



World Smile Day

On Friday 2nd October, we celebrated World Smile Day by reflecting on the benefits of smiling, and how important it is to make others smile as well. The children enjoyed writing messages to their classmates to make their friends smile. Some classes read the book 'Have you filled a bucket today?' which is all about how we all have imaginary buckets and that each time we do something kind it fills up their bucket with sparkles. We made cards for our classmates and wrote what we really like about them to make them smile. We also learnt about who to talk to when maybe we aren't feeling happy.

World Mental Health Day

To commemorate World Mental Health Day which is on Saturday 10th October this year, we have been talking about how important it is to talk to someone you trust if you are feeling sad, worried, angry or anxious. First of all we wondered what Mental Health is, we discussed that it is how you feel, think and sometimes behave. The children designed and created posters to tell others all about the things they could do to help their mind be healthy. We took the time to remind each other of our class suggestions box and Emotional Register. We know who we can talk to at home and in class, so we decided to make a list as a whole group about all the people that look after us and who else we can talk to at St Catherine's.

Walk to School Week

It's that time of year again! We will be participating in Walk to School Week from Monday 19th to Friday 23rd October 2020. Let's make the effort to leave the car at home or a bit further away from school and walk to school. This year we will be celebrating the physical and mental health benefits walking to school brings to each individual.

Which class will have the most walking journeys?

There will be rewards for the winners! Look out for ideas to make your journey more interesting coming soon!

Harvest Assembly

This week each of the children tuned into CAFOD's Harvest Assembly. They told the inspiring story of how the first Family Fast Day was started by a small group of women and will explore how God's power working in us is able to do so much more than we can ever ask for, or even think of (Ephesians 3:20).

Reception – Year 6 Flu Vaccinations

An email was sent to parents of Reception to Year 6 children on 29th September with an attached letter regarding the flu vaccination. We strongly recommend all parents read this information and act accordingly. Please see the leaflet attached for further information.

Temporary Changed to our Local Children's Health Services

NHS North Central London have made some temporary changes to children's health services, which are in effect from now. The changes include the temporary closure of the children and young people's emergency departments at the Royal Free Hospital and University College London Hospitals (UCLH) through the autumn and winter. Barnet Hospital children's emergency department has also reopened following a temporary closure throughout the spring and summer. Please bear these closures in mind if your child needs emergency hospital treatment.

Black History Month

Please watch out in next week's newsletter for information on how we are honouring Black History Month.

**Safeguarding is
our TOP
priority**

Safeguarding and Child Protection at St Catherine's is EVERYONES responsibility and is taken extremely seriously. Leaflets for parents and visitors outlining the school guidelines on safeguarding are available outside the school office. We also have a dedicated Safeguarding page on our website with a number of associated policies and details of our designated Safeguarding team. Please contact one of the team at any time if you have concerns.

Supporting Homeless Action Barnet this Harvest Festival

Harvest Festival is being celebrated throughout the month of October, where farmers and growers give thanks for a successful harvest season.

At St Catherine's we want to give to those less fortunate in our local community, which we feel is especially important in this time of pandemic. This Harvest, we are appealing for donations of dry, tinned, long-life goods such as; tinned food, spreads, long-life milk, juice and drinks, dried pasta, cooking sauces, condiments, tea and coffee, rice, cereal and toiletries. These will be taken to Homeless Action In Barnet, North Finchley.

Thank you in advance for your generosity.

So that we can keep the children in each bubble safe, please only send in your Harvest donation on your designated day:

19th October Rec & Yr 6 donations
20th October Yr 1 & Yr 5 donations
21st October Yr 2 & Yr 4 donations
22nd October Nursery & Yr 3 donations

God, you call us out of darkness.
 May we hear your voice
 in the cry of our brothers and sisters in crisis.

As you walk alongside us always,
 may we walk beside one another
 listening and responding in love.

Shine the light of your compassion through us,
 dispelling chaos, fear and despair.
 Breathe hope and courage into all our hearts
 as we work together to rebuild once more.

Strengthen us, Lord, and keep us steadfast.
 Bring healing and comfort to all
 and lead us renewed into your marvellous light.

We ask this through Christ our Lord, Amen.

Gospel: Matthew 22: 1 - 44

Sunday 11th October 2020

Jesus again used parables in talking to the people. "The Kingdom of heaven is like this. Once there was a king who prepared a wedding feast for his son. He sent his servants to tell the invited guests to come to the feast, but they did not want to come. So he sent other servants with this message for the guests: 'My feast is ready now; my bullocks and prize calves have been butchered, and everything is ready. Come to the wedding feast!' But the invited guests paid no attention and went about their business: one went to his farm, another to his shop, while others grabbed the servants, beat them, and killed them. The king was very angry; so he sent his soldiers, who killed those murderers and burned down their city. Then he called his servants and said to them, 'My wedding feast is ready, but the people I invited did not deserve it. Now go to the main streets and invite to the feast as many people as you find.' So the servants went out into the streets and gathered all the people they could find, good and bad alike; and the wedding hall was filled with people.

"The king went in to look at the guests and saw a man who was not wearing wedding clothes. 'Friend, how did you get in here without wedding clothes?' the king asked him. But the man said nothing. Then the king told the servants, 'Tie him up hand and foot, and throw him outside in the dark. There he will cry and grind his teeth.'"

And Jesus concluded, "Many are invited, but few are chosen."

House Stars

Well done to all of our children who have earned stars this week!

Gabriel	566
Michael	531
Uriel	536
Raphael	473

The Week Ahead:

Monday	Tuesday	Wednesday	Thursday	Friday
Yr 4 Swimming				Yr 6 Meditation with Fr John

