



St Francis Catholic Primary School Newsletter

In Jesus we will do our best as we love, pray, learn and play because this is the St Francis way

Friday 15th September 2023



Dear parents/carers,

We began the week with a beautiful liturgy where we thought about the word 'encounter' and discovered how we can 'encounter' Jesus in our lives. Sr Dorothy Paul brought over the Blessed Sacrament and we spent a few minutes in prayer before Jesus. The children went on to make posters for their classroom doors to show that all are welcome and added some scripture to remind us of how Jesus welcomes us all.



As the children return to school, we do get asked questions about how long the children should stay off if they are unwell. I have included a useful sheet below which details the government guidance. These are the guidelines that we follow in school so that we can limit transmission of illnesses.

Finally, please do keep checking dates below as they are being updated each week.

Mrs Brown

Brightening up our playground

Mrs Marsh offered a super idea last term to help brighten up our playground and allow each child to create a unique piece of art work to help with this. This idea also fits in perfectly with our school value of 'community' and this week's theme of welcome.

The idea is to create a rock snake by the side of our playground. If each child (and adult!!) would like to paint a rock and place it in a line after the head of the snake- we can see how far he can grow. We will share this idea with the children on Monday so that everyone can then add their rock to the line and see how long Frankie can get.

Thank you Mrs Marsh for this fabulous idea. Here is an example from another community.



Please feel free to get as many members of your family involved in this activity as you can.

Zones of Regulation



At school we use the zones of regulation as a way to discuss emotions with the children. There are four zones included in the Zones of Regulation and each zone has its own colour. At a recent parent forum, it was suggested that we share the zones of regulation so that parents can use this language at home should they wish to. Here is a very simple visual of the resource that we use in school.

The Zones of Regulation is an internationally renowned intervention which helps children to manage difficult emotions, known as 'self-regulation'. Self-regulation can go by many names such as 'self-control', 'impulse management' and 'self-management'. Self-regulation is best described as the best state of alertness for a situation. For example, when your child takes part in a sports game, they would need to have a higher state of alertness than when, for example, they were working in a library. From time to time, all of us (including adults) find it hard to manage strong feelings such as worry, anger, restlessness, fear or tiredness, and this stops us from getting on with our day effectively. Children who feel these emotions often find it hard to learn and concentrate in school. The Zones of Regulation aims to teach children strategies to help them cope with these feelings so they can get back to feeling calm and ready to learn. These coping strategies are called 'self-regulation'.

Teaching the children at a young age about managing their feelings will support them in later life so that they don't turn to negative coping strategies which affect their mental and physical wellbeing.

We aim to help children to:

- Recognise when they are in the different Zones and learn how to change or stay in the Zone they are in.
- Increase their emotional vocabulary so they can explain how they are feeling.
- Recognise when other people are in different Zones, thus developing better empathy.
- Develop an insight into what might make them move into the different Zones.
- Understand that emotions, sensory experiences such as lack of sleep or hunger and their environment might influence which Zone they are in.
- Develop problem-solving skills and resilience
- Identify a range of calming and alerting strategies that support them (known as their personal 'toolkit').

The ZONES of Regulation

			
Blue Zone bored tired unwell shy deflated	Green Zone focussed calm proud relaxed	Yellow Zone worried frustrated silly excited scared	Red Zone angry terrified ecstatic panicked overjoyed

Blue Zone: low level of arousal; not ready to learn; feels sad, sick, tired, bored, moving slowly.

Green Zone: calm state of alertness; optimal level to learn; feels happy, calm, feeling okay, focused.

Yellow Zone: heightened state of alertness; elevated emotions; has some control; feels frustrated, worried, silly/wiggly, excited, loss of some control.

Red Zone: heightened state of alertness and intense emotions; not an optimal level for learning; out of control; feels mad/angry, terrified, yelling/hitting, elated, out of control

How can you help your child use The Zones of Regulation at home?

- Identify your own feelings using Zones language in front of your child (e.g.: "I'm frustrated. I think I am in the Yellow Zone.")
- Talk about what tool you will use to be in the appropriate Zone (e.g.: "I need to take four deep breaths to help get me back to the Green Zone.")
- At times, wonder which Zone your child is in. Or, discuss which Zone a character in a film / book might be in. (e.g.: "You look sleepy. Are you in the Blue Zone?")
- Engage your child in discussion around Zones when they are in the Red Zone is unlikely to be effective. You need to be discussing the different Zones and tools they can use when they are more regulated / calm.
- Teach your child which tools they can use. (eg: "It's time for bed. Let's read a book together in the comfy chair to get you in the Blue Zone.")
- Regular Check-ins. "How are you feeling now?" and "How can you get back to Green?"
- Modelling It is important to remember to show the children how you use tools to get back to the green zones. You might say "I am going to make myself a cup of tea and do some breathing exercises because I am in the blue zone" and afterwards tell your child how using those tools helped you get back to the green zone.
- Share how their behaviour is affecting your Zone. For example, if they are in the Green Zone, you could comment that their behaviour is also helping you feel happy / go into the Green Zone.
- Put up and reference the Zones visuals and tools in your home.
- Praise and encourage your child when they share which Zone they are in.

Tips for practicing the Zones of Regulation- some useful ideas

- Know yourself and how you react in difficult situations before dealing with your child's behaviours.
- Know your child's sensory threshold. We all process sensory information differently and it impacts our reactivity to situations.
- Know your child's triggers.
- Be consistent in managing your child's behaviour and use the same language you use at home.

- Empathise with your child and validate what they are feeling.
- Have clear boundaries/routines and always follow through.
- Do not deal with an angry, upset child when you are not yet calm yourself.
- Discuss strategies for the next time when you are in a similar situation.
- Remember to ask your child how their choices made you feel (empathy).
- Praise your child for using strategies. Encourage your child to take a sensory break to help regulate their bodies.
- Create a 'calm' box full of things which help to keep your child calm and alert. Advice about what could go in the box can be found on our website in the 'Zones Toolkit' section.

Uniform

The school uniform worn by pupils at St Francis is a very important part of the school's heritage and reflects our culture of high expectations and academic achievement.

All pupils must dress according to the uniform policy.

Smartness and high standards of appearance are expected at all times.

We have a required school uniform for several reasons:

- Uniforms unite the school and it promotes a strong, cohesive identity which supports high standards and expectations in all areas of school life.
- Pupils make a commitment that when they put on their St Francis uniform that they will abide by the rules of the community and it promotes harmony between different groups represented in the school.
- Uniforms look professional. Pupils look neat and ready to learn.
- Uniforms make us all equal. Whether families have high incomes or low incomes, the pupils come to school looking the same way.
- It is one way in which we identify ourselves as a school community
- Uniforms reduce distractions.

We ask parents and carers to support all decisions by school staff regarding whether or not clothing is appropriate or inappropriate for school.

Please see the link to our uniform policy.

[Microsoft Word - PE Kit Policy \(st-francis.leics.sch.uk\)](https://www.st-francis.leics.sch.uk/pe-kit-policy)

Please remember that our pre-loved uniform shop sells items for £1 and items are free for free school meals children. Thank you to Mrs Saunby and Mrs Parker for washing and ironing the uniforms ready for the school shop!

MHST- Mental Health Support Team

Sharon Booth provided a super session about the local MHST at our parent forum on Thursday. This is a relatively new service that is well funded and is in place to support pupils in school. We have been signed up to the service for the last 3 years and the team have provided incredible support to many of our pupils already.

Our local mental health support team support is the Melton and Rutland Team. The teams are made up of educational mental health practitioners, clinicians and a senior clinicians. They come into schools to support pupils at an early intervention stage. They can work with children around a variety of issues such as low mood, generalised anxiety, separation anxiety, sleep issues and transition. Sessions are created to support pupils and raise their self-esteem.

Only schools can make referrals and the service will gain consent from parents and children before providing brief interventions for pupils.

The service also offers us access to workshops such as worry workshops, which we will be benefitting from later this term. Last year we had workshops for Y5/6 on how to deal with pressures such as exams and they were excellent.

Curriculum in Action





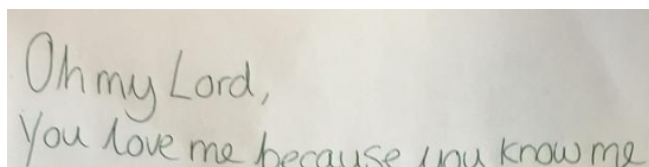
Year 3 and 4

This week in Computing we have been learning about algorithms. The children created a set of instructions for their partner to follow to create a pattern on squared paper. They used absolutely brilliant team work.



Year 1 and 2

In Art the children have been refining their skills and have learnt how to use carving tools to make patterns and imprints into plasticine. The children have also written some beautiful prayers as part of their RE lesson.



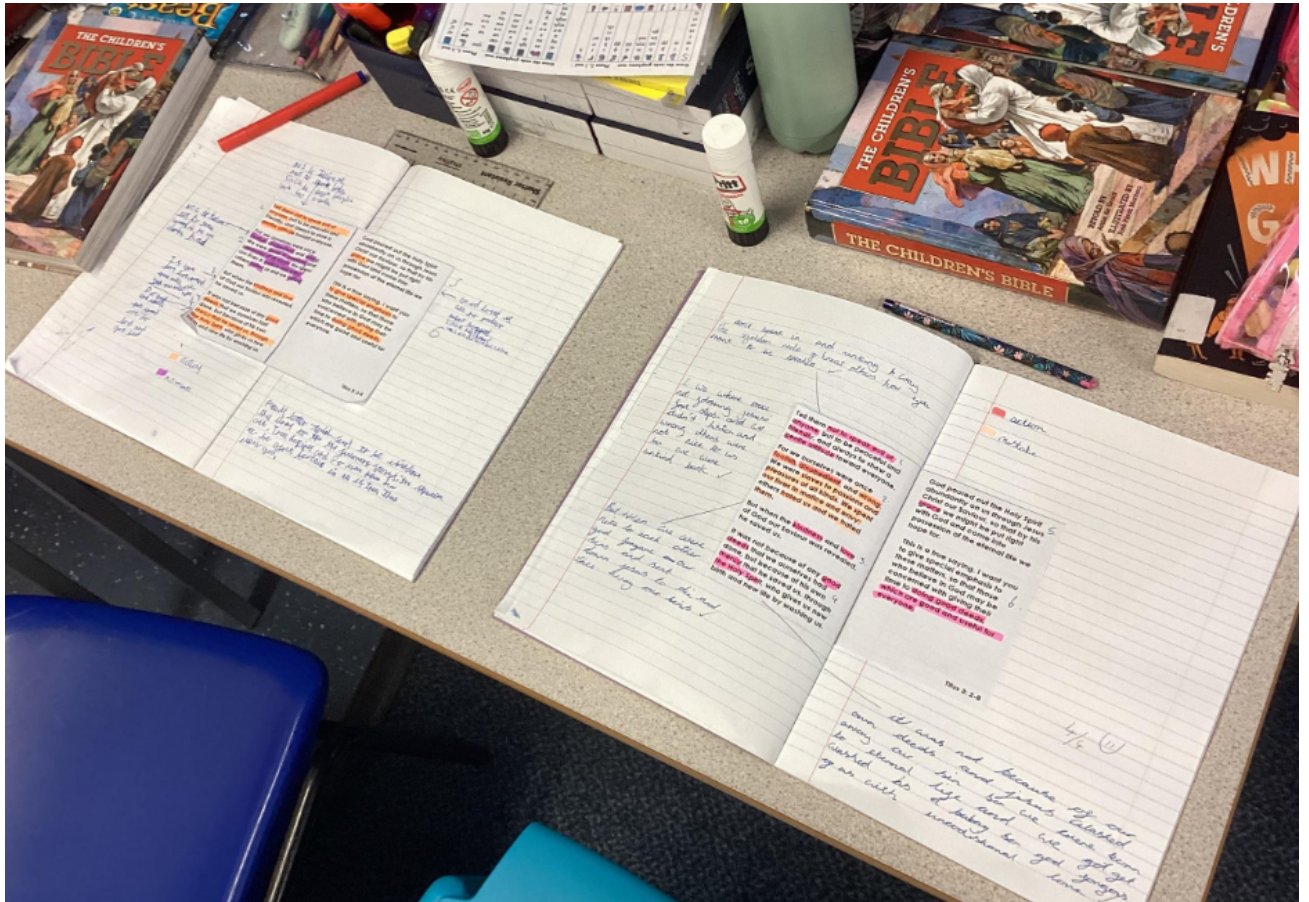
I love you God, night and day.
Thank you Lord for all of my family.
Please help me to be kind and help
my friends.
Thank you for making the trees,
plants and world.
Amen.
Ida, Olivia, Remy, Ofure, Maizie.

EYFS

EYFS have been teaching one another their new phonic skills. They have made an excellent start.



Year 5 and 6



This week in RE we have been looking at unconditional love, what it means and looking at how it is shown through religion. We looked at Paul's letter to Titus this week to look at how he was teaching the people of Crete to live a better life.

Universal Free School Meals

All children who attend St Francis can receive a free school meal if they are in Reception, Year 1 or Year 2. This is different from your child being registered for free school meals as a result of any benefits received.

If parents of children in EYFS, Year 1 and 2 are in receipt of any of the benefits listed below, please also put in an application as although your child is already eligible for a free school meal due to their age, the school will also receive additional funding called pupil premium.

Please see the link to this handy leaflet which describes the link between free school meals and pupil premium, including how the school, and you, can benefit.

[The Pupil Premium - Information for parents \(leicestershire.gov.uk\)](http://leicestershire.gov.uk)

If your child isn't registered for Free School Meals and you receive any of the following benefits, your child may be able to get free school meals:

- Income Support
- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals.

Applications can be made directly through the parent portal.

[Synergy - Enquiry \(servelec-synergy.com\)](http://servelec-synergy.com)

Catholic Life

Children's Liturgy in the Parish

Children's liturgy will start again at St Francis Convent 10.30 Mass each Sunday from 1st October. This is a great way for children to engage with the liturgy and have the opportunity to talk about it to each other; so please do bring your children along and encourage them to attend.

Parents and Grandparents who would like to help in preparing and delivery of Children's Liturgy are very welcome to join us to see what it is like and join the rota of volunteers. So if this is something you are interested in please just come along and let us know.

Harvest Mass- Donations

Please begin to send in donations for the Rotary Club Shoe Box Appeal. Here is a list of the items which we are looking for:

An Introduction to Lorley, our new school Lay Chaplain



Hello, I'm Lorley, the new Hub Lay chaplain in the Saint Thomas Aquinas trust. I work alongside the teaching staff at different schools in the Loughborough area including De Lisle College and St Francis Catholic primary school.

I have spent the last three years in Catholic retreat centres, working with young people aged 4-18 years old. I had such amazing experiences providing outreach sessions in schools, creating online content and running retreats over these three years that I decided to take the leap into the world of chaplaincy and feel so blessed to be a part of the St Francis community (I will be in school every Monday!)

I am very much looking forward to how much I am going to grow in this new role here as I meet regularly with the staff and students at St Francis, and the wider community to develop the Catholic life of the school and facilitate collective worship.

Photography is one of my biggest passions and I love taking pictures so don't be shy if you see me with a camera round my neck any time soon. I am currently learning the guitar and am excited to grow in confidence leading worship here in school.

Our new prayer group



These children will be running a weekly prayer group in school. They have already led this group once and Mr Hayles commented on how beautifully they were working with the children as he passed them by.



Leo and Penny have volunteered to be Mission Money monitors. They are very excited about their new roles.

Our New Chaplaincy Team

Our new Chaplaincy Team cannot wait to get started on their work this year. We have some exciting things planned!



Absences following illness

Please see the below guidance in relation to how long your child should be absent from school following an illness.



UK Health
Security
Agency



Should I keep my child off school?

Yes

Illness	Until...
Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
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SCAN ME

Advice and guidance

To find out more, search for

© NHS.uk. MHC2109. 04 APRIL 2021 (P7) GSK/MS/19/0018/2017/0151

Head lice	Tonsillitis
Threadworms	Slapped cheek

For more information, please contact your health protection in schools or scan the QR code or visit <https://qrco.de/minftec>.

Local Events and Activities



Melstrum
Melton's Award-Winning Ukelele Orchestra



St John's Church, Thorpe End LE13 1RB
Friday, 29 September, 7:30 pm
An evening of Music, Song and Variety.
Tap your feet and Sing Along!

Tickets £10 adults, £4 Children
Details: 07790 631635



All proceeds to help build our church hall

Leicestershire Neighbourhood Watch



To purchase any of our
products from this leaflet please
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www.nhwleicestershire.co.uk



OUR CONTACT DETAILS ARE:
07708 212602
ENQUIRIES@NHWLEICESTERSHIRE.CO.UK

Go Learn!



Leicestershire Adult Learning Service



Education & Skills
Funding Agency

Learning for Wellbeing

Creative Writing

Introduction to Screenwriting

Why not explore the art of storytelling through the medium of screenwriting?

Join us for a beginner friendly course where we explore the elements and concepts which build into a screenplay, theatre production or television series. We will learn how to develop your cast of characters and plot within the Three Act Story Structure.

Melton Library

23rd October 2023 – 13th November

6.30pm – 8.30pm

£30.80 (concession fee £9.24)

23MT416P

Call FREEphone 0800 988 0308

www.GoLearnLeicestershire.ac.uk

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ALL SOCCER SCHOOLS ARE NON REFUNDABLE

October Soccer

Schools 2023

F D S

HINCKLEY @ HINCKLEY PARKS PRIMARY SCHOOL:
16TH & 17TH OCTOBER

DAVENTRY @ PARKER ACADEMY:
26TH & 27TH OCTOBER

KETTERING @ BUCCLEUCH ACADEMY:
23RD & 24TH OCTOBER

LEICESTER @ JUDGEMEADOW COMMUNITY COLLEGE:
19TH & 20TH OCTOBER

MELTON @ MELTON SPORTS VILLAGE:
20TH OCTOBER

LOUGHBOROUGH @ RAWLINS COLLEGE:
18TH OCTOBER

COALVILLE @ THE NEWBRIDGE SCHOOL:
19TH OCTOBER

ONLY £12
PER DAY



AVFC COACHES IN ATTENDANCE

AGES: 5-13 YEARS

TIME: 9AM TIL 3PM

HOW TO BOOK:
EMAIL: SOCCERCAMPS@DEVELOPMENTSCHOOLS.CO.UK
24HR TEXT SERVICE: 07817307074 WITH CHILD'S NAME & DATES
CALL: 01858461166



AVFC COACHES IN ATTENDANCE

Calendar



September	
Friday 15th September	AS class to Chapel for Mass- 10am

	2.40pm Celebration Liturgy
Saturday 16th September	Potential date for Welcome Fair- TBC
Friday 22nd September	JU class to mass in chapel- 10am 2.40pm Celebration Liturgy
Thursday 28th September	Phonics Meeting in Hall 3.15pm- All welcome- aimed at EYFS and KS1
Friday 29th September	Y6 Macmillan Coffee Morning EH class to mass in chapel- 10am 2.40pm Celebration Liturgy
October	
Tuesday and Wednesday 3rd/4th	Parents' Evenings
Friday 6th October	Feast of St Francis and Harvest Mass at 9.30am followed by tea/coffee for parents/parishioners
Week beginning 9th October	Book Fair in school
Tuesday 10th October	SEND review meetings in school
Friday 13th October	NC class to mass in chapel- 10am 2.40pm Celebration Liturgy
Half Term Break	Monday 16th to Friday 20th October
Monday 23rd October	School opens to all pupils
Friday 27th October	Y1/2 BB class to mass in chapel- 10am 2.40pm Celebration Liturgy

November	
Friday 3rd November	Mass in school at 9.30am
Friday 10th November	SO class to mass in chapel- 10am 2.40pm Celebration Liturgy
Friday 17th November	School Closed to Pupils- INSET DAY
Friday 24th November	EYFS class to mass in chapel- 10am 2.40pm Celebration Liturgy
December	
Friday 1st December	Mass in School at 9.15am Menphys' Carol Service
Saturday and Sunday 2nd/3rd December	Parish Wreath Festival and other parish events- look out for more information.
Friday 8th December	Y5/6 AS class to mass in chapel- 10am 2.40pm Celebration Liturgy
Tuesday 12th December	EYFS Nativity 2pm
Thursday 14th December	Year ½ Nativity- 2pm
Friday 15th December	Christmas Fair 3.15pm
Tuesday 19th December	Year ¾ Carol Concert
Thursday 21st December	Y5/6 Carols by Candlelight- TBC
Friday 22nd December	Last Day of Term- Christmas Jumper Day