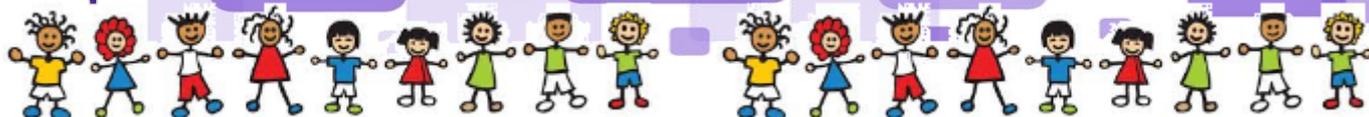


Park Road



28 September 2018

NEWSLETTER



Next Week at a Glance

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
* Week 3 Menu * 3.15—4.15 pm KS2 Running Club * 3.15—4 pm Y5 Brass Replay	* 3.15—4.15 pm KS1 Running Club * 3.15—4.15 pm KS2 Girls Football Club	* 3.15—4.15 pm Y1/2 Football Club *	* 3.15 pm Egg Raffle tickets on sale * 3.15—4.15 pm Y5/6 Sports Hall Athletics *	* Deadline for Admissions Booklet return

Mindfulness, Wellbeing and Yoga

In school, we work hard with the children in school to promote good emotional wellbeing and mental health. The social and emotional skills, knowledge and behaviours that young people learn in the classroom can help them to build resilience and set the pattern for how they will manage their mental health throughout their lives.

At the end of the summer, our staff took part in a Mindfulness Wellbeing Day that was run by an outside provider. The day, comprising mindfulness, meditation and yoga, was a great success with the staff and has had an impact on their daily lives both in and away from school.

As wellbeing is such an important factor in all of our lives, we are exploring the possibility of running the same course for parents/carers. It would be roughly 10 am to 2/3 pm either on a Saturday or during the holidays. There would be a cost involved and this would depend on the number of participants. If 20 people took part, it would cost £25 per person.

If you would be interested in taking part in the Mindfulness, Wellbeing and Yoga day, please could you either fill in the slip at the end of the newsletter or write a note containing the same information and return it to the school office.

FACEBOOK PAGE

With the new algorithms that Facebook uses, you may not be receiving the notifications/reminders from our Facebook page so please could you check the page and that you are following it so that you will get the notifications. Thank you.

Chingo

The PFA would like to thank everyone who made last night so successful and fun! In particular, thank you to all of the helpers as it couldn't have happened without them!

The PFA raised a fantastic £342 to put towards their future projects. Keep looking out for information on their next PFA event, which will be the Family Quiz Night on Friday 12 October.

Post Box on Playground

Just a reminder that the post box is out on the playground each morning if there are any letters, menus, payments etc. for school. The box is emptied each morning and passed to the relevant people.

ADMISSIONS BOOKLET

This week, you should have received our Admissions Booklet, please could you return them to us by Friday 5 October. Thank you.

Harvest Festival

Don't forget that we are collecting items such as pasta, pasta sauces, tinned fish and meat, rice, breakfast cereals, long life milk, tinned vegetables, soup, tinned fruit, tinned puddings, sandwich paste, jelly blocks, chocolates and sweets for our Harvest.

Please remember to check the use by dates and only send in food with longer shelf-lives as St Joseph's need time to sort/distribute the items.

The trolley will be on the playground to collect your generous donations or you can hand it to the teachers on the gate in the morning.

Parent Class Representatives

Thank you very much to Mrs Florence, Mrs Thomas and Mrs Micallef for volunteering to be our Parent Class Representatives in Reception and Years 1, 4,6. We still have vacancies for years 2, 3 and 5 so if any parent/carer from the class would like to liaise with other parents and attend one meeting each half term, please let the school office know.

Reception Mrs Florence (Lily-Mae's mum)
parkroadintake2018@gmail.com

Year 1 Mrs Thomas (James' mum)
parkroadintake2017@gmail.com

Year 2 **Vacant**
parkroadintake2016@gmail.com

Year 3 **Vacant**
parkroadintake2015@gmail.com

Year 4 Mrs Micallef (Olivia's mum)
parkroadintake2014@gmail.com

Year 5 **Vacant**
parkroadintake2013@gmail.com

Year 6 Mrs Florence (Ryan's mum)
parkroadintake2012@gmail.com

To keep in touch with your class rep, please can you send an email to the relevant email address to give your contact details. Thank you.

Board Games

If anyone is having a clear out before Christmas and has any board games that they no longer need and are complete/in good condition, please would you donate them to school to be used as one of the activities at lunchtime. Thank you.

Carol's Corner

Next week we are on week 3 of our menus. BBQ chicken in a bun, pasta in tomato sauce, roast dinner, chicken tikka, assorted paninis, chicken and ham pie, crumb coated chicken, fish fingers and all day breakfast are this week's choice.

Desserts for the week include apple crumble and custard, lemon drizzle cake, flapjack and fruit jelly—delicious!

We are in the process of devising the new Autumn/Winter menus which hopefully will begin after the October half term.

Thank you to everyone who is now using our Parentpay system to pay for dinners and snacks.

Have a lovely weekend

Carol

Carol the Cook

STEM Returners Programme in Warrington

If you have taken a career break from an engineering or a technical sector and wish to return, the SNC Lavalin Atkins STEM Returners programme could be your answer. They are currently sourcing candidates for—a 13 week fully paid and supported return to work programme starting in November in Warrington. Candidates will also have the opportunity to obtain a permanent role at the end of the programme.

SNC Lavalin Atkins are holding an open day, to find out more join them on Tuesday 2 October at The Centre at Birchwood Park Warrington. The event will run from 1-7pm. They want to remove any barriers so please feel free to take your children.

No career break is too long, register to return to STEM today! For more information please visit www.stemreturners.com or email hello@stemreturners.com.

Parent Class Representative

I would be interested in becoming a Parent Class Representative for _____ class.

Name: _____

Contact details: _____

Newsletter Email Address

I did not receive a newsletter this weekend via email and would like you to check that my email address is correct in the system:

Parent/carer's name _____ Email address: _____

Parent/carer's name _____ Email address: _____

Mindfulness, Wellbeing, Yoga Day

I would be interested in taking part in the Mindfulness, Wellbeing, Yoga Day in school

I would be interested in taking part in the Mindfulness, Wellbeing, Yoga Day in school but only if childcare was provided (this would be at an additional cost)

Name _____ Child's name/Year _____