one another.” In this Sunday’s Gospel, we hear about Jesus taking time out to recover and refresh himself through prayer. After he brings peace and recovery to Simon’s mother-in-law, everyone crowds in on Jesus, wanting to be healed. Finally, Jesus goes off in the early morning to gather strength by praying to his Father.

“Lord, open my heart, mind and ears to receive your Word.”



On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon’s mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many evil spirits, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there.

Adapted from Mark 1:29-39 The 5th Sunday of Ordinary Time



“Dear parents, teach your children to pray. Pray with them. Prayer strengthens family life.”

Pope Francis

The Wednesday word is Prayer

Dear Jesus,
You are the light of world
Everyone is happy that you are with us day and
night
We are grateful to have you in our lives
When we are sad, thinking of you makes the
world brighter
We thank you for everything you have given us
Amen.
Eva

Dear Jesus,
Light of the world,
Thank you for bringing brightness into my life and the
world.
If not for you, the world would be filled with darkness and
hatred.
Thank you for the love, joy and peace that came with the
light.
I pray that the light will illuminate and never go dim.
Amen
Chidera





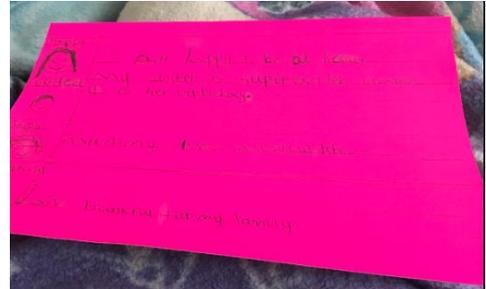
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Children's Mental Health Week- 1st-5th February



H went to the park

J made a junk model

J watched a lovely film while eating popcorn and made a yummy sandwich.

A and G made a healthy sandwich

T helped her mum with cooking.

K-R spent time with her family.

I baked a cake with his mum and brother.

H watched a history story.

GOOD ENERGY

Helping Heart

To help myself I can...

- Think positively
- Give yourself compliments.
- When feeling uncomfortable do some stretches
- Help others
- Be positive
- Be kind

To help others I can...

- Talk to them
- Help them
- Compliment them
- Tell them some technique to make them feel comfortable
- Do something fun with them
- Give them support
- Be positive
- Know that because we are different, that's what makes us unique.

PSHE

How have you expressed yourself and how did it make you feel?

I played my sisters guitar and felt happy

Kaleab

What I did was draw a picture of an anime character, when I drew him, it made me feel very elated and I forgot about my troubles. I drew this in my room.

Kwabena

I did karaoke with my family and we did funny voices.

Alayla

Today I drew something new and it made feel good about myself that I'm trying new things and that I should always try new things.

Deborah

Yakob

Camara

Troy



PSHE

What makes you proud to be you?

The fact that I love myself just the way I am.

Charis

That I'm full of kindness and caring.

Amir

Things that make me proud of being me are teaching myself new ways to be kind and caring.

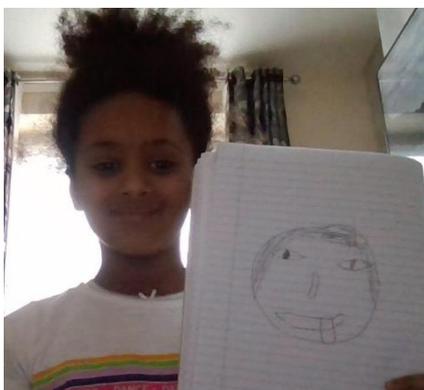
Africa

That I don't act like other people act like myself only

Halfrida

Mallis

I have great drawing skills ,some people look up to me, and im a joyful person





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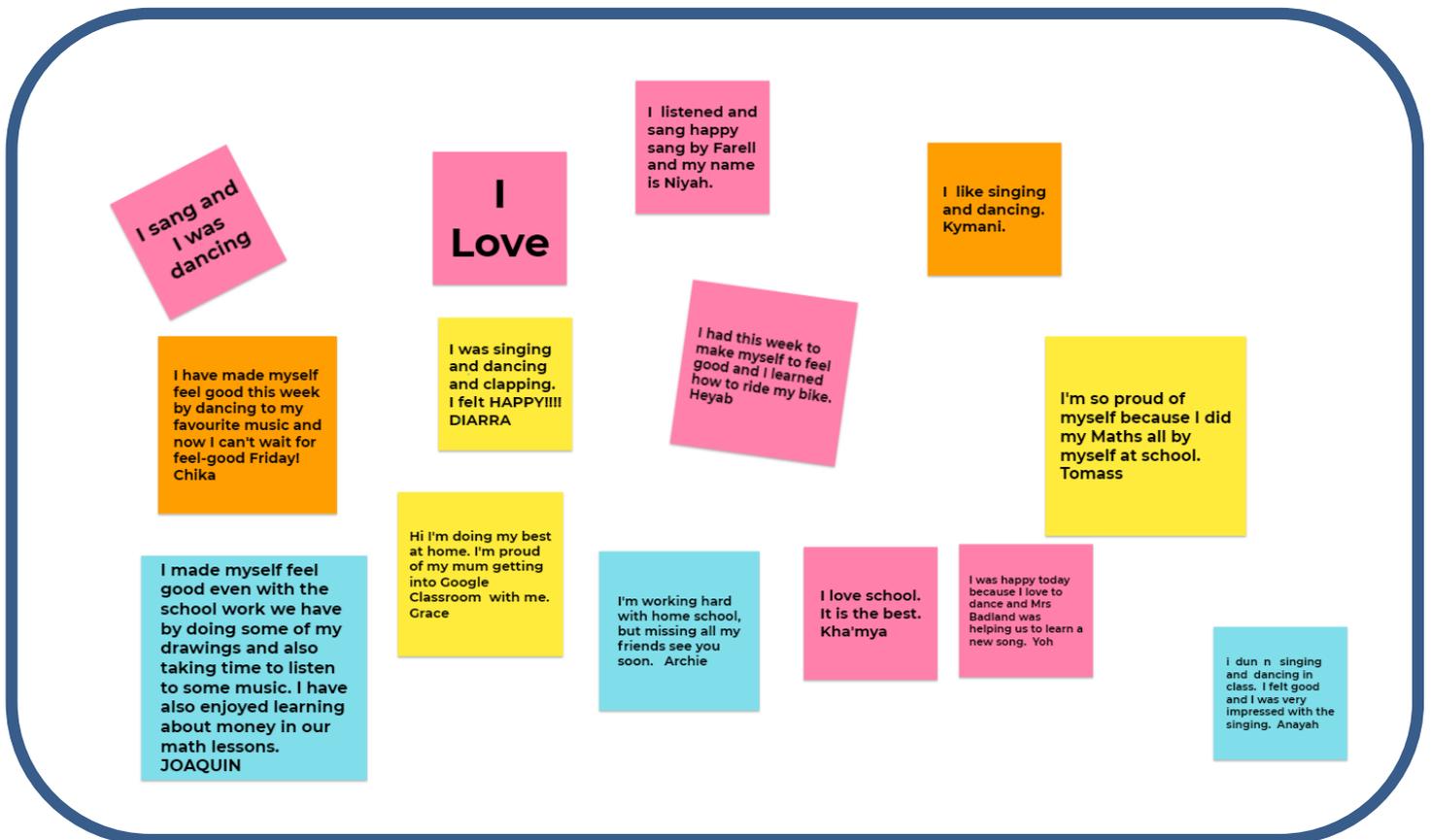
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Jamboards for birthdays

We have been so impressed at how quickly the children (and parents!) have learned their way around the new remote learning platforms. This week, we have been trialling the use of 'jamboards' on Google Classroom which allow children to add sticky notes, pictures and photographs for all to see. It is a great way for the children to have the feeling that they are working together.

As part of this, we would like to continue to celebrate the children's birthdays each week by creating a jamboard for the children to send happy birthday messages to each other as part of our well-being support. We hope the children enjoy seeing their own birthday jamboards!

Example of Year 2 Jamboard for well-being



Dress up Fridays

As part of our well-being and focus on Children's Mental Health week, we would like all children, whether they are in school or at home, to dress in the most colourful clothes they can. We would love you to encourage your children to do this each Friday and send some photographs as part of 'Feel Good Friday.'





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Safer Internet day

Safer Internet Day 2021 is being celebrated around the world on **Tuesday 9th February**.

The global theme is **'together for a better internet'** and this year in the UK we are putting the focus on how young people can tell fact from fiction, and work together to create an internet we trust.

Everyone has their part to play in making the internet a better place.

<https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/safer-internet-day-2021-top-tips/safer-internet-day-2021>

Certificates this week

The following children have been commended by their teachers and teaching assistants for their wonderful work at home this week. Khyler, Juliana, Henon, Rachel, Eva, Lois and Charis.

Raffle tickets winners

All staff have been adding raffle tickets to their jars for children's effort at logging on at home and 'turning in' work where they can. Congratulations to these children. Eliyana, Josephine, Archie, Grace, David, Helena, Eliana and Deborah.

Congratulations children- we will make sure you receive your certificate or your £5.00 raffle treat.

Please continue to support and encourage your children to earn their raffle tickets for a chance to win the special prize each week. (Children will receive raffle tickets for completing work- not for purely logging on to Google Classroom.)

Thank you for your support.

Please stay at home and stay safe

Yours sincerely

Mr G M O'Hara
Executive Principal

Mrs G Elliott
Acting Head of School

Mrs D Cooper
Acting Vice Principal

