

SS OSMUND & ANDREW'S RC PRIMARY SCHOOL, BOLTON

NEWSLETTER: Thursday 14th March 2024

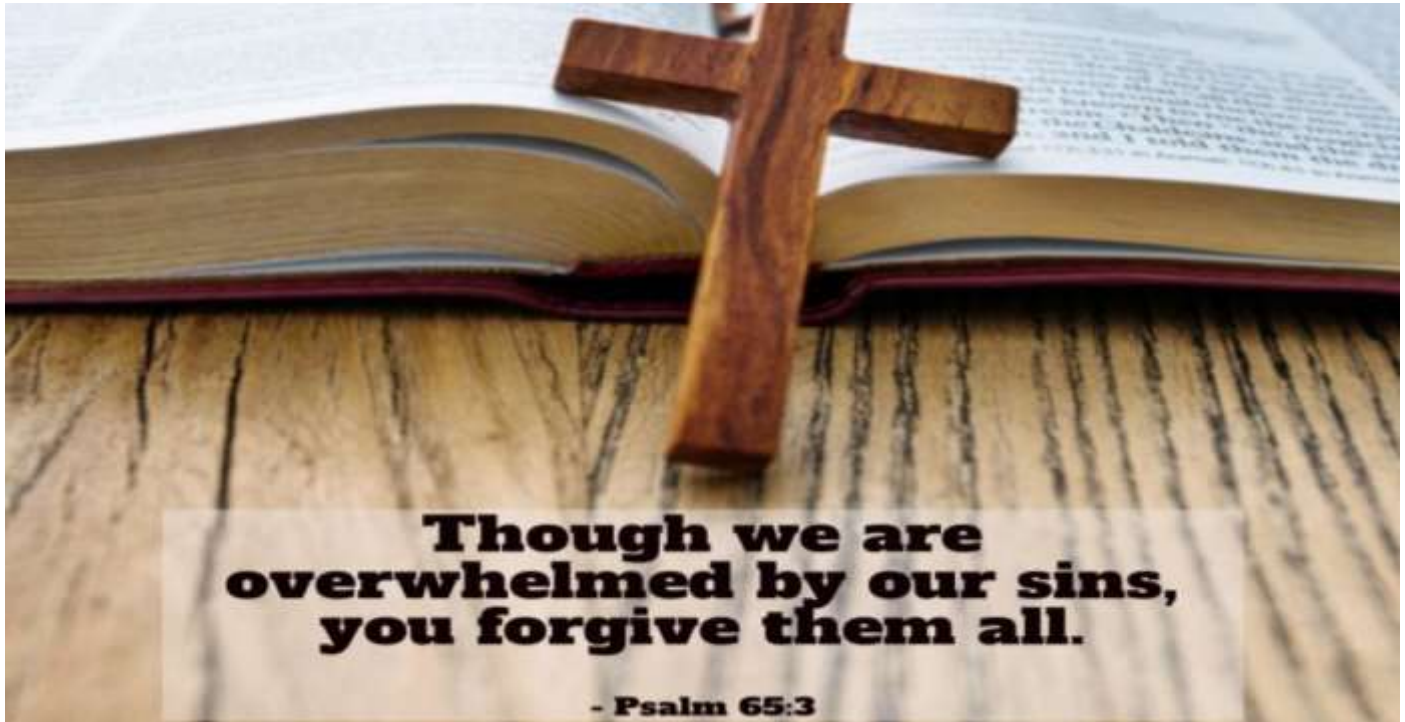


Headteacher: Mr J Graves
Deputy Headteacher: Mrs S Doyle
Assistant Headteacher: Mrs J Devine
School Business Manager: Mrs S Paterson-Faye

Tel: 01204 333070
www.ssoarc.co.uk
Email: office@ss-osands.bolton.sch.uk

Our Next Break:

Our next break is the Easter holiday. School closes at 3.15pm on Thursday 28th March and re-opens at 8.45am on Monday 15th April.



Thought for the Week:

Please chat through at home with your child(ren) the school's Thought for the Week which on Monday will be:
In Lent, I try to say, "Sorry" – and I know God forgives me.

Red Nose Day

On **Friday 15th March**, children are being invited to come to school in their own clothes – wearing something red to support Red Nose Day. If you would like to make an **optional** donation, you will be able to do so **online** via ParentPay.

Class Honours

Golden Bin – **Year 2A** – What a tidy classroom all last week!
Top Class for Attendance – **Year 2O** – 100%!

Attendance

Congratulations to class 2O who last week had 100% attendance! This is fantastic! We are sure you will enjoy your extra break this week. Whole school attendance last week was 96.3%

Roll of Honour – Stars of The Week

The parents of all children on the list below are warmly invited to our school assembly on Monday at 9am to see their child receive their award. Well done to the following children:

Foundation 1 - Arure S for naming adult and baby animals correctly. Well done Arure!

Foundation 2 - Arthur P for super effort in his writing booster group! We are so proud!

1O - Florence A for writing an excellent fable and making lots of super choices this week.

1A - Ellie P for independently getting a dictionary to improve her spelling in her writing and then teaching others to do so!

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2O - Anthony RZ - Anthony always works hard, is always a good friend and always has a big smile on his face. He's a little superstar!

2A - Anthoney D has been trying hard with his reading and has been a superstar in phonics this week. Keep up the good work Anthoney!

3O - Elara K for always listening and following instructions and also for being super brave at swimming, taking her armbands off and swimming 5 metres unaided. Well done Elara.

3A - Harvey F for being determined during swimming and trying new things even when it is scary at first.

4O - Esther H for always being ready to learn and for being a polite, kind member of the class!

4A - Louie A for stepping up in the Easter play and scoring well in his times table weekly test.

5O - Dua TG for enthusiasm to practise her reading skills during whole class teaching! Well done!

5A - Aurora G for continued hard work and for always being kind and polite.

6O - Jonah M for his incredible artwork, his dependability and his mature nature.

6A - Brooke R for brilliant research for her non-chronological report. Also, for completing a second at home based on horses!

Guitarist of the Week - Ena C (4O) for being a calmness in the storm and with wonderful guitar playing.

Reading Award - Kai S (6A)

Assistant Headteacher Award - Noah J (4O) for composing an excellent wishing tale narrative!

Assistant Headteacher Award - Rio R (4O) for mastering joined handwriting!

Deputy Head Award - Oscar R (2O) for trying hard with his addition.

Headteacher Award - Harper R (4O) for a huge improvement in handwriting.

Parent Governor Election

A huge thank you to the parents who put their name forward for the position of Parent Governor at our school. Thank you also to everyone who took the time to vote during last week's ballot. Congratulations to Mr Wayne Murphy who was successfully voted in, to continue his role as a Parent Governor.

Easter Bingo

On **Thursday 21st March**, we will be holding a family Easter Bingo night. This is going to be a great night for all the family. Entry is £1 per person, payable on ParentPay. Tickets can then be bought on ParentPay or on the night. There will be pasties and other refreshments for sale. All prizes will be chocolate related! In order to assist with prizes, we will be holding a non-uniform day on **Monday 18th March**, when we will be asking for donations of Easter eggs / Easter chocolate. Thank you in advance for your support.

Class Photographs

Class photographs will be being taken on **Thursday 21st March**. Please ensure all children are wearing the correct school uniform. A link will be emailed home at a later date which parents can use to buy copies of the photographs. Children in Reception will receive a free 'End of 1st Year' book and Year 6 will receive a free 'Leavers' book, both with their class photograph in. Please ensure your child is in school on this day.

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Easter Performances – Year 3 & Year 4

The Year 3 & Year 4 Easter Performances will take place on **Tuesday 26th March at 1.30pm** and **Wednesday 27th March at 6.00pm**. A letter was emailed to parents last week and tickets are available to order online using the link sent home. Tickets are limited to 2 per family initially, any spare tickets will be made available after **Tuesday 19th March**.

End of Term Mass

We will be having an end of term Mass in school on Friday 22nd March at 10.30am. All are welcome.

St Joseph's Penny Boxes

Last week our wonderful GIFT Team distributed St. Joseph's Penny boxes to classes. Every year boxes are sent out to schools across Salford Diocese, to help raise money for various Caritas projects, providing urgent and practical help to those in need. If you are able to, please pop any change you can spare into your box and return it to school by **Friday 28th June**.

Parking

Please do not park on Falkirk Drive. Thank you for parking respectfully for our neighbours. For the safety of our families and staff, the school car park is not to be used by parents. Thank you.

Water

Please note that only plain water (not flavoured water) is allowed in lessons, with the exception of where we have a copy of letter from a GP regarding drinking habits.

Advice from the '**Water Benefits Health**' website states: Drinking water and brain function are integrally linked. Lack of water to the brain can cause numerous symptoms including problems with focus, memory, brain fatigue and brain fog, as well as headaches, sleep issues, anger, depression, and many more. The brain is one of the most important organs in the body to keep fuelled. It is approximately 85 percent water and brain function depends on having abundant access to water.

According to Dr. Corinne Allen, founder of the Advanced Learning and Development Institute, brain cells need two times more energy than other cells in the body. Water provides this energy more effectively than any other substance.

When your brain is functioning on a full reserve of water, you will be able to think faster, be more focused, and experience greater clarity and creativity. Bottom line, if you want your brain to function well, receiving and sending signals to the rest of your body, make sure it receives the water it needs. In addition, the type of water you drink is extremely important. We recommend filtered drinking water over tap, bottled, distilled, or reverse osmosis water.

(<https://www.waterbenefitshealth.com>)

The Imperial College London says: Artificially-sweetened beverages (ASBs) are alternatives to full-sugared drinks. They contain no sugar and are sweetened with artificial sweeteners instead. ASBs are often known as 'diet' versions of soft drinks, and may be perceived by consumers as the healthier option for those who want to lose weight or reduce their sugar intake. However, there is no solid evidence to support the claims that they are any better for health or prevent obesity and obesity related diseases such as type 2 diabetes.

Professor Christopher Millett, senior investigator from Imperial's School of Public Health, said "A common perception, which may be influenced by industry marketing, is that because 'diet' drinks have no sugar, they must be healthier and aid weight loss when used as a substitute for full sugar versions. However, we found no solid evidence to support this."

Sugar-sweetened beverages (SSBs) such as soft drinks, fruit-flavoured drinks, and sports drinks, make up a third of UK teenagers' sugar intake, and nearly half of all sugar intake in the US. SSBs provide many calories but very few essential nutrients, and their consumption is a major cause of increasing rates of obesity and type 2 diabetes. ASBs currently comprise a quarter of the global sweetened beverages market, but they are not taxed or regulated to the same extent as SSBs - perhaps due to their perceived harmlessness, say the researchers.

Despite having no or very little energy content, there is a concern that ASBs might trigger compensatory food intake by stimulating sweet taste receptors. This, together with the consumers' awareness of the low-calorie content of ASBs, may result in overconsumption of other foods, thus contributing to obesity, type 2 diabetes and other obesity-related health problems.

(<https://www.imperial.ac.uk/news/176711/sugar-free-diet-drinks-better-healthy-weight/>)

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The National Library of Medicine website states: Flavoured water and soft drinks are limited in school to packed lunches (and not lessons) because of the potential health problems associated with high intake of sweetened drinks which are 1) overweight or obesity attributable to additional calories in the diet; 2) displacement of milk consumption, resulting in calcium deficiency with an attendant risk of osteoporosis and fractures; and 3) dental caries and potential enamel erosion.

(<https://pubmed.ncbi.nlm.nih.gov/14702469/>)

Thank you for your support in this matter. I hope the information above explains why we can only allow water in lessons.

Vaping

Vaping is not allowed on school grounds and we would recommend to all parents that the children do not see their trusted and influential adults vaping. There are a variety of dangers that are associated with vaping and I would ask that parents reinforce our message to children which is around the damage that can be caused to children's health.

The dangers of vaping include asthma, lung scarring and damage, damage to the heart and brain, addiction to nicotine, cancer, and serious injuries and burns from the devices exploding. People tend to think of vaping as "safer" than smoking, but it's not safe.

There is a lot of information available on the internet. The information above was taken from <https://my.clevelandclinic.org/health/treatments/21162-vaping#risks-benefits>

Thank you for your support in this matter.

Own Risk – Valuables and Money

Please remember that school does not take any responsibility for loss or damage to valuable items including money, and thus we ask children not to bring them into school.

Please note these forthcoming dates, which can also be found on the [calendar on the school website](#)

Class Assemblies

Parents are welcome to come along to see their child in the following assemblies:

Nursery	Thursday 4th July (9am) – <i>PLEASE NOTE THIS HAS CHANGED TO A DAY EARLIER</i>
Reception	Thursday 20th June (9am) – <i>PLEASE NOTE THIS HAS CHANGED TO A DAY EARLIER</i>
Y3	Friday, 24th May (9am)
Y5	Friday, 15th March (9am)
Y6	Thursday, 18th July (Leavers' Assembly 2pm)



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Other Dates for the Diary

Easter Bingo – Thursday 21st March **Please note that the Easter Bonnet Parade has been replaced with Easter Bingo.*
Afternoon Easter Performance (Y3/4) - Tuesday 26th March 1.30pm
Evening Easter Performance (Y3/4) - Wednesday 27th March 6.00pm
End of Term Mass in school on Friday 22nd March at 10.30am. All are welcome.
Y5 Mass at St Osmund's Church – Tuesday 7th May, 1.30pm ****NEW DATE**** all welcome
Y4 Mass at 1.30 at St Osmund's Church – 11th June at 1.30pm, all welcome
Y3 Mass at 1.30 at St Osmund's Church – 2nd July at 1.30pm, all welcome
Afternoon Summer Play Performance (Y5/6) - Tuesday 9th July 1pm
Evening Summer Play Performance (Y5/6) - Wednesday 10th July 6pm

Holidays in Term Time

Please note that our school does not have the power in law to authorise absences for family holidays.

Prayers

Sometimes we all need that extra support and as a school we come together every day to say prayers. If you would like the school community to pray for you, your family, friends or any other intentions please email the office (office@ss-osands.bolton.sch.uk), speak to the office or write a little note and send it in with your child.

You do not need to write a prayer if you don't wish to, just your intention. For example: please pray for my friend who is having difficulties at this time; please pray for my grandma who is in hospital; please pray for the people of Ukraine etc. We will not mention your name or other names if you do not wish us to but we can add your prayer intentions to our prayers in class and in assembly.

First Holy Communion

The dates that you need are as follows...

EVENT	VENUE	DATE & TIME
Sunday Liturgies	Church	17 March 2024 @ 11:00am 21 April 2024 @ 11:00am 19 May 2024 @ 11:00am
Second Parents' Meeting	Church	Wednesday, 15 May 2024, 6pm
<i>First Holy Communion</i>	<i>Church</i>	<i>Saturday, 8 June 2024, 11am</i>

Code of Conduct: Parents & Visitors

Thank you for:

- Respecting the school's caring ethos.
- Working with teachers for the benefit of children.
- Always remaining calm and respectful.
- Always resolving issues through school.
- Always correcting your child's behaviour when you need to.

A more detailed version of the Code is on our school [website](#).

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