



## February Newsletter No.22

### Rights Respecting School – Article and Theme of the Month

#### January 2020

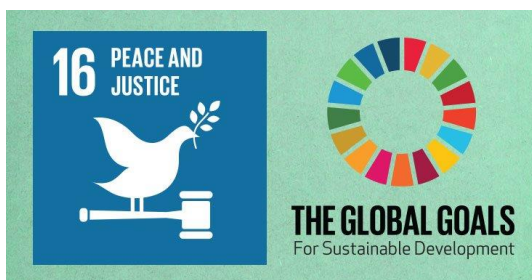
Article of the Month: Governments must do all they can to ensure that children are protected from all forms of violence, abuse, neglect and mistreatment by their parents or anyone else who looks after them. (Article 19)

Thought of the Month: Integrity is doing the right thing when no one is watching

#### February 2020

Article of the Month: The Convention applies to every child whatever their ethnicity, gender, religion and abilities.

Thought of the Month: Equality and Diversity



#### The Global Goals

The Global Goals are linked to the rights of the child. If the goals are achieved, then the situation for children around the world will improve. If they are not achieved, it will mean that children will continue to be treated badly and that their rights will not be respected. That must not happen!

Global Goal 16. Peace and Justice link closely to the New Year message from Pope Francis.

No child should be subjected to violence, assault or exploitation, but should be able to grow up in peaceful, just communities.

### Year 3 The British Museum

Year 3 had a wonderful time at the British Museum looking at Ancient Greek artefacts. The children learnt about everyday life in Ancient Greece and saw many of the objects which Ancient Greeks had used. They also had the chance to participate in a digital self-led session, where they used IPADS to help bring the Acropolis alive to learn about the story depicted in the Parthenon Marbles.

### Children's Mental Health Week 3-9th February 2020

#### HELP US Spread the Word

Children's Mental Health Week is run by children's mental health charity to focus on the importance of looking after our emotional wellbeing from an early age. This year's theme is 'Place2Be **Find your Brave**'.

Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing you outside your comfort zone. It can build your confidence, your self-esteem and make you feel good about yourself.

At St Catherine's we adopt a whole-school approach to mental health and wellbeing. Together we help our children flourish, learn and succeed by providing opportunities for them to develop the strengths and coping skills that underpin resilience. Wellbeing is seen as 'everybody's business'. We will be participating in the 'Mental Health week' and using some of the resources from their website for assemblies and classroom activities. For further information please visit

[www.mentallyhealthyschools.org.uk](http://www.mentallyhealthyschools.org.uk)

**Article 19**, CRC Children have a *right* to be protected from all forms of physical or *mental* violence, injury, abuse, neglect, mistreatment or exploitation.

We led assemblies on 'Mental Health Week for children'. Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. **Finding your Brave** can build your confidence, self-esteem and make you feel good about yourself. Bravery is about finding positive ways to deal with things that might be difficult, overcoming physical and mental challenges and looking after yourself. We all have times when we need to **Find our Brave**.

### Year 2 and Year 5 Fire Talks

We welcomed Hayley Archer to St Catherine's. Hayley led work-shops with the children in Year 2 and Year 5. The children greatly enjoyed her visit and found it very informative. If you would like a 'Home Fire Safety Visit' visit

<https://www.london-fire.gov.uk/safety/the-home/home-fire-safety-visits/>

This service can be booked by parents/carers and it will be carried out either by Firefighters from the closest local fire station or by Community Safety Officers from London Fire Brigade. They will provide fire safety advice to the adults and children in the home and fit smoke alarms where needed. The visits and smoke alarms are completely free of charge.

### Macmillan Cancer Support

Thank you to everyone who supported the Year 5 Key Ring Sale. We were overwhelmed with the support you gave. The amount raised was £238. We are incredibly proud of our children and a special 'Thank You' to the parents who supported them in this wonderful fund raising event. For further information about the work of this charity visit <https://www.macmillan.org.uk/cancer-information-and-support>

### **Holocaust Memorial Day Date**

27<sup>th</sup> January 2020 There has been so much news on TV and the radio about Holocaust Memorial Day. This day provides annually an opportunity for everyone to learn lessons from the Holocaust and apply them to the present day to create a safer, better future. **Rights Link:** Article 38: Children have the right to protection and freedom from war.

**Please keep the children in war torn countries in your prayers.**

### **School Council FSSA Fundraising Getting Active**

“On the 29th January, a group of Year 5 girls set up an Obstacle Course called ‘ Be an athlete’. We set it up at lunch time and Mrs Ainger called everyone class by class to the hall to try it out. The children were very complimentary and said it was fun. They were happy to hear that they all got a prize even if they did not get the fastest time. The child with the fastest time was Jacob in Year 6. We raised £50” Lorena, Alyssa, Sofia, Jessica, Amanda, Cheryl, Gracie- May  
Well done girls! This was such a unique fundraising event and was so enjoyable for all the children.

### **Catholic Children Society**

We welcomed Kimberley from ‘The Catholic Children’s Society’. The Catholic Children’s Society (CCS) supports disadvantaged children and families across London, Hertfordshire and the South East. They help vulnerable children overcome the challenges they face so they can achieve their full potential and have hope of a brighter future. Kimberley spoke to the KS2 children about their work and how we can support them.

#### **EPOC visit**

KS2 were visited by a special opera company, The English Pocket Opera Company, on Monday morning this week. The children participated in an assembly led by professional opera singers Paul, Pamela and Mark (who also accompanied on the piano). The performance not only helped tell the history of music but also showed the children how different elements of rhythm, pitch, melody, harmony, texture and expression all developed through different composers' music over time. The 'Master' (portrayed by Mr Bell) and aided by his minions (Evie and Sebastian) were constant adversaries throughout the plot, wishing to rid us of music. However, even their dastardly schemes were vanquished by the power of the children singing. Our children had a fabulously fun morning and these songs form part of a production that will be the centrepiece of this year's Royal Albert Hall concert.