



ST. NORBERT'S  
CATHOLIC PRIMARY SCHOOL

# NEWSLETTER

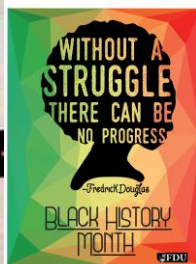
VIRTUE OF THE  
TERM:  
**HOPE**

*'May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by*

*The power of the Holy Spirit.'* (Romans 15:13) **The God who speaks- Advent 1**

**Celebrate God's Word~ Live God's Word~ Share God's Word**

Value of the  
Month: October  
**Friendliness**



**Statements to live by....**

Dear Parents and Carers,

Over the next few weeks the children will be working together to....

*Know, appreciate and understand the importance of social justice and 'develop independence, interdependence and responsibility'*

Please take the opportunity to discuss with your child at home and support them as they learn about....

- I know what to do if I see anyone being hurt
- I understand that rights match responsibility
- I try to stand up for myself and others without hurting others
- I try to be just and fair

Who do you feel safe with and who do you trust?

## This Week's Highlights!

- Miss Wilmot our Dance Teacher won an award recognising her as 'Businesswoman of the year'. We are so proud of her.
- The first Hockey Meet taking place this afternoon at Surfleet-we are excited!
- We are promoting inclusion and as part of Black History Month are exploring the protected characteristic of 'race'. In Friday Celebration we explored the life and example of Michelle Obama a champion of education for girls across the world.
- We have explored the British Value of 'Democracy' this week.
- It is Dyslexia Awareness Week (Protected Characteristic-Disability) <https://www.bdadyslexia.org.uk/news/its-dyslexia-awareness-week-2022>
- It is ADHD Awareness Month (Protected Characteristic-Disability) <https://www.adhdawarenessmonth.org/>
- It is Downs Syndrome Awareness Month (Protected Characteristic-Disability) <https://www.downs-syndrome.org.uk/>

Black History Month is a time for reflection and positive changes for the future. During the event, people can celebrate the outstanding contributions that Black people have made to society across the globe, both today and historically.

Each year, every President that has been in office in the United States of America has validated a theme for the event. The theme that will be happening this year in October is 'Black Health and Wellness.' This will put a spotlight on Black medical professionals throughout history, and through the diaspora of the African people. This theme will also highlight the importance of the people who have set up medical organisations, that counteract the ripple effect of discrimination felt at mainstream medical facilities and institutions. Focussing on the progress made over the years can help people to think about the future, and what more can be done to stop inequalities that some Black people are currently facing.

Challenge: Who can you find out about that has made significant contribution to the medical world, linked to Black History. Maybe you could share your findings with your teacher or Mrs Withers this month.

Thank you for all the questionnaires, please find below a link for you to share your views regarding Project St. Thomas Fr Jim would love to hear your thoughts and ideas. We know there are things going on all across #Spalding, but there are also big gaps in what's available. What kind of activities do you think we need to make sure are happening at #ProjectStThomas. Tell us by completing a survey at <https://forms.gle/EQJk6R0x5y5J3eU7k6>

With Prayers and Blessings

Mrs Withers x

## THOUGHT OF THE WEEK...

God's grace and healing does not confine itself to religious, social, gender, class, ethnic or racial constraints. Sometimes we must cross boundaries to obtain healing; and healing brings new life, which is completely dependent on faith. But the underlying message is that our response must be gratitude and this must not be forgotten in the excitement of the moment. Review your own life: what have been the turning points for you, and what impact have these had on you? Have you experienced the pain of being excluded or treated as an outsider? Identify what God has done for you. What is your response? What should you do next? What are the things you can thank God for?

During this week, reflect on where the barriers are in your own life, the things that cut you off from others. Work towards breaking down one barrier this week.

## Rights of the Week



Advent 1



Encounter with us...

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? Perhaps share as a family the Wednesday Word

Encounter

Take time to support our Parish, complete the Project St.Thomas survey using the link on page 1.

**Next week's Ordo Theme-** This Week's Ordo theme is Diversity

Black history Month gives everyone the opportunity to share, celebrate and understand the impact of black heritage and culture. It also serves as a reminder of the incredible beauty of our diverse communities. It inspires us to celebrate our differences and recognise that we are all unique and important parts of the Body of Christ. Think this week about what you bring to your community and just how much you receive from those around you.

Visit the NDCYS YouTube channel to find out more <https://www.youtube.com/channel/UCP--eQ-1N3-Ah-bYBhy8KdP8Q>

### Reading



**Our Story Starts in Africa - Patrice Lawrence:** This is a beautifully told story of Black history that encompasses human achievements, like peaceful trading, painting, weaving and writing. But Lawrence doesn't shy away from the uncomfortable elements, such as war and slavery. Tante Janet explains everything in a child-friendly manner to the questioning Paloma, and is never patronising. This is perfectly pitched at young children who want to learn more about their family - or anyone else's family.

**Am I Made of Stardust? Dr Maggie Answers the Big Questions for Young Scientists- Dr Maggie Aderin-Pocock:** Dr Maggie Aderin-Pocock is a real-life space scientist (you may have seen her on the TV) with a passion for sharing the wonders of space and science. This excellent book presents Dr Maggie's answers to some brilliant questions asked by children, from "Did a person drive a car on the moon?" to "What do aliens look like?" and "Does it really rain diamonds on Jupiter?".

**Journey Back to Freedom: The Olaudah Equiano Story- Catherine Johnson:** Olaudah is just 11 years old when he is kidnapped from his lovely family in Essaka, Africa in 1745, sold into brutal slavery and renamed Gustavus. This is the story of how he grew up, serving several masters at sea, becoming an experienced sailor and living all over the world including England's multicultural capital London, where he eventually returned as a free man. It's a really exciting tale of daring adventures and incredible spirit, of bravery, of the unimaginable cruelty and injustice of slavery and also moments of kindness particularly from the aunts of one of Olaudah's owners who adored him and paid for his education.

### Writing Challenge - Poetry Stars 5- 11 years (Closing Date 21st October)



Poetry Stars is packed with cross-curricular ideas, different styles of poetry worksheets and has an open theme. Poetry Stars has some fun animal characters to help engage your child with poetry and fall in love with creative writing.

It's National Poetry Day on 6th October - this year's theme is The Environment, why not get your child involved? They could write about nature, wildlife, an animal, etc. Visit the Young Writers website for more information and resources. <https://www.youngwriters.co.uk/competitions/KS2>

**National Space Week** For more ideas go to <https://www.bbc.com/news/health-56888888>

### **Space themed snacks and meals...**

Making meals together involves the development of lots of skills! Lots of maths involved too with measurements and timings.

**Rocket skewers** - cut bananas, melon, strawberries etc into discs and triangle shapes then layer them on a skewer to create rocket spaceships!

**Planet pizzas** - make pizza dough from scratch or use a wrap or pizza base then add your mushroom craters, grated cheese space dust, ham space rocks - anything can be intergalactic!

### **Black History Month Present Figure/Football Player Marcus Rashford**

Marcus has raised more than £20m for charities fighting against hunger and food waste.

- In 2020, he wrote a letter to MPs, asking them to overturn a decision based on food poverty during the COVID-19 pandemic. He succeeded, meaning that children who needed them could access food vouchers over the school holidays.
- He was awarded the BBC Sports Personality Special Award for recognition of his work fighting food poverty.
- In 2021, he received an honorary doctorate from The University of Manchester for his work centred around child poverty.

### **Maths in Everyday Life**

Maths is everywhere. Maths will appear through every subject you study at school; from measuring quantities for a science experiment to identifying patterns and shapes in Art.

It doesn't stop there though. Most days, we are all faced with problems in real life that require us to apply some form of maths to help solve them. Imagine a simple trip to your local shop to buy some ingredients for a cake. It may appear straightforward at first, but you are surrounded by maths from the minute you walk in. To begin with, you need to know what quantity of each item you will buy. If you have a budget, you must make sure you do not go over it by calculating the total of what you are buying as you go.

### **Maths Challenge - Bake a cake**

Calculate the amount of money the cake has cost you; work out how long the cake took you to make from start to finish (can you convert your time from an analogue to a digital clock?) What did you weigh/measure your ingredients in: ml, grams, ounces? Bring your calculations and a photo of your cake into Mrs Fairbanks this term for a mathematical challenge reward 😊



**Dates For Your Diary: See school website for Diary**

*October- I will say the rosary this month.*

**ORDO DIVERSITY**

*Monday 10th October - Week 28 Ordinary Time*

**St.Paulinus**

*Tuesday 11th October - Week 28 Ordinary Time*

**St.Denis and Companions St John Leonardi St John XXIII**

*Wednesday 12th October- Week 28 Ordinary Time*

**St.Wilfrid St Hilda**

*Thursday 13<sup>th</sup> October- Week 28 Ordinary Time*

**St.Edward the Confessor**

*Friday 14<sup>th</sup> October- Week 28 Ordinary Time*

**St.Callistus**

**PE CHALLENGE-**Getting fitter and beginning to improve your sports skills is a really healthy way of looking after yourself plus its great fun! Have a go at this week's sporting challenge and see if you can achieve gold. If you don't have a bean bag then you can use a pair of socks rolled up on themselves to make a soft ball and you could make the hoop out of socks laid out on the carpet in a circle shape? Challenge mums or dads to see if they can achieve gold in 60 seconds. Don't forget to share your photos; video or records with us next week.

**We work to eradicate discrimination in our school, we learn through British values and our Faith to ensure equality for all. The Protected Characteristics that apply to schools are:**

·Age; ·Disability; ·Gender re-assignment; ·Marriage and civil partnership; ·Pregnancy and Maternity; ·Race; ·Religion Faith or Belief Sex; Sexual orientation.

**Composer of the term: Antonio Vivaldi**



Antonio Vivaldi (1678- 1741) was an Italian composer. He was the most important composer in Italy at the end of the Baroque period.Vivaldi wrote more than 400 concertos for various instruments, especially for the violin. His most popular work is the group of four violin concertos called "The Four Seasons". Each concerto describes a season: Spring, Summer, Autumn, and Winter. To listen to snippets of the Four seasons, use the QR code. What do you imagine when you listen to each concerto? How do the instruments reflect aspects of the seasons?

**DT-**This week I have selected a website to share with you. I think you will find it inspiring! It just shows anyone can be an inventor, whatever your age. You just need to solve a problem through trial and error. Check out the inventions created by these children  
<https://inventionland.com/blog/ten-kid-inventors-that-changed-our-lives/>

#### **Black History Month**

The month of October in the United Kingdom Black History Month in which we celebrate and give the deserved recognition, to the black people past and present who have had amazing achievements but have not be recognised for them.

It began as a way of remembering important people and events in the history of the African diaspora. It is celebrated in February in the United States and Canada, while in Ireland, the Netherlands, and the United Kingdom it is observed in October.

Black History Month in the UK was organised through the leadership of Ghanaian analyst Akyaba Addai-Sebo. It was first celebrated in London in 1987, as part of African Jubilee Year, when on October 1 Dr Maulana Karenga from the US was invited to an event at County Hall to mark the contributions of Black people throughout history, and Addai-Sebo drew up a plan to recognise the contributions of African, Asian and Caribbean people to the economic, cultural and political life in the UK, with other boroughs beginning formally to institute

#### **Pupil of the Week**

**EYFS-** Emina for recognising in math's how objects have been sorted. Great work!

**Year 1-** Emily for working so hard to write her own Bear Hunt story

**Year 2-** Zachary for his excellent reasoning and problem-solving explanation during our Place Value work in Maths.

**Year 3-**Alysia for her amazing learning this week, in particular her French learning and showing such enthusiasm for the subject despite it being totally new.

**Year 4-** Oliver for trying so hard with his handwriting

**Year 5-** Kacper for his contributions to sentence stacking this week.

**Year 6-** Aidan for fantastic work in Maths learning about prime numbers.

**Weekly MyMaths Champions Results This week the Champions are Year 2 with over 400 points-Well Done!**

#### **The Heart that See's Award**

Each week the pupils can all nominate their peers for this award, for those acts of mercy and kindness.



Thank you to Markuss and Sara for joining Mrs Hibbert and Mrs Withers for quite the journey to Newark Holy Trinity on Tuesday for Mass led by Bishop Patrick. You were Superstars and so brave going on the Livestream on YouTube to represent our school-Thank you xxx

**Weekly Attendance: %** Remember our school target is 97% and anything below 90% is Persistent Absence and can result in a fixed penalty notice. We are also required to report any families to the local authority whose children have had 10 consecutive days absent from school or any that take un-authorised/absence or holiday. You must inform us when your child is not attending school if we are unable to make contact we will conduct a home visit. Pupils should be at school by 8:45am to avoid being marked as Late.

EYFS	Y1	Y2	Y3	Y4	Y5	Y6
90.98%	95.22%	98.52%	97.24%	100%	94.66%	98.52%



# Safeguarding Messages: Working together to stay safe!

Optimistic October 2022

SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Write down three things you can look forward to this month.	2 Find something to be excited about. Even if it's a difficult time.	3 Take a small step towards a goal that really matters to you.	4 Start your day with the most important thing on your to-do list.	5 Be a realistic optimist. See life as it is, but focus on what's good.	6 Remove yourself from things that change the way you feel.	7 Look for the good in people around you today.
8 Make some progress on a project or task you have been avoiding.	9 Share an important goal with someone you trust.	10 Take time to reflect on what you have accomplished recently.	11 Avoid blaming yourself or others. Find a helpful way forward.	12 Look out for positive news and reasons to be cheerful today.	13 Ask for help to overcome an obstacle you are facing.	14 Do something constructive to improve a difficult situation.
15 Think yourself for achieving the things you often take for granted.	16 Put down your to-do list and do something fun or uplifting.	17 Take a small step towards a positive change you want to see in society.	18 Be helpful but realistic. Guide for the drive ahead.	19 Identify one of your positive qualities that will be helpful in the future.	20 Find joy in tackling a task you've put off for some time.	21 Let go of the expectations of others and focus on what matters to you.
22 Share a helpful quote, advice or story with a friend or colleague.	23 Recognise that you have a choice about what to prioritise.	24 Write down three specific things that have gone well recently.	25 You can't do everything! What are your three priorities right now?	26 Find a new perspective on a problem you face.	27 Be kind to yourself today. Remember, progress takes time.	28 Ask yourself: will this still matter a year from now?
29 Plan a fun or exciting activity to look forward to.	30 Identify three things that give you hope for the future.	31 Set a goal that brings a sense of purpose for the coming month.				

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

## SAFEGUARDING

If you are concerned about a child or need help and support do not hesitate to contact our Designated Safeguarding Lead Mrs Withers and Deputies Mrs. Hibbert 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)

Working together to safeguard and promote the welfare of children



If you have any concerns about a child, please call: **01522 782111**

**LSCP** Lincolnshire Safeguarding Children Partnership

Follow us on Twitter: [@lincshirescp](https://twitter.com/lincshirescp)

## J.R.S.O. JRSO Message

<https://thinkdirect.gov.uk/education/early-years-and-primary/parents/7-16-11s/be-bright-be-seen/>

## E-Safety

Visit our E-Safety page on the school website. <http://www.st-norberts.lincs.sch.uk/e-safety.asp>

<https://net-aware.org.uk> Or download the Net Aware app for android and iOS. [https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/Pdfm\\_source=Adestro&utm\\_medium=email&utm\\_content=Videos&utm\\_campaign=121017.com-netaware\\_LFS](https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/bullying-and-cyberbullying/Pdfm_source=Adestro&utm_medium=email&utm_content=Videos&utm_campaign=121017.com-netaware_LFS)

The internet is essential in 21st century life for education, business and social interaction. As our children move up through the school their access to various types of technology increases and it stands to reason that their exploration and curiosity increases too. The positives of the digital world overwhelmingly outweigh the negatives but our children and parents all need to be aware of various online risks. We would like to draw your attention to the following weblinks to help share and support our online safety message across the school and help keep your children safe whilst they research, access learning or practise their skills online.

<https://youtube.be/XQ-Itq8V3eK>

<https://www.internetmatters.org/resources/apps-guide/>

<https://www.thinkuknow.co.uk/parents/lessie-and-friends/>

<https://www.thinkuknow.co.uk/parents/articles/band-runners/>

Are your children using electronic devices and accessing the internet at home? Whatever their age, the link we are sharing below can help you to find out more about what they might be doing online and give you practical advice on the steps you can take as a parent to keep them safe in their digital world.

Take a moment to look through the website and see what is advised for the ages and stages of your child/children. It is really important that we all work together to keep the children safe online. <https://www.internetmatters.org/advice/>



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/>

## Prayers Please!

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/>

The Wednesday Word is offered to you as a new, weekly, special 5 minutes Family Time together. The Wednesday Word is a gift to families because of their connection with a Catholic school. Wednesday Word Family Time presents an opportunity for even the busiest of parents to enrich relationships with their children through spending a very special 10 minutes together each week. Every Wednesday a 'word', inspired by the coming Sunday's Gospel, will be suggested for families to talk about in the home. It is structured around the Sunday Gospel, because evidence shows that Gospel values really do help family relationships to thrive. The Wednesday Word Family Time leaflet is designed in a family friendly fashion to ensure that all family members feel included. It aims to be informative, enjoyable, and to help families maintain a special closeness throughout the school years. You can download your own copy from your child's MS Teams account where it is shared weekly or directly from their website <http://www.wednesdayword.org/>

## Pray The Rosary

The Rosary consists of 20 Mysteries divided into four distinct parts – The Joyful, The Luminous, The Sorrowful and The Glorious Mysteries. Each Mystery is represented by a Decade made up of the Our Father, Ten Hail Marys and a Glory Be.



1. Make the Sign of the Cross, say the Apostles' Creed.

2. Say the "Our Father"

3. Say Three "Hail Marys" and the "Glory Be".

4. Meditate on 1st Mystery, saying the "Our Father", Ten "Hail Marys" and "Glory Be".

5. Say Ten "Hail Marys" and the "Glory Be".

6. Meditate on 2nd Mystery, saying the "Our Father", Ten "Hail Marys" and "Glory Be".

7. Meditate on 3rd Mystery, saying the "Our Father", Ten "Hail Marys" and "Glory Be".

8. Meditate on 4th Mystery, saying the "Our Father", Ten "Hail Marys" and "Glory Be".

9. Meditate on 5th Mystery, saying the "Our Father", Ten "Hail Marys" and "Glory Be".

10. Concluding prayers, "Hail Holy Queen" and Let Us Pray: O God whose only begotten Son, etc., etc.

Amen. Mrs.J.Withers (Headteacher)