

ST MONICA'S NEWSLETTER



Safer Internet Day

Today, we celebrated Safer Internet Day. In Assembly, I outlined why the internet is both a brilliant place but also a place where we must be cautious. We taught children how to be detectives and spot anything that could be dangerous and to tell a trusted adult if they do.

Each class also spent time discussing how to stay safe online in age-appropriate lessons. Why not ask your child what they learned today? Across all year groups, our key message was to empower children to come to you if they ever feel worried or afraid about anything they encounter online. Please reinforce this message at home.

PANTS Curriculum - PSHE

Our Junior school pupils studied the NSPCC's "Talk PANTS" rules in their classes as part of their PSHE curriculum this week. This curriculum is progressive from Nursery to Year 6, but the key message remains the same for all pupils: "Privates are private!" [Please see this link for more resources for parents.](#)

Podcasting Club - L20 Project

The superb team at the L20 Project ran a series of podcasting workshops at St. Monica's. Our pupils embraced the opportunity to become content creators, and they did not disappoint. The first episode has dropped, and it's brilliant—well done to all involved! [Watch it here.](#)

From all of us here at St Monica's, thank you for all of your support this half term. Have a fantastic break, and we look forward to seeing you back on Monday, 24th February.

Spring Term Dates

25th/26th February

Y3 Chocolate Workshop Visits

Wed 5th March
Y6 Western Approaches Trip

Thursday 6th March
World Book Day

Tuesday 11th March
Careers Day (rearranged)

Friday 28th March
Y4 Chester Trip - Romans

Easter Holidays
Break up Friday 4th April, Return Tuesday 22nd April

[Term Dates](#) (click)

Faith Aspiration Respect Resilience



Nursery

Kung Hei Fat Choi!

Nursery have had a wonderful time learning about and celebrating Chinese New Year. We explored various customs and traditions and especially enjoyed creating our own dragon, which we proudly used in a lively dragon dance throughout the school.

A big thank you to Mrs Hoang for visiting and sharing how your family celebrates, your insights made our learning even more special!



Reception

Reception had a wonderful time learning about Chinese New Year this week!

We discovered that red is a lucky colour and that noodles symbolise long life. On Friday, we marked the occasion with a special celebration, where we sampled traditional Chinese food and performed a lively dragon parade throughout the school. It was a fantastic experience enjoyed by all!



Year 1

In Year 1, we have been exploring our senses through a fun and hands-on investigation. We used our sense of taste, touch, smell, and hearing to explore a variety of different objects and foods before guessing what they might be. Some were familiar, while others were a complete surprise!

- "The pickled onion tasted disgusting!" – BRO
- "I think the lemon tasted sour." – PB

We also explored different textures, from soft and squishy to rough and bumpy, and listened carefully to mystery sounds. It was a fantastic way to discover how our senses help us experience and understand the world around us!

Year 2

Year 2 have had a fantastic time developing their skills in P.E. this week! We have been practising our overhead throwing techniques through the exciting game of dodgeball.



At the start of the lesson, we focused on perfecting our grip, stance, and throwing technique to ensure powerful and accurate throws. As the game progressed, we became more confident in our aim and teamwork, dodging, catching, and strategising to outplay the opposing team.

It was great fun, and we could see a huge improvement in our accuracy, coordination, and reaction times. Well done, everyone!

Year 3 have been busy designing and creating delicious, healthy toasted sandwiches this week.

The children carefully selected their own fillings, paying attention to nutrition and flavour combinations, before toasting their bread to perfection.

The results looked fantastic, and everyone was proud of their creations. Perhaps they could put their new skills to the test and make lunch for the family over the holidays.



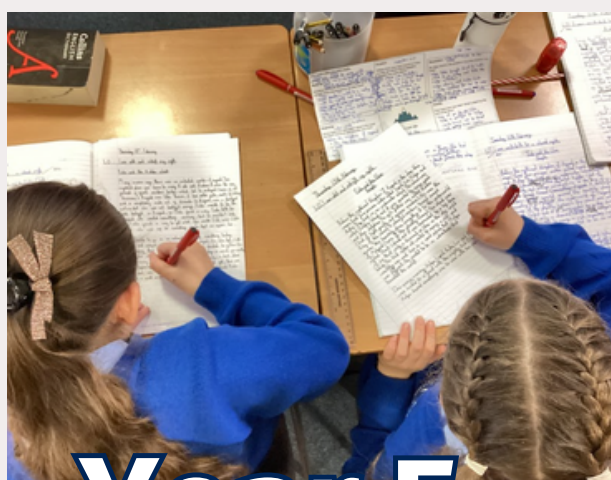
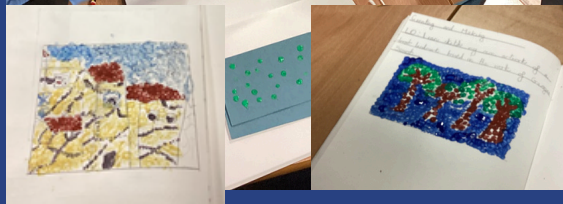
Year 3



Our talented Year 4 artists have been hard at work creating their final pointillism masterpieces! Inspired by the work of Georges Seurat, they carefully applied dots of paint in varying sizes to build vibrant and detailed landscapes. This technique, known as pointillism, creates a fascinating effect where the individual dots blend together when viewed from a distance, forming stunning images.

The children have shown great patience and creativity in their work and are incredibly proud of their final pieces. Their masterpieces truly showcase the beauty of this unique artistic style!

Want to learn more about Georges Seurat and pointillism? Click here: [BBC Bitesize – Georges Seurat](#)



Year 5

Year 5 have spent this week immersing themselves in the world of Norse mythology, planning and crafting their very own Viking-inspired myths. Drawing inspiration from legendary tales of gods, giants, and mythical creatures, they have combined rich storytelling with their own imagination and creativity to produce some truly fantastic pieces of writing. We are incredibly proud of their hard work and can't wait to see these myths proudly displayed on our Writing Lines in class. One child enthusiastically shared, "I think this is the best piece I have written in Year 5!"

Why not explore more thrilling stories from Norse mythology and discover the legendary adventures that inspired our young writers? [Watch other stories from Norse mythology](#)

Year 6 have made fantastic progress in their gymnastics skills this half term, demonstrating greater confidence, control, and precision. They have shown a strong sense of teamwork, supporting and encouraging their peers through challenging movements and balances.

Throughout our lessons, we have focused on body tension, extension, and fluidity, ensuring that our sequences are not only technically accurate but also aesthetically pleasing. Ms Tohill has been particularly impressed with the children's development, especially in their vaulting skills. They have gained a deeper understanding of how early fundamental movements, such as the bunny hop, contribute to more advanced techniques.

It has been wonderful to see such enthusiasm, resilience, and dedication from all pupils.



Year 6

Spring Term - Wellbeing



On Friday, 7th February, our whole school came together to celebrate Wellbeing Day, both in our assembly and in our classrooms. This year's theme, "Know Yourself, Grow Yourself," encouraged pupils to develop a deeper understanding of themselves and explore what helps them grow, build resilience, and thrive.

As part of our discussions, we explored the Zones of Regulation, focusing on how the green zone helps us feel calm, focused, and ready to learn—key ingredients for personal growth and well-being. It was a fantastic opportunity for everyone to reflect on their emotions and discover strategies to support their own well-being.



In Nursery, we used positive affirmations to recognise and celebrate ourselves and our friends. We focused on the importance of kindness—not only in the way we treat others but also in recognising the kindness within ourselves and our classmates.

As part of our Wellbeing Day activities, we also took part in a calming mindful yoga session as a class, helping us to relax, focus, and appreciate the moment. It was a wonderful experience that encouraged self-awareness and positivity!



Nursery



Reception

In Reception, we had a wonderful time celebrating what makes each of us unique and brilliant! We discussed all the special qualities that make us who we are and shared what we love about ourselves and each other. To help us feel calm and focused, we practised breathing exercises, learning how deep breaths can help us relax and feel more in control of our emotions. We then created our very own self-portraits, carefully drawing and decorating them before labelling all the amazing things that make us special and one of a kind. It was a fantastic opportunity for the children to build confidence, celebrate their individuality, and recognise the value of self-love and appreciation!

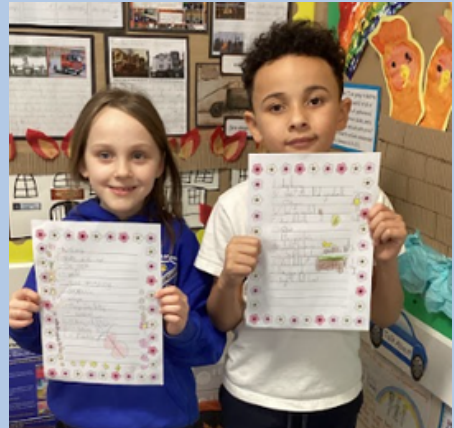
In Year 1, we created our very own Greenhouses of Growth, exploring all the things that help us grow and thrive in our daily lives.

As a class, we had a thoughtful discussion about what supports our well-being, sharing ideas such as getting plenty of sleep, eating healthy foods, spending time with friends, and playing with our favourite toys. We also talked about the importance of exercise, kindness, and trying our best, just like plants need sunlight, water, and care to grow strong.

It was a fantastic way to help us understand how we can nurture ourselves and each other to be happy, healthy, and ready to learn!



Year 1



As part of Wellbeing day, we created our own acrostic poems using the theme: Know Yourself. We considered our positive attributes to write their own poems.

We enjoyed creating our own poems and writing about our own qualities.

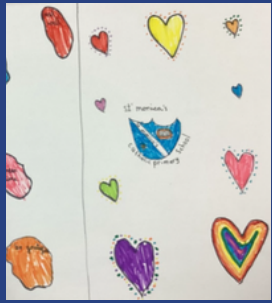
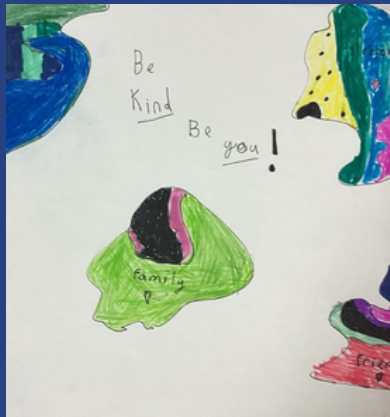
Year 2

In Year 3, we designed our own well-being posters, highlighting ways we can better understand and take care of ourselves. Through thoughtful discussions, we explored strategies to support our mental and physical health, including:

- Reducing screen time to give our minds a break
- Getting plenty of exercise to stay active and energised
- Having the right amount of sleep to help our bodies and brains recharge
- Eating a balanced diet to keep us healthy and strong
- Pursuing hobbies and interests to bring us joy and relaxation

By creating these posters, we reflected on the small but powerful choices we can make every day to support our well-being. It was a fantastic opportunity to take ownership of our health and happiness.

Year 3



Year 4 explored the importance of connecting with one another, helping us learn more about our classmates and build stronger friendships. Through meaningful conversations and activities, we discovered shared interests, found common ground, and celebrated what makes each of us unique.

As part of this, we worked collaboratively to create a beautiful affirmation artwork focused on Resilience, one of our core values.

We discussed what resilience means—bouncing back from challenges, staying positive, and never giving up—and incorporated these ideas into our artwork using powerful words and uplifting messages.

It was a fantastic opportunity to strengthen our sense of community while embracing the values that help us grow and succeed!



Year 4



For Wellbeing Day, Year 5 explored the power of positive affirmations and created their own beautiful dreamcatchers as a symbol of their hopes and aspirations.

We also took time to practise mindfulness, focusing on the present moment and appreciating the positives in ourselves and others. As part of this, we filled each other's compliment cups with kind words and encouragement, helping to boost confidence and spread positivity. Reflecting on our previous learning, we revisited the Zones of Regulation, sharing personal experiences about what helps us feel calm, focused, and in the green zone. It was a wonderful day filled with creativity, self-reflection, and kindness.

For Wellbeing Day, Year 6 explored ways to stay calm and discovered a variety of strategies to support their well-being. We discussed how we can recognise and manage our emotions and feelings, developing practical techniques to help us when we feel overwhelmed.

As part of Children's Mental Health Week, we used our computing skills to create informative and eye-catching posters, promoting positive mental health and well-being. These posters highlighted key messages about self-care, resilience, and the importance of speaking to our parents when we need some help.

We also shared our own personal strategies to get into the green zone:

- "I like to sketch at home to help me stay happy." – FM
- "I like to exercise every day—this helps me to have a calm and clear mind." – KB

Through our discussions, we reinforced the understanding that wellbeing is just as important as physical health, and taking care of our minds is a key part of living a happy and balanced life.

