



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL

# NEWSLETTER

GOSPEL VALUE  
OF THE TERM:  
**Mission**

*'But when I am afraid, I will put my trust in you.'* Psalm 56:3  
**The God who speaks- Pentecost 2**  
**Celebrate God's Word~ Live God's Word~ Share God's Word**

Value of the Month:  
June  
Courtesy

## Weekly Updates:

Good Afternoon to our school community,

We once again reach the end of another busy week. Thank you so much for your on-going community I enjoy receiving your calls, emails and Twitter correspondence. It has been lovely to see our families taking up the offer of email or phone call check in's with our teachers. If you would like your child to communicate with their teacher via email or a phone call we can organise times for this during the week please just put in a request by emailing it through to me at [jenna.withers@st-norberts.lincs.sch.uk](mailto:jenna.withers@st-norberts.lincs.sch.uk) Please look out today for my letter explaining how we are trying to organise safe, social distanced transition events at the end of term. We are delighted to be able to offer some form of transition for all our year groups including our Year 6 Leavers and New Reception pupils.

- Drop Off Times: Key Workers 8:45am/ EYFS 8:50am/ Year 1 8:55am/ Year 6 9:00am
- Collection Times: EYFS 2:50pm/ Year 1 2:55pm/ Year 6 3:00pm/ Key Workers 3:05pm (This allows end of day deep cleaning)
- Please send your child with a packed lunch or packed lunches can be ordered now through Farm Kitchen online-No hot meals currently.
- Cool Milk Orders have also resumed.

We today completed our second virtual worship between our 'bubbles' and it was a joy to hear the singing and participation from around school. We were able to make it interactive using the chat feature on Microsoft Teams and really came together to celebrate our faith. We have also started St. Norbert's Shout Outs instead of Pupil of the Week, so for those of you still at home, we are inviting parents to send us your shout outs to celebrate what your child/children have been doing at home. I will share these in next week's worship but also type them in next week's newsletter. So, parents please email your shout outs to me and with your permission I can also share on Twitter. Today we thought about the Holy Trinity and our thought for the day is, 'We are all members of God's Family' remember we are apart but together. We cannot wait for the day we are all safely reunited.

As ever you remain in my thoughts and prayers,  
Best Wishes  
Mrs Withers xxx

## Thought of the Week:

*This weekend we celebrate the 12th Sunday in Ordinary Time. In our Gospel this Sunday, Jesus instructs "the twelve" about their mission and ministry. There are three things to note in this Gospel. 1. Three times Jesus tells the twelve not to be afraid. 2. Rather, they are to be bold in their witness and fearless in their preaching. 3. For "even the hairs of your head are counted."*

*Jesus knew that his disciples would face stiff resistance and even persecution as they sought to continue his mission and ministry. Given this, he wanted to be honest with them in regard to what was to come, God never promised us a trouble-free life of ease and comfort. Jesus assured them, that they would not be alone as they went forth. God would be with us in the midst of our trials and sufferings.*

*The readings are very apt for our current times, where many of us are experiencing vulnerability, tension, and unpredictability. Yet as followers of Christ, we are being called to trust in God our Father, who knows us intimately and understands our needs. We pray for God's guidance and teaching.*

*Lord, you invite us to cry out with complete confidence in the Father's boundless love.*

*This day we offer you praise and thanks for your abundant gifts to us in our poverty and weakness.*

*Amen*

## Right of the Week



**Article 30: Every child has the right to learn and use language, customs and religion of their family, regardless of whether these are shared by the majority of the people in the country where they live.**



### Pentecost 2: Encounter with us through being a Missionary Disciple...

It is Bishop Patrick's vision that every church, chaplaincy, school and home in our Diocese will be a place where people can encounter Jesus. We are being called to encounter and re-encounter Jesus and his love for us. We are called to discover and rediscover Jesus and the call to follow him. Our school exists so we can present the Good News to you our families in engaging and transforming ways. How will you Encounter Christ this term? How will you be a Disciple or Missionary? Perhaps share as a family the Wednesday Word we sent all editions home with you on the last school day.

*"Were not our hearts burning within us"*

#### Weekly Mission:

- Engage in conversation on the phone while in isolation or write a letter or email to us here at school or your wider family with the supervision of an adult.
- Save some pennies and contribute to our Briars Collection this term, as a charity they will be feeling these hard times, so let's give what we can to support them. Donations can be delivered to our school post box or sent in with children attending.
  - Or...Missionary Discipleship Challenge: Draw an image to celebrate your family this week

### Information: helpline launched to answer questions about COVID-19 related to education

The Department for Education has launched a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline as follows:

Phone: 0800 046 8687 Email: [DfE.coronavirushelpline@education.gov.uk](mailto:DfE.coronavirushelpline@education.gov.uk) Opening hours: 8am to 6pm (Monday to Friday)

Here is a fantastic, FREE digital information book produced for children, to support and help explain the coronavirus and the measures taken to control it. Follow the link to download your copy.

<https://axelscheffler.com/books-for-older-children/coronavirus>

### SAFEGUARDING

If you are concerned about a child or need help and support do not hesitate to contact our Designated Safeguarding Leads Mrs Withers and Mr Morton.

[jenna.withers@st-norberts.lincs.sch.uk](mailto:jenna.withers@st-norberts.lincs.sch.uk)

[sam.morton@st-norberts.lincs.sch.uk](mailto:sam.morton@st-norberts.lincs.sch.uk)



### History Spotlight

The wonderful county we live in- Lincolnshire here are some facts you may not know about our county.

When the gas works were being built at Brigg in 1886, workers made something of an unexpected discovery during excavations - a spectacular Bronze Age boat dating to c.1000 B.C. The hull of the boat had been carved out of an enormous oak-tree and was almost 50ft long, creating a vessel thought to have been capable of carrying up to 50 men.

Abbey Field, on Potter Hill, Norton Disney became something of an oddity in the early 20th century, because nothing would grow there but weeds. After a few years of trying to plant crops and failing, the farmer decided to start excavating to see if he could solve the mystery - but he never expected what he would find under the soil. It turned out the remains of a fortified Roman villa were under the soil.

Lincoln Cathedral had a tower 271ft tall before it was rebuilt in the late 13th and early 14th century and a new lead spire was installed that was 525ft high, making it the tallest structure in the world at that time. The building it surpassed was the Great Pyramid of Giza - which had held the record for almost 4,000 years.

To find out more facts about our fantastic county visit the source of these facts at : <https://www.lincolnshirelive.co.uk/news/local-news/22-bizarre-things-lincolnshire-you-332005> Be aware this is a Lincolnshire news site.

### Geography Spotlight

A little Geography and History Facts about Captain James Cook:

Captain James Cook, (27 October 1728 - 14 February 1779) was an English explorer, navigator and cartographer. He made three voyages to the Pacific Ocean, mapping many areas and recording several islands and coastlines on European maps for the first time. He is most notable for the British finding the east coast of Australia, finding the Hawaiian Islands and the first mapping of Newfoundland and New Zealand.

During his lifetime, he sailed twice around the world. He crossed the Antarctic Circle and found new islands and landscapes in North America and the South Pacific. During his trips, he spent a lot of time on science experiments, and mapping new areas. He also wrote a lot of books about what he found.

If you would like to find out more visit the source of these facts: [https://kids.kiddle.co/James\\_Cook](https://kids.kiddle.co/James_Cook)

### Eco Spotlight

Sadly, Springwatch finished last week until Autumn, but that does not mean we cannot still appreciate our nature. Springwatch have done 8 programmes for children called the wild live academy. They have a different subject matter for each programme. They have already been shown live, so are available on the I-player from this link:

<https://www.bbc.co.uk/programmes/articles/XkwSbqnWqXvH4jQf2WpXvz/springwatch-wild-academy>.

I hope you enjoy finding out some interesting facts.

### Eco News Four ways to help the wildlife:

1. Feed the butterflies- Give them a helping hand by creating these colourful butterfly feeders from recycled materials. You can also help by growing long grass and leaving fallen fruit under trees for them to feed on. Thistles and stinging nettles are important to butterflies; their larvae depend on them to feed and grow, so don't be in a hurry to clear them.
  2. Build a wildlife water feature.
  3. Feed the birds
  4. Build a hedgehog home
- Source: <https://www.ecokidsplanet.co.uk/blogs/news/world-wildlife-day-5-ways-to-help-wildlife> for full information and tips on all the above enjoy looking after a beautiful wildlife.

### Olympic Day Celebration

Whether at home or school, we can still celebrate International Olympic Day. Held annually on 23 June, Olympic Day celebrates getting active and living the Olympic Values (friendship, excellence and respect). Visit the website to find out more about the challenges you can do to get involved. [https://www.getset.co.uk/resources/home-learning/olympicdayhome?utm\\_source=smcrecruitment&utm\\_medium=email&utm\\_campaign=juneiodprimary&utm\\_content=cta1](https://www.getset.co.uk/resources/home-learning/olympicdayhome?utm_source=smcrecruitment&utm_medium=email&utm_campaign=juneiodprimary&utm_content=cta1)  
<https://www.agilitassports.com/lockdown-resources>  
Agilitas sports ltd has weekly skills based activities with videos and ideas to do at home, might be good to direct children/parents to.

This link

<https://www.youthsporttrust.org/60-second-physical-activity-challenges> is on Agilitas sports ltd website and has 60 second challenges, children/parents might like to complete at home.

*Article 13: You have the right to find out things and share what you think with others, by talking, drawing and writing or in any other way unless it harms or offends other people.*

### Healthy Living Week

Top ten facts about keeping healthy for healthy living week

1. Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
2. All foods contain nutrients which your body needs to stay active throughout the day. Some foods have more nutrients than others.
3. Everyone should have their '5 a day' - this means five portions of fruit and vegetables, to get the right amount of nutrients.
4. A 'portion' means the amount of food that fits in your hand. When you eat more than what your body needs to keep healthy and energised during the day, you can put on too much weight.
5. In addition to your 5 a day, you also need portions of other food group like carbohydrates, water, fibre, minerals and fats.
6. It's important that you get the right amount of each food group, which is called a balanced diet. Your diet is another word for the food that you eat - too much one food group and too little of another food group can mean that your body isn't healthy.
7. It's important not to eat too much sugar and salt: sugary foods are bad for your teeth and can be fattening, and salty foods can lead to heart disease.
8. Keep your mouth happy by brushing and flossing to have healthy teeth and gums.
9. Adults can keep healthy by avoiding things like alcohol and nicotine from cigarettes. Both of these can cause dangerous diseases.
10. **It's important to have 30-60 minutes of exercise every day.** This can be little things like running around your back garden, playing games with your friends or even doing chores at home!

### St. Norbert Shout Out's:

Send yours in from home to be featured next week but for now a pupil shout out has been received from a parent...

Please can I give a shout out to Joseph. For being patient with his little Brother Isaac and helping him complete an Alphabet puzzle. Good team work 🐾



### The Heart that See's Award



To Mrs. Wright and Mrs. Goor who sacrificed their rain coats and wellies to save a drenched Mrs. Withers on Thursday Morning gate duty. Items have been fully disinfected before their return. Thank you for your kindness Ladies xxxx

### Children's Mental Health Week Resources

Following on from last week's focus week here are further resources for all year round;

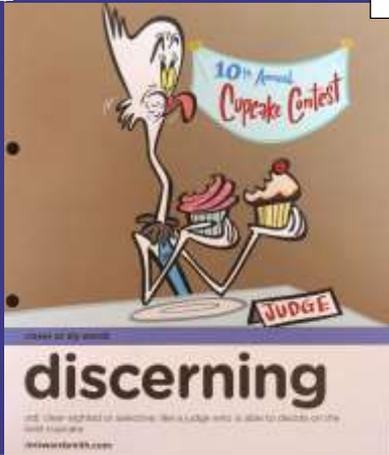
Young Minds <https://youngminds.org.uk/resources/school-resources/?f3=10152#listing>

Place to Be <https://www.childrensmentalhealthweek.org.uk/schools>

Mentally Healthy Schools hub by Heads Together

[https://www.mentallyhealthyschools.org.uk/?utm\\_source=place2be.org.uk&utm\\_medium=referral](https://www.mentallyhealthyschools.org.uk/?utm_source=place2be.org.uk&utm_medium=referral)

Our Time <https://ourtime.org.uk/resource/explaining-mental-illness-to-under-11s/>



<https://www.mentalhealth.org.uk/coronavirus>

The Mental Health Foundation has a wealth of information to support the mental wellbeing of your family, whether you're at home, at work or worried about the easing of lockdown. There are a number of tips for looking after yourself and others, as well as information on where to seek help.

<https://www.lovereading4kids.co.uk/genre/bom/Books-of-the-Month.html>

Check out which books have been chosen to stand out from the crowd this month. There is a wide range for all age groups.



During this unprecedented time of the church and school closures, Ten Ten is offering all schools and their families the opportunity to access FREE prayer resources for the home. These include detailed daily reflections and prayers rooted in the Sunday Gospel and also a Sunday Liturgy for families, which will allow you the opportunity to lead your own Sunday liturgy. It will follow the order of the Mass and will include a Gospel film, a short family friendly homily from a priest and finally the liturgy will lead to 'Spiritual Communion'.

In order to access the resources, follow the link below. Links will be sent out weekly via email, however they can also be found on the school website homepage.

**Daily Prayers for Home**

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/homeprayer-2020-03-23>

**Sunday Liturgy for Families**

<https://www.tentenresources.co.uk/primary-subscription/prayers-for-home/sunday-liturgy-for-families/>



**JRFSO Message**

<http://thinkdirect.gov.uk/education/early-years-and-primary/parents/7-to-11s/Be-bright-be-safe/>

**E-Safety**

Visit our E-Safety page on the school website. <http://www.st-marcus-leeds.sch.uk/e-safety.asp>  
<https://net-aware.org.uk> Or download the Net Aware app for android and iOS.



Make sure your child knows what to do if they come across cyberbullying. Encourage them to be an upstander not a bystander with the **Stop, Speak, Support** code. Developed by the Royal Foundation, we've been working in partnership with a coalition of organisations, including O2, and young people themselves. The code gives advice on how to respond to online bullying. Use the link below:

<https://www.nascc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/turn-source-4-education-medium-english-parents-video/turn-campaign-121-017-com-networks-1218>

**Top Tips for safer digital living!**

1. **Prioritise Safety-** Teach children not to give out personal information, like their name, address, telephone number, or which school they go to. Think about what YOU share about your child on social media too!
2. **Set Parental Controls-** Agree a list of websites and apps your child is allowed to visit, and remember to check the minimum age limit on services like Facebook or YouTube.
3. **Discuss their activities-** Take an interest in their online world. Talk to them about their favourite websites, videos, and online friends.
4. **Set Boundaries-** Establish time limits for activities such as using the internet and game consoles. Make sure to set side time for "unplugged" family activity.
5. **Be open-** Let your child know that they can tell you about anything that happens on the internet, and that you'll listen without judgment



## Prayers and Reflection Please!

God cares for all creation, we are reminded today. Even the chirping sparrows, which sell for so little, are beloved by him. How much more, then, is God watching over us and prompting us to be his voice and hands to the ends of the earth?

*Creator God, I give myself into your hands to use me, despite my weaknesses, to proclaim the joy of the Good News through my life, work and play. Keep in your loving care those whose lives are marked by struggle, so that all may experience your gentle presence.*

*Amen.*



Mrs. J. Withers (Headteacher)