



St Monica's Catholic Primary School

🏠 Kelly Drive, Bootle, Liverpool, L20 9EB

☎ 0151 525 1245

✉ finance.stmonicas@schools.sefton.gov.uk

🌐 stmonicascatholicprimaryschool.co.uk

Friday 7th February, 2025

Dear Parents and Carers,

We had a full two day Ofsted inspection here at St Monica's this week. The report is currently being compiled, and once it is published we will share it with you both in print and online. What I can say is that your children were an absolute credit to yourselves and to our school - from Nursery to Year 6.

The online parent survey was incredibly positive, with 97% of parents stating they would recommend St Monica's to another parent. The parent conversations with Ofsted on the gate were also positive and we were given excellent feedback.

I would like to extend my personal thanks to all the staff for their fantastic efforts throughout this week. We are fortunate to have such a dedicated team who work tirelessly to ensure our school remains a wonderful environment for pupils to thrive and learn.

Wellbeing Week 2025 Assembly



Nursery joined us for a full assembly for the first time today, and I was absolutely delighted by how well they did. They sat quietly and attentively for a full hour, fully participating in the assembly. They are a true credit to the school in how well they have settled into St Monica's life. It's wonderful to have our entire school family together for assemblies. Friday mornings truly are the best time of the week.

Our assembly celebrated Wellbeing Day 2025. We started by exploring the power of Positive Affirmations. Did you know, research shows that when people say or write Positive Affirmations, they often make healthier, more positive life choices and feel a stronger, happier sense of self.

From next week, each class will begin and end their day with Positive Affirmations, such as: "I can achieve anything"; "I am a good friend"; "I am a kind and beautiful person." Why not try using these affirmations on the way to school and see how they make a difference at home?

[Here is a good list of examples you could use.](#)

National Wellbeing Week 2025: Know Yourself, Grow Yourself

The key theme of National Wellbeing Week 2025 is: "Know Yourself, Grow Yourself". It is key that children know themselves well in order to build resilience to setbacks, and also know how to get themselves back into the 'green zone' when they are not feeling brilliant.

Today, all classes have worked on knowing what strategies children can use when they want to bounce back when they feel angry or sad. Some of the best examples children suggested were: "I like to dance to get out of the red zone"; "I like to read when I am in the blue zone."; "I like to complete some breathing exercises and have a time out to get into the green zone." Why not discuss at home what works for your child to get them into the 'green zone' and build resilience?

Wellbeing Work in Class

Please see below the activities your child completed today during our Wellbeing Day:

Nursery	In Nursery, children used positive affirmations to recognise and talk about themselves and their friends. They completed sentences such as: 'I am kind, I will always help others' ; “My friend John is kind because he shares and takes turns”. It was a lovely day and the children promoted their own happiness and appreciation of others.
Reception	Our Reception pupils talked about all the ways they are unique and brilliant, such as their resilience and kindness. They created self-portraits and labelled what makes them special. The children also spoke about what makes other pupils special and made positive comments about each other’s self-portraits.
Year 1	In Year 1, our children created a ‘Greenhouse of Growth,’ exploring what helps them grow in their lives. They reflected on ways to care for their wellbeing, such as getting plenty of sleep, playing with their favourite toys and showing gratitude.
Year 2	In Year 2, our classes created acrostic poems based on this year’s theme, ‘Know Yourself, Grow Yourself’. Using the poem as inspiration, children wrote about their positive attributes. For example: I am KIND K – I will Keep spreading love and joy. I – I will Inspire others with my actions. N – I will Nurture friendships with care. D – I will Do my best to help and share.
Year 3	In Year 3, we designed and created informative posters to explain and promote positive self-care habits. Our pupils

	<p>explored various ways to maintain their well-being, such as reducing screen time, spending time outdoors, engaging in physical activities, practising mindfulness, and ensuring they get plenty of rest.</p>
Year 4	<p>In Year 4, we explored ways to connect with each other, discovering shared interests and new hobbies. Through discussions and group activities, our pupils built stronger relationships and a sense of wellbeing. We then collaborated on a series of Positive Affirmation artworks filled with positive messages and unique artwork.</p>
Year 5	<p>In Year 5, we focused on the power of affirmations to recognise and build upon their personal strengths, such as kindness and resilience. We reflected on our unique qualities and how these contribute to their growth. Each child created a set of personalised affirmation cards, with empowering statements like “I am brave” or “I am capable,” designed to inspire self-belief and foster a positive mindset.</p>
Year 6	<p>Today in Year 6, our pupils focused on exploring effective strategies to stay calm and manage their emotions.</p> <p>Our pupils engaged in discussions about various activities that promote relaxation and emotional regulation, such as deep breathing, mindful movement, and creative outlets like drawing or journaling. As part of Children’s Mental Health Week, the children created posters in their computing lessons, celebrating mental well-being and spreading awareness about the importance of emotional health. Through these activities, Year 6 students learned valuable techniques to control their emotions, recognise triggers, and develop resilience, ensuring they are equipped with tools to maintain mental balance both in school and beyond.</p>

Term Dates 2025/26

Please see [here for our Term Dates 2025/26](#). We return on Tuesday 2nd September 2025.

Prayer and Liturgy: David in the Lion's Den

In Assembly today, I spoke about the story of **Daniel in the Lion's Den**. This is one of the most powerful and enduring narratives from the Bible, illustrating the themes of faith, loyalty, and divine protection. It is a tale that has inspired countless individuals through the ages to stand firm in their beliefs, even in the face of overwhelming adversity.

This story teaches us how, through trust in God, we can face even the greatest challenges with courage and perseverance. In the story, Daniel's unwavering faith allowed him to withstand the threat of the lions, showing that faith can help us overcome adversity and remain resilient and hopeful. This story was the perfect Prayer and Liturgy for the day, highlighting how faith plays a crucial role in our personal development, guiding us to stay resilient, positive, and steadfast in the face of difficulties.

Thank you for your continued support. Have a great weekend one and all.

Warm regards,

Mr. James Gouldbourne

Headteacher

St Monica's Catholic Primary School