



The Fortnightly!

- Friday 15th November 2024 -

*'Learning together in faith and love,
we shine as children of God'*



Statement to live by: I can tell you how I look after myself.

Welcome back... We sincerely hope that our families had a happy and peaceful half term break with your nearest and dearest! It is wonderful having our children back in school and they have settled in beautifully and are ready to learn! As you will see on our diary dates page (scroll down), this is going to be a **very** busy half term leading up to one of the most special times, the birth of Jesus! Please keep up to date with events inside and outside of school by reading our newsletters, following us on 'X', visiting our school website and checking Arbor notifications regularly. **Thank you!**

Lest we forget!

On Monday 11th November, the children and staff at St. Michael's Catholic Primary School paid tribute to the courageous servicemen and women who not only gave their lives in the two World Wars but also in subsequent conflicts. Each class across school commemorated this event by carrying out different activities and lessons. We also held a two-minute silence to pay our respects and the children used Collective Worship time to offer their thoughts and prayers.

We will not forget!



Reception September 2025... Do you, your family or friends have a child ready to start Reception in September 2025? Why not join our wonderful, happy school and become a part of the St Michael's family! You can apply **from 31st September 2024 until 15th January 2025** through the Sunderland Council Portal ([click here](#)). If you require any more details, advice or support, please contact the school office who will be happy to help. **Thank you!**



Year 6 Transition Day to St. Robert's...

Year 6 enjoyed their Science lesson at St. Robert's last week. They used a variety of scientific equipment to

make a chemical reaction on different materials. They really enjoyed it!

Quality transition!



Year 3 Celebration of the Word.. Thank you Year 3 for your amazing Celebration of the Word and thank you to friends and families for joining us. It was a beautiful,

prayerful,
respectful
and
reflective
occasion.



**Well done
Year 3!**



Reading Café... Thank you to our Year 4 families who were able to join us for the class Reading Cafés. It was wonderful seeing so many in school and sharing books with their children. The positive feedback we received was **incredible** - keep up the great work with reading. Please remember that reading is the key to unlocking knowledge!

**Thank you for all of your support and encouragement
with reading at home!**



Home - School links...

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10 Top Tips for Parents and Educators SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

Fortnightly attendance... Here are our class attendance figures for the last two weeks...

Class...	Attendance figure...	Class...	Attendance figure...
Reception	97.6%	Year 3	95%
Year 1	98.3%	Year 4	97.8%
Year 2	99%	Year 5	98.4%
	Year 6	98.6%	

Well done to Year 2!

Child-led Class Mass... Thank you to friends and families for attending our Year 3 Class Mass last Friday. Our children always do an amazing job at leading the readings, singing beautifully and helping with the Offertory Procession. **Thank you!**



Children in Need... We had some amazingly bright, spotty and Pudsey clothing on in school today for Children in Need. A **HUGE** thank you to all our families for their very kind and generous donations towards this worthy cause!

'Love your neighbour as you love yourself'



Book Fair... This week have had the Book Fair visit our school. As you know, reading and fostering a love of reading is vitally important. Thank you to all our families who supported this event!

Happy reading!



By supporting our book fair, you raised £251.26 to spend on books for school! WOW!

Anti-Bullying Week... This week we have been celebrating Anti-Bullying Week across school. The children have been learning about bullying, the negative effects of it and how to spot and deal with it should it ever happen to them. To celebrate difference, children came into school in odd socks on Tuesday. **Well done!**



Fixed Penalty Notices for irregular attendance at school

Important information for parents

1 OVERVIEW

Regular school attendance is vital for children to reach their full potential. If your child is absent for any reason, it is important that you communicate fully with the school. However new national guidance is to be implemented from September to manage irregular attendance at school.

Penalty notices are issued as an alternative to prosecution where parents have failed to ensure their child attends school regularly. They can be used in cases where absence has not been authorised by a head teacher and can be in respect of any unauthorised absence, irrespective of reason.

The notices are used to prevent the need for court action, for example, when support has not been engaged with or is not appropriate (for example, leave of absence during term time).

Changes from September 2024 are shown →

2 LEAVE

Head Teachers are unable to grant leave of absence during term time unless there are **exceptional circumstances**.

Generally, a need or desire for a holiday or other absence for the purpose of leisure and recreation **would not** constitute an exceptional circumstance.

3 ABSENCE

A Fixed Penalty Notice may be issued if there are **5 days / 10 sessions** of absence in a period of **10 school weeks** (where absence has not been authorised).

A notice may be issued where the 5-day level of consecutive absence has not been reached, for example, if there are several periods of leave.

4 AMOUNT

The first penalty notice is **£160** if paid within 28 days, reduced to **£80** if paid within 21 days.

A second penalty notice is **£160** to be paid within 28 days.

A third penalty notice cannot be issued.

Legal action may result (for example, prosecution).

5 FAQ'S

For further information please see Sunderland City Council website page on school attendance:

<https://www.sunderland.gov.uk/>

Or DfE Working together to improve school attendance document:

<https://www.gov.uk/government/publications/working-together-to-improve-school-attendance>



Year 6 Curriculum Enrichment.. Last week, Year 6 visited Arbeia Roman Fort to enhance their learning on the Romans in History. They printed their own Roman artefacts and excavated and analysed artefacts which were over 2,000 years old!



St. Michael's Broad and balanced curriculum!

Looking ahead.. 

Year 1 & 2 Class Mass.. Years 1 & 2 will be celebrating their Class Mass on Friday 22nd November at 10.00am. All parent / carers are welcome to attend!

Looking forward to seeing you there!



Celebration of the Word.. Reception will be carrying out their Celebration of the Word on Thursday 21st November for friends and families. All are welcome!

Year 2 - Bingo (Parish links).. On Wednesday 20th November, Year 2 will be playing bingo after Mass in St. Michael's Parish Hall. All parishioners and Year 2 family members are welcome to attend!
Eyes down for your first number!



Reminder: Please be kind, considerate and safe when parking outside of school!



- Important Dates -

Date	Class	Event
Monday 4 th November 2024.	Whole School.	Back to School – 8:45am.
Monday 4 th November 2024.	Year 6.	St. Robert's transition visit - Focus: Science
Tuesday 5 th November 2024.	Year 4.	Reading Café from 9am in the School Hall.
Tuesday 5 th November 2024.	Year 6.	Educational visit to Arbeia Roman Fort.
Wednesday 6 th November 2024.	Reception.	Reception Phonics Workshop—See Arbor message.
Thursday 7 th November – Tuesday 12 th November 2024.	Whole School.	Book Fair.
Thursday 7 th November 2024.	Year 6.	Celebration of the Word led by Year 6 at 3pm in the School Hall.
Friday 8 th November 2024.	Year 3.	Y3 Class Mass at 10am in St Michael's Church. All are welcome to join us.
Monday 11 th – Friday 15 th November 2024.	Whole School.	Anti-Bullying week.
Monday 11 th November 2024.	Whole School.	Remembrance Day. We will have a minute's silence in School at 11am.
Thursday 14 th November 2024.	Year 3.	Celebration of the Word led by Year 3 at 3pm in the School Hall.
Thursday 14 th November 2024.	Whole School.	Children In Need. Children are invited to come to school wearing Pudsey merchandise and/or spotty clothing.
Wednesday 20 th November 2024.	Year 3.	Oriental Museum Visit.
Thursday 21 st November 2024.	Reception.	Celebration of the Word led by Reception at 3pm in the School Hall.
Friday 22 nd November 2024.	Year 1 & 2.	Y1 & Y2 Class Mass at 10am in St Michael's Church. All are welcome to join us.
Monday 9 th & Tuesday 10 th December 2024.	Whole School.	Parents Consultations. Appointments available to book on Arbor from Monday 25 th November 2024.
Thursday 12 th December 2024.	Whole School.	Christmas Lunch / Jumper Day. Children are invited to come to school wearing their Christmas jumper instead of their school jumper.
Friday 13 th December 2024.	Year 1 – Year 6.	Christmas Mass at 10am in St Michael's Church. All are welcome to join us.
Monday 16 th December 2024.	Reception.	Christmas Crafts at 9am in the School Hall.
Monday 16 th December 2024.	Year 5 & 6.	Carol Service at 2pm in St Michael's Church. All are welcome to join us.
Tuesday 17 th December 2024.	Reception.	Christmas Nativity at 9:30am & 1:30pm in the School Hall.
Wednesday 18 th December 2024.	Year 1 & 2.	Nativity at 9:30am & 2:30pm in the School Hall.
Thursday 19 th December 2024.	Year 3 & 4.	Nativity at 9:30am & 2:30pm in the School Hall.
Friday 20 th December 2024.	Rec, Year 1 & 2.	Christmas Party 1:30-3pm.
Friday 20 th December 2024.	KS2.	Christmas Party 9:30-11am.
Friday 20th December 2024.	Whole School.	School breaks up for Christmas Holidays at 3.15pm.

Autumn 2

Assemblies and Collective Worship – Parents Invited

Class	Curriculum Celebration Assemblies		Celebration of the Word	
Reception	Tues 24 th June 25	9.00am	Thurs 21 st Nov 24	3.00pm
Year 1	Tues 1 st July 25	9.00am	Thurs 24 th Oct 24	3.00pm
Year 2	Tues 8 th April 25	9.00am	Thurs 23 rd Jan 25	3.00pm
Year 3	Tues 1 st April 25	9.00am	Thurs 14 th Nov 24	3.00pm
Year 4	Tues 18 th Feb 25	9.00am	Thurs 19 th June 25	3.00pm
Year 5	Tues 11 th Feb 25	9.00am	Thurs 12 th June 25	3.00pm
Year 6	Tues 28 th Jan 25	9.00am	Thurs 7 th Nov 24	3.00pm
Year 6 Leavers Assembly	Thursday 17 th July 2025		2.00pm	

Important Information: From time to time, due to unforeseen circumstances, the dates/events mentioned in the Fortnightly may have to be changed /cancelled. If a change/cancellation does occur, you will be notified as early as possible.

Thank you in advance for your understanding.

Proud to be apart of...



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership