



St Wilfrid's NEWSLETTER

House Reward

Congratulations to St David's house who have collected the most house points last term.

As a reward for showing outstanding effort, respect, faith and aspiration, the children in St David's house can come in their own clothes on Friday 26th January and there will be a film in the afternoon for them to watch if they want.

Sports Hall Athletics City Final

Winners 2018

It was a fantastic team effort. Very exciting.

The children were a real credit to the school.



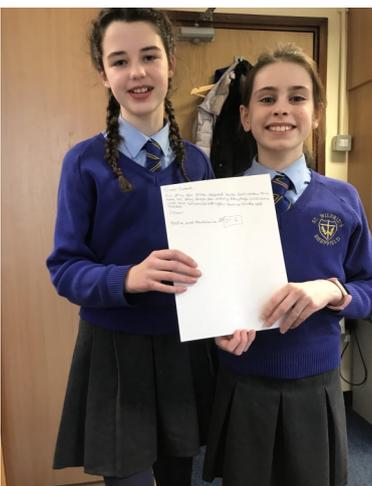
First Holy Communion

There will be a meeting for parents of Y2 children making their First Holy Communion who regularly attend mass at Mother of God Church on Monday 12th February at 8.00pm.

Parents must see Father before the meeting.

SEND Coffee Morning

Our next SEND coffee morning will be on Wednesday 31st January 9.00am till 10.00am. We are very pleased to say that our guest speaker will be Juliette Cain who will be talking about "Achieving and believing as a child with complex SEND".



Prayer of the Week

Dear Jesus

We pray for those effected by the bad weather this week

We pray that the elderly stay safe and warm and have someone to look after them in these cold months.

Amen

Eve & Madeleine Y6

Rainbows and Sunbeams

For many years, we have been able to help children to start to come to terms with the effects of loss, bereavement and separation through the RAINBOWS (age 6-11) and SUNBEAMS (age 4-6) programmes. These provide peer support to enable children to share their feelings in a safe, supportive and confidential environment. Feedback from children and parents shows that participation can have a very positive impact, helping those involved to move forward as their lives change.

We would like to start some new groups soon, so if you think your child might benefit from these, please look out for further details by email. A Parent Guide attached to the newsletter with information about the sessions. For children in Year 1, either Sunbeams or Rainbows will be most suitable and we will place your child in the group which is most appropriate for them.

If you have any questions or are interested in finding out more, please speak to Mrs McLoughlin, Mrs Wright or Mrs Heaton. **It really does make a difference!**

Building Confident Parents

Parenting is one of the most rewarding roles you can take on. However, it is also one of the most difficult. We all need advice, support and confidence to help us to succeed in this challenging task! After half term, Mrs McLoughlin and Mrs O'Shea, will be leading a course of eight evening sessions based on the Family Caring Trust Programme. The course is suitable for ALL parents and feedback from previous sessions has been overwhelmingly positive. Look out for further details which are being emailed to all parents. You might be surprised at the difference it can make to you and your children. Have a look at what some previous participants have said.

One of the biggest differences is having some time to stop, share and reflect. The course content has given me lots of ideas which will influence my parenting techniques.

I've pressed the 'reset' button on many of my approaches to parenting. The course has given me tools to take through life. I've really enjoyed the learning and sharing.

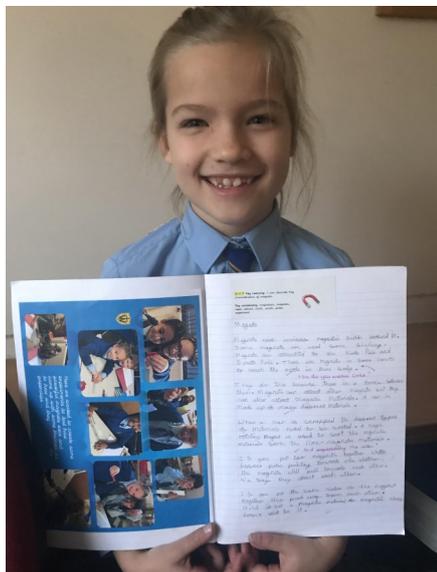
I went to the course with quite a lot of experience already but what I learned on the course was invaluable. We all try to be good-enough parents but sometimes we are exasperated by our children's behaviour and we simply accept it as 'how children are'. But this course highlighted the fact that small differences to the way I behave with my children can make huge differences to the way they behave. And, let's face it, we all want polite, sociable, thoughtful children as well as ones who are independent and have opinions of their own. That combination IS possible, despite popular belief, and this course, without a doubt, led me in the right direction.



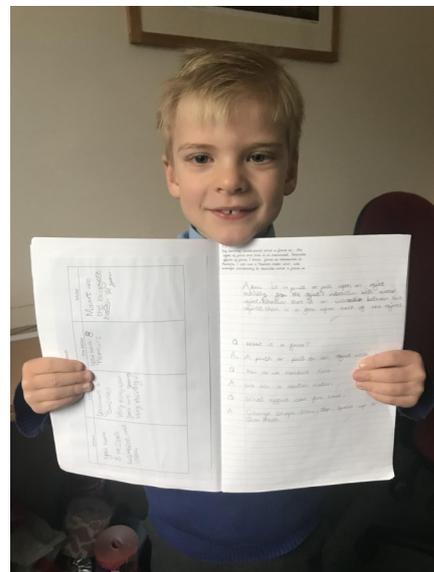
St Wilfrid's Super Science!

In Y3/4 class we are thinking about the wonderful work of magnets and forces and how some things are highly attracted whilst others are not.

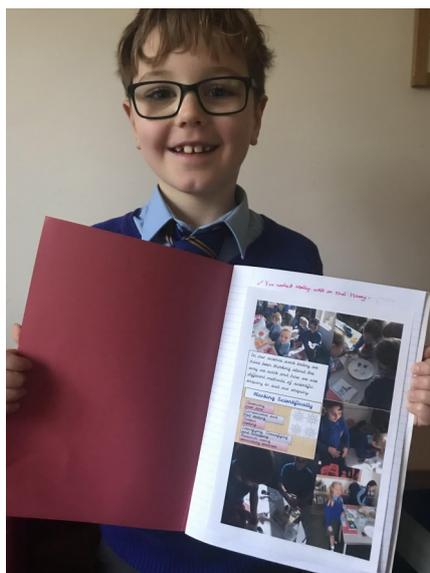
What other forces are there which operate on objects? What do we mean by gravity? How come we are aren't floating around in the universe?



Harry "Its fabulous because you get to learn about stuff like forces. We've talked about variable units. Last week we had these red boxes and put these heavy items in the boxes and used the Newton Metre to see how heavy it was. We found out that the milk was 2.7 Newton Metre. When I grow up I want to be a Liverpool football player and maybe a scientist as well"



Orla "I like science because we get to use lots of different equipment. I also like it because you get to find about lots of different machines like Newton Metres. I enjoyed exploring about the teeth and didn't realise it was so interesting! I love the way Mr Brelsford and Miss Mycroft make the subject really interesting."



Isaac "I really like learning about the functions of muscles and thought that the way Mr Brelsford explained it was really useful. I also liked learning about magnets and found it fascinating how they pour some stuff together like metals! When I grow up I want to be a Sheffield Wednesday Footballer but maybe I might be a physio because of what I now know."



Nethergreen Boys Football Team

Nethergreen Boys Football Team are currently looking for more Year 1 players to join the football team.

Training is on Sunday mornings 10.00am till 11.00am.

If you are interested please ring Sumaiya on 07975767351 or email sumaiya20@hotmail.co.uk.

Expansion Consultation

The Trustees of the Diocese have given the Governing Body permission to begin a consultation period regarding the potential expansion of St Wilfrid's Primary School from 45 places to 60 places.

Why are we considering expansion?

There is a high demand for Catholic places in this area of Sheffield, which has meant that a number of Catholic children have not been offered a place in a Catholic school for three years running in the two Umbrella schools.

St Wilfrid's has been operating a model of mixed classes however this presents challenges with the National Curriculum 2014 because it is mastery curriculum based on year group expectations.

The workload of class teachers of mixed classes can be higher than those of single year group classes.

The move from 45 to 60 places is not as significant as 30 to 60.

St Wilfrid's has a large site with extensive outdoor spaces.

What are the key considerations?

In order to increase from 45 to 60 places, St Wilfrid's would need four additional classrooms with toilet and cloakroom facilities. This would involve applying to the Education Funding Agency through the Condition Improvement Fund.

As part of the expansion project, other areas of school would also need to be considered to ensure appropriate circulation, dining space, kitchen provision and access to outdoor space, etc.

It is likely that any building project of this size would need to be completed in phases.

This would be an opportunity to recruit several new members of staff.

There would be a number of associated challenges, such as parking outside of school, which would need to be explored.

The timescale would be dictated by the success or failure of the Condition Improvement Fund application, which would mean that the earliest the school could realistically admit its first 60 Reception children would be September 2019 and this would continue over a four year period until the school reached its new capacity.

This is a significant consideration for the Governing Body therefore we would encourage all stakeholders to share their comments or feelings.

Please email enquiries@stwilfridssheffield.co.uk with the subject 'expansion' by **February half term**.



Rainbows offers a 12-14 week, age appropriate and structured programme; facilitated by trained members of staff.

It explores the following:-

- ❑ One of a kind – self esteem
- ❑ Inside out – feelings
- ❑ Why my family?
- ❑ Making the pieces fit – coping skills
- ❑ Anger and hurt – coping skills
- ❑ Facing fears and worries – coping skills
- ❑ Families are all different
- ❑ Belonging to my family
- ❑ Different kinds of family
- ❑ Endings and beginnings – change
- ❑ Weathering the storm – adapting, adjusting
- ❑ Living with change
- ❑ Celebrate me session – a celebration and conclusion of the programme; going forward.

Planning and resources for each session are provided



WHAT DO CHILDREN AND YOUNG PEOPLE THINK ABOUT RAINBOWS?

"It helped me be less upset and it made me happier."
(Tina, Year 5)

"Rainbows helped me to get on with my dad and how to make things go right with him."
(Charlotte, Year 5)

"It helped me to manage my feelings more and gave me an understanding of why I'm feeling this way."
(Bradley, Year 8)

"It is a time where I can say everything to someone who I trust."
(Hollie, Year 9)

CONFIDENTIALITY

- ❑ Confidentiality is at the heart of Rainbows
- ❑ Confidentiality will be kept at all times unless a child or young person is at risk
- ❑ Rainbows groups strictly adhere to the school's Safeguarding policies and procedures

For more information about Rainbows in school, please contact your school in the usual way.

For more information about Rainbows, please contact:-

Rainbows Bereavement Support Great Britain
Sue McDermott, National Director,
Email: sue.rainbows@btconnect.com
Tel: 01302 359017 • Mobile: 07 725 340623
Unit 7, High Town, York Street, Luton LU2 0HA
Tel: 01582 724106 • www.rainbows.org



INFORMATION FOR PARENTS AND CARERS

SUPPORTING CHILDREN AND YOUNG PEOPLE THROUGH LOSS AND GRIEF

"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss".

(Independent Research 2011)

Rainbows Bereavement Support Great Britain
Charity no. 1058476



WHAT IS RAINBOWS?

Rainbows fosters emotional healing among children, young people and adults who are grieving a loss through a death, divorce, separation or any other painful transition in their lives.

Rainbows provides a safe setting in school in which children and young people can talk through their feelings with their peers who are experiencing similar situations. They are helped to articulate their feelings by a trained facilitator.

Rainbows provides age related materials which form a structured 12-14 week programme to assist children and young people through their grief and loss.

Rainbows acknowledges that grief needs to be recognised and supported; not denied, buried or ignored.

Rainbows supports self-esteem, trust, confidence and resilience. It promotes emotional development and positive, healthy relationships.

QUESTIONS ASKED BY PARENTS AND CARERS WITH ANSWERS FROM PARENTS AND CARERS!

WHAT WILL IT COST?
"Nothing"

OUR SON IS REALLY STRUGGLING IN SCHOOL AND AT HOME. CAN RAINBOWS HELP?

"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss"

WILL IT HELP MY CHILD TALK ABOUT HIS FEELINGS?

"I just would like to say a big thank you to you all with helping my child talk about what's on his mind"



DOES IT HELP FOR CHILDREN TO SHARE THEIR EXPERIENCE WITH OTHERS?

Yes. "Going to Rainbows meant they realised there were other children in a similar situation and they weren't the only ones".

SINCE THE SPLIT UP OUR SON IS REALLY DOWN AND HAS NO CONFIDENCE. I'M NOT SURE ABOUT RAINBOWS THOUGH.

"Rainbows has made my child grow in confidence, he has come out of his shell rather than getting angry he now sits and talks his feelings through. The support he received was second to none. We could not have survived without Rainbows. Long may it continue."

(Answers are taken from research undertaken in 2011).

Building Confident Parents



A course for those parents who love their children and want to enjoy them more

8 x 2 hour weekly sessions for just £10 including the cost of the handbook
Starting 7 pm Monday 26 February 2018 in St Wilfrid's Primary School

Sessions look at:

- Behaviour you don't like
- Encouragement
- Listening for feelings
- Talking with your child
- Discipline
- Quality time

The purpose of parents coming together is to help them find their own ways of enjoying their children more, while also being more effective as parents. Thousands of people have tried this course and found it helpful! It's an enjoyable, relaxing experience created by parents, for parents.

INTERESTED? CONTACT

LINDA MCLOUGHLIN

T: 0114 2365529

l.mcloughlin@stwilfridssheffield.co.uk



Please reserve me a place on the Building Confident Parents Course starting 26 February 2018

Name _____

Telephone _____

Email _____

Age(s) of children _____

ST WILFRID'S PTA PRESENTS

QUIZ! NIGHT!

**Friday, February 9th
7.30pm, School Hall**

**Come and join our quizmaster extraordinaire
for the PTA quiz 2018!**

Bring a bottle.

Bring a friend.

**Curry included in price of ticket
(meat or veggie options available).**

**BYO - Beer and wine also
available on the night to buy.**

Bring a team or join a table. Max 8 per team.

Adults only.

Battle it out to be St Wilfrid's School Quiz Winners 2018!

Tickets can be purchased online via this link:

<https://www.picatic.com/StWilfridsPTAQuiz2018/>

**Tickets: £10
includes Curry!**



Young Voices 2018

The KS2 Choir had a fabulous evening at Young Voices yesterday. We think that Ella's, Olivia's and Nina's comments say it all:-

"Young Voices was like living in a dream. It was the best experience of our lives. When they turned the lights off it was all starry. We hope to have the same experience next year and we would definitely urge people to join Choir for Young Voices. It was amazing!"



St Wilfrid's Drama players present...

Goldilocks and the three Bears



Come and get your tickets free for a unique 7.00 pm performance this Monday 22nd at 7 pm..

There will be a collection for **CAFOD** Just one world afterwards... **Bring your own drinks**





**epilepsy
society**

St Wilfrid's Primary School

thank you

from all of us

*for your very kind donation
of £75.04*

for the Epilepsy Society

you did something brilliant!

We couldn't do it without you,
with your help we can continue to support those affected by epilepsy

Charity number 206186

epilepsysociety.org.uk