



St John Fisher Catholic Primary School

"Growing through God, we learn, laugh and love"

Newsletter 19th November 2021

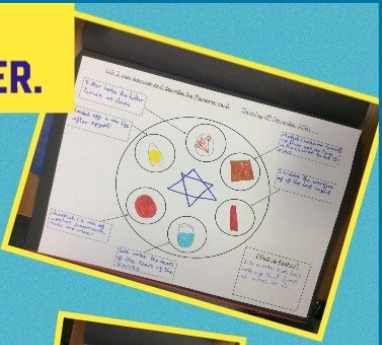
JUDAISM



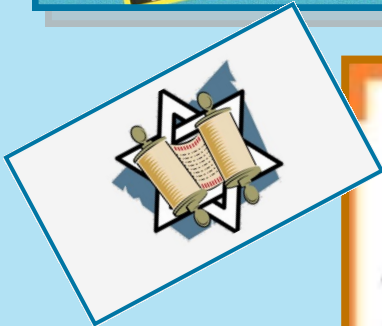
This week the children have been learning about Judaism, they have found it interesting looking at the different beliefs and practices involved.

More about our work on Judaism

JUDAISM WEEK YEAR FIVE
THE PASSOVER AND THE SHEMA PRAYER.



We discovered the Passover Meal and the meaning of the Seder Plate.



This week, year 4 have been learning about the Torah and a Bar and Bat mitzvah. We role played using the Torah and created a card for a friend on their bar/bat mitzvah.





The Girl's football team came 4th overall on Monday after losing one game, drawing three games and winning one.

All the girls played extremely well and thoroughly enjoyed it. Well done!



Congratulations to the Year 6 boys and girls who came 4th in the Halton Primary Schools Athletics competition last Friday.



Healthy School News



November 2021

For Families

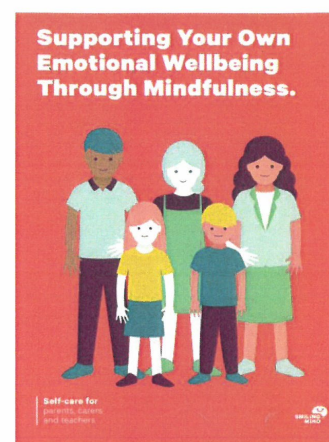
Free Smiling Minds resource in supporting your own mental health

As we move through this global health crisis together, many of us have been actively engaged in supporting the wellbeing of children and young people.

Parenting and teaching are all about assisting others. It is critically important that we create regular opportunities for self-care so that we can continue to support others and look after our own wellbeing at the same time.

On the Smiling Mind App you will find a wide range of mindfulness meditations and activities for adults which we encourage you to explore and try out for yourself.

<https://www.smilingmind.com.au/>



Bitesize Sessions

Join us for our 1-hour parent/carers workshops

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

FUSSY EATING & SNACKING

Is your child a fussy eater? It's easier said than done to get children to try new foods. In this session we will share tips and techniques to encourage your child to eat more variety. We will also talk through the steps to food acceptance. We'll share healthy snack ideas as we look at alternatives to sugary snack favourites.

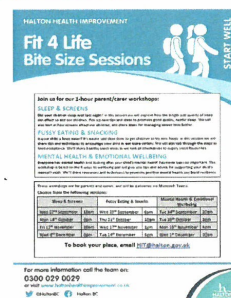
MENTAL HEALTH & EMOTIONAL WELLBEING

Everyone has mental health and looking after your child's mental health has never been so important. This workshop is based on the 5 ways to wellbeing and will give you tips and advice for supporting your child's mental health. We'll share resources and techniques to promote positive mental health and build resilience.

<https://www3.halton.gov.uk/Documents/public%20health/hit/fit4life/F4LParentBitesize.pdf>

Fussy Eating and Snacking	Wednesday 17 th November Tuesday 14 th December	1pm 6pm
Sleep and Screens	Wednesday 8 th December	6pm
Mental Health & Emotional Wellbeing	Monday 18 th November Wednesday 1 st December	6pm 10am

To book a place on online sessions email HIT@halton.gov.uk



Awards—Congratulations to the following children



SMILE AWARDS FOR :

Reception:	Molly Edge
Year 1:	Thomas Smith
Year 2:	Sophie Lowe
Year 3:	Elena Rose McCormick
Year4:	Declan Berrisford
Year 5:	Sophia Dooley
Year 6:	Olivia McCann



SUPERSTAR AWARDS FOR :

Reception:	Logan Jones
Year 1:	Emelia Ostick
Year 2:	Elise Hamilton McChrystal
Year 3:	Freya Hornby
Year4:	Jack Kelly
Year 5:	Luke Johnson
Year 6:	Jakub Guzikowski



Here is the link if you wish to have a look at the Wednesday World.

<https://www.paperturn-view.com/uk/wednesday-word/faithfulness?pid=MTA101634&v=43.7>

Dates for your Diary



3rd December	'Mop up 'Flu Vaccines
10th December	Choir carol competition at Widnes market in the morning.
10th December	KS2 Trip to Planet Ice Christmas show in the afternoon.
14th December	Reception and Yr 1 Christmas Assembly. 9.15am and 2.00pm
15th December	Yrs 2 and 3 Christmas Assembly 9.15am and 2.00pm
15th December	Yrs 4, 5 and 6 Christmas Assembly in Church at 6.00pm
16th December	Christmas Dinner and Christmas Jumper Day
17th December	Own clothes day, bring a bottle or gift as a donation