



ST. PATRICK'S CATHOLIC VOLUNTARY ACADEMY.

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OUR LADY OF LOURDES

CATHOLIC MULTI-ACADEMY TRUST

Headteacher: Miss L Ferrara

St Patrick's
Catholic Voluntary Academy

5th September 2025

Dear Parents/Carers

Welcome back to the new school year!

We are delighted to introduce an exciting new initiative at our school – the **Boost Basket!**

Inspired by Bishop Patrick's theme for the Jubilee Year of Hope, and rooted in our school's mission of *Loving First, Living the Gospels, and Learning for Life*, the Boost Basket encourages children to take positive steps in their personal growth and well-being.



The Boost Basket is designed to help children give themselves a little "boost" in a variety of meaningful ways – whether it's a physical boost through active play, a well-being boost by taking a moment to relax and reflect, a kindness boost by doing something thoughtful for someone else, or a personal development boost by trying something completely new.

Each opportunity in the Boost Basket aims to support our children as they grow in confidence, compassion, and curiosity – living out the joy and hope of the Gospel in everyday moments.

The kit will travel around the class throughout the year and your child will be the owner of the basket for one week.

Please encourage your child to look after the kit and return it as they found it, with all items neatly stored back inside ready for the next child to use.

Thank you for your support and I hope you and your children enjoy embracing the joyful challenge of the Boost Basket!

Many thanks,

Miss Ferrara

Inside the Boost Basket,
you will find:

Boost your kindness and well-being!

Be kind to our Earth and help clean it up! Put on the **high vis jacket**, gloves and get to work litter picking! **Important note: NEVER** pick up litter with your hands and always make sure you are supervised by an adult. Boost your acts of kindness at home by offering to help with the **washing up gloves and duster!** Looking after the garden by watering the plants with the **watering can** will boost your well-being too!

Boost your brain!

Enjoy the Calm Cards to relax your mind or complete a page in the puzzle book to boost your brain. Complete just **one page** please to leave some for the rest of the class!

Boost your physical activity!

Get active by using the **skipping rope** to raise your heartbeat and enjoy some physical activity.

Boost your enjoyment!

Enjoy a game of playing cards or roll the emoji/conversation cubes to have an enjoyable chat at home.

A Record Book

Record your time with The Boost Basket and record your activities at home!

Boost your faith or thinking by using the **holding cross** to think or pray for others.