

## INSPIRING FAITH, LOVE & LEARNING

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January is racing by here at St Thomas', with pupils working hard and enjoying a host of extra-curricular activities too. Find out more in our jam-packed newsletter.

Last week we had a resilience workshop in which pupils learnt that sometimes life doesn't go the way you want, but that we can learn lessons from our disappointments and get back on our feet stronger than before. Definitely a useful life skill which we hope our pupils will put into practice.



### Superhero Workshops

Meanwhile, Reception enjoyed a visit from "Dantastic" who taught them all about superheroes. The class enjoyed discussing Spiderman, Miss Marvel, Aquaman & Black Panther amongst others, learning some fascinating facts and asking some challenging questions too! Following the visit, our Reception pupils have written some lovely thank you letters to Dantastic—have a look at them on Twitter [@stthomas\\_cofe](https://twitter.com/stthomas_cofe)



### Change4Life festival

A group of St Thomas' pupils took part in a Change4Life festival with other local primary schools this week. They took part in various physical activities and discussed the importance of keeping active. They learnt how you don't have to be involved in a sport such as football or swimming, but by simply keeping active and moving however and whenever you can, you help yourself to stay healthy.

### Oral health

Years 3 & 4 have learnt all about how our teeth develop, what causes plaque and why it's so important to look after our teeth, during a visit from the Oral Health team. Pupils had the opportunity to use disclosing solution to identify which parts of their own teeth hadn't been brushed as well as they could have been, before putting into practice the brushing techniques they'd been taught, to end up with super sparkly smiles.

### Cricket taster sessions

Year 5 learnt the basics of batting & bowling this week when they were joined by a Cheshire Cricket coach for the afternoon. Free sessions are being offered at Appleton Cricket Club for children of all ages—look out for flyers in book bags for full details.

### World Religion Day

This week each class celebrated World Religion Day by choosing one inspirational person from around the world; all of different faiths. Classes looked at individuals including Malala Yousafzai, Mo Farah & Mahatma Gandhi, producing inspirational pieces of writing based on their learning.

### Mindfulness for parents

Mindfulness sessions for parents began in school this week. Whether you want to understand more about how and why mindfulness is taught to our pupils, or discover the benefits for yourself, feel free to come along to the Community Room on a Wednesday morning after drop-off, for the sessions with Mrs Mercer-Wilks. They last half an hour and are a perfect antidote to the chaos of getting children up & out to school—come along next Wednesday morning if you'd like to learn more.

## Key Strings

The school hall was filled with the sounds of Beatles songs on Wednesday morning when Key Strings came in to perform for us. Pupils were introduced to an array of instruments as they learnt about timbre, pitch & rhythm. Discovering skiffle bands, sitars and more, there was plenty of enthusiastic audience participation along the way.



## Golden Rules

Staff and pupils have been working together to look at how we should behave in school. The following Golden Rules have been incorporated into our Behaviour Policy and are displayed around school:

- ◆ We are gentle and show respect and love to each other
- ◆ We are kind and helpful to everybody
- ◆ We listen, we try our best and we work hard at all times
- ◆ We are honest and we look after and respect property
- ◆ We forgive

## PE kits

Just a little reminder that children should have their PE kit in school every day during term time, not just PE days, to ensure they are able to participate in all the sporting activities we offer. School PE T-shirts & shorts can be purchased from our uniform provider Cactus Clothing—order forms are available at the school office or on the website.

## ParentPay for trips

We're moving towards a cashless system in school; this term you are now able to use your ParentPay account to pay for school trips. Many thanks to all the families in Year 1 & Year 2 who have paid for their forthcoming trips so promptly with this method; we're sure you'll all find it really useful. If you haven't yet activated your account please ask the office for a log-in.

## Allergies

In school, information about pupil's allergies is always shared with relevant staff or visitors. If you wish to check that our records reflect your child's current situation with regard to any allergies or intolerances they might have, please speak to the office. Don't forget to update us as and when circumstances change. Thank you.

## Athlete visit

Letters and sponsorship forms came home last week about our forthcoming visit from Decathlete Matt Lee. Please can all sponsor money & forms be returned to school by Monday 4th February. Thank you.

## NSPCC Number Day

Next Friday we will be supporting the NSPCC by taking part in "Number Day 2019: Make Maths Count". Throughout the morning, each class will be exploring numbers through various activities – keep an eye on Twitter to see what each class gets up to!

In return for a voluntary donation, children are invited to 'dress down for digits' and wear their own clothes to school on the day. Please help us to raise as much money as we can for such a worthwhile charity.



## Christian Union

Our group for KS2 pupils continues to meet every Wednesday lunchtime in the Community Room. Led by Adam Post, St Thomas' youth & family worker, children have the opportunity to learn more about Jesus in a fun & informal way. Our current theme is Fruits of the Spirit, focusing this week on kindness. New members are always welcome, all KS2 children are able to come along.

## Funding for Schools

We're sure you're all aware that schools are facing a constant struggle to ensure pupils receive the education they deserve, while funding is being squeezed year

upon year. Warrington schools are asking parents to sign an online petition to help get the funding issue debated in parliament. Please make your voice heard via:

<https://petition.parliament.uk/petitions/232220>

Schools in Warrington are proposing to make changes to their admission arrangements for pupils joining from September 2020. Please visit the Council's website for more information.

The consultation period runs from 6 December 2018 until 31 January 2019.

### PTA news

The next PTA committee meeting will take place on Monday 28th January in the Mulberry Tree pub, starting at 7.30pm.

As always, the PTA welcome new members and new ideas, so please don't be shy!

Please see the list of PTA diary dates sent out with this newsletter for details of all the fundraising events they've got planned for the coming months.

### Community Noticeboard

Join Stockton Heath Parish Council for Bird and Bat Box Making at The Sandy Lane Centre in Stockton Heath

on Thursday 21 February 2019 from 11 am to 2 pm. All are welcome to attend. Children under the age of 16 years must be accompanied by an adult. This event will involve the use of hammers and nails, therefore very small children **MUST** be supervised at all times by their accompanying adult. The finished boxes will be used at Ackers Pit and Mill Lane and therefore there will be no charge for the event.

If you need more information contact: [clerk@stocktonheathpc.org.uk](mailto:clerk@stocktonheathpc.org.uk) Tel: 01925 210558

### Girlguiding Appleton is looking for volunteers!

Girlguiding currently provides new experiences, challenges and fun to over 200 girls and young women in Appleton. However, we have long waiting lists for all age groups and two Rainbow units and a Brownie unit are in danger of closing down due to a lack of leaders.

This is where you come in! If you can give a couple of hours of your time each week you could change the lives of girls and young women in your local community. You do not need any prior experience or to have been a member of Girlguiding in the past. You will be given on the job training and as much support as you need from other local volunteers and your District Commissioner.

The roles we are currently recruiting for are:

**Browner Leaders** - A Brownie Leader is part of the volunteer team which runs a Brownie unit, a group of about 20 girls aged seven to ten. You will plan and run weekly meetings, and there will be opportunities to take the girls to residential, trips and even camps.

**Rainbow Leaders** - A Rainbow Leader is part of the volunteer team which runs a Rainbow unit, a group of up to 15 girls aged 5 - 7. You will plan and run weekly meetings and there will be opportunities to take the girls out on exciting trips or even on a Rainbow sleepover.

If you are able and willing to help provide opportunities for girls and young women in your area, please get in touch at [girlguidingappleton@gmail.com](mailto:girlguidingappleton@gmail.com). Alternatively you can sign up through [girlguiding.org.uk](http://girlguiding.org.uk) and someone will get in touch with you.

Faisal Rashid

Our local MP has asked us to share his details with all families to ensure he is easily contactable should you have any concerns about our local community you wish to raise with him. Details are:

tel: 01925 351010 e: [faisal.rashid.mp@parliament.uk](mailto:faisal.rashid.mp@parliament.uk) twitter: @FaisalRashid6