

# St John Bosco Catholic Primary School Newsletter



Bishop Chadwick  
Catholic Education Trust

*Caring for each other as we live, learn and grow in God's love...*

Friday 25th November 2022

## Attendance - Class of the week!

Congratulations to Year 6 who have won the best attendance award this week. They'll be getting extra play-time as a reward!

## EYFS - Stay and Play Maths

Thank you to everyone who attended our stay and Play Maths session this week!



## Diary dates:

- Sacred Heart and St John Bosco Mass: 9:30am every Sunday
- Thursday 8th December - Christmas Jumper Day
- Tuesday 13th December - Early Years Nativity
- Wednesday 14th December - Year 4, 5, 6 Nativity
- Thursday 15th December - Year 1, 2, 3 Nativity
- Pantomime - Friday 16th December
- Friday 23rd December - Break up for Christmas Holidays

## Competition winners!

This morning, we had special visitors joining us from Gentoo and Equans who are responsible for the development of new housing that is under construction adjacent to our school grounds. Just before the summer holidays, they set our children a challenge to produce posters warning members of the public about the dangers of straying into the construction site. The winners and runners up each received gifts as prizes and will have their posters on public display around the perimeter of the site.

**HOT OFF THE PRESS:** the team from Gentoo are also coming back next week to help plant trees around our grounds, which will help in our bid to provide a greener future for the children of our school.

well done!



## Foodbank appeal

We are supporting St Aidan's School Foodbank this Advent season and are plan to donate a record number of tinned / long date food e.g. dried pasta. If you can spare anything to help support our charitable work, it would be much appreciated.

WE NEED YOUR TINS!

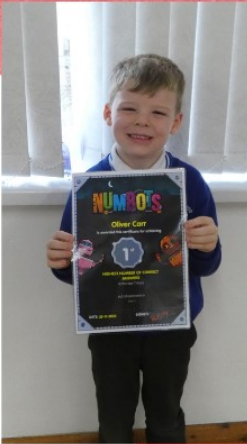


## Advent Travelling Cribs

As part of our Advent preparations, we will be sending home Travelling Crib bags. In each bag is a crib scene or set of Nativity figures, a story book and a notebook. All we ask is that families take some time to reflect on the true meaning of Christmas. Included in the bag is a notebook which is to be continued from previous years and gives you an opportunity to share with us your prayers, thoughts or reflections. The Travelling Crib bags should be returned to school the next day so that it can be given to the next family. We appreciate your participation in celebrating the special season of Advent.



# Congratulations!



Absent - certificate coming home next week!



## Stars of the week!

**Polite reminder:** It is school policy that any appointments during school hours must be shown to office staff prior to picking up your child. This could be in the form of a letter, text message or email. Thank you for your cooperation.

# Mental Health & Wellbeing

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are mourning the loss of a public figure who was cherished by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing grief healthily at this potentially upsetting time? In the guide, you'll find tips such as understanding what grief is, encouraging coping strategies and reaching out for support.

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) for further information and resources.

## Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

### 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

### 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

### 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

### 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

### 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

### 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

### 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

WINSTON'S WISH:  
08088 020 021

### Meet Our Expert

Anna Boteman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



The National College®