



St Patrick's
Catholic Voluntary Academy

ST. PATRICK'S CATHOLIC VOLUNTARY ACADEMY.

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**OUR LADY
OF LOURDES**

CATHOLIC MULTI-ACADEMY TRUST



Headteacher: Miss L Ferrara

31 January 2023

Dear Parents/Carers,

This week and next we have some key dates that we will be marking in school with various assemblies and activities.

Time To Talk Day!

On Thursday the 2nd of February, we will celebrate **Time to Talk Day** which is organised by the mental health charity 'Mind' and 'Rethink Mental Illness.'

The purpose of this day is to draw attention to mental health and the importance of reaching out to others. The day aims to help people open up and be honest about mental health, without the fear and stigma often attached to the topic. In school we will be encouraging children to start conversations with their peers, highlighting the importance of conversation and its power to change lives.

'Let's Connect'

Next week is Children's Mental Health week.

The theme for this year is 'Let's connect' and is all about encouraging people to make healthy, rewarding and meaningful connections. In class we will be taking part in fun activities that are designed to encourage children to consider how we can make positive connections that will support our mental health.

Children's mental health week will end with a '**Dress to Express**' day on **Thursday 9th February** where staff and children are invited to dress in their own choice of clothes to express themselves. This may be wearing clothes in their favourite colours or sports gear/clothes that showcases their interests, talents and gifts.

We kindly ask that the children wear suitable, warm clothes which are appropriate for a normal school day, including sensible footwear for playtimes.

Safer Internet Day

On Tuesday 7th February will be celebrating Safer Internet Day. This day will give the opportunity to discuss how we can make the internet a safer place for all.

Each class will tweet key topics they would discuss during that day as part of a whole trust tweet pledge. The tweet which gets the most likes or retweets on that day across the trust will win computer resource funds for their school. Feel free to press 'like' on our tweets!

Key Stage 2 will undertake a homework project over the half term. This will involve creating a Youth Charter for a safer internet. The completed projects are to be brought in on the **Tuesday 21st**

February, they will be sent to the Trust offices and the winning project will be in the chance with winning a tablet.

Thank you for your support and we look forward to a fun-filled, jam-packed two weeks with a focus on nurturing happy and healthy minds.

Mrs Sarno and Miss Lane