



STELLA Spotlight



'Together we strive for excellence, inspired by the joy of the Gospel'.

Attendance Update

Over the next two weeks, all parents and carers will be updated with your child's attendance information. We do this in line with our attendance policy and to ensure you are as up to date as possible with your child's school attendance. Great attendance is 97% or above.

If your child is unwell, please contact school to report the absence, every day your child is off school. Please let us know the name of your child, class, reason for absence and when you think they may return to school.

**TICKETS ARE
£2 EACH**

KS2

SPOOKTACULAR Party

Friday 17th October
4.00pm - 5.00pm

**Come in your best spooky
or sparkly outfit and bring
money for a treat bag!**

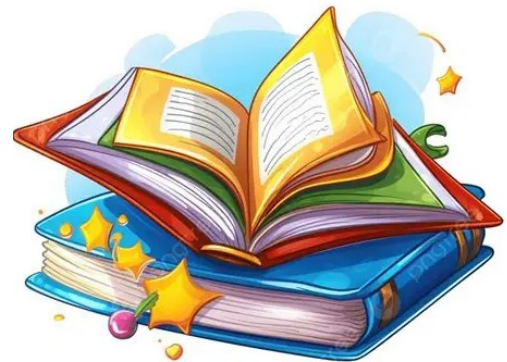
trick
or
treat

Scholastic Book Fair

The Scholastic book fair will arrive at school next week. Parents and children will have the opportunity to purchase books and to take them home straight away. School will receive a commission for all books purchased which will enable us to buy new sets of books for the classrooms.

Opening times will be from Thursday to Wednesday 8.30 a.m. until 9.00 a.m. and Thursday to Tuesday 3.15 p.m. until 4 p.m.

This is an ideal time to start buying stocking fillers.



Photographs

If you wish to purchase your child's photograph, can you please return the paperwork to the school office with the payment enclosed by Friday 17th October.



"Be thankful for the smallest blessings, and you will deserve to receive greater blessings."
Thomas à Kempis

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!

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday®

The National College®

Safeguarding Reminder

Safeguarding the children in our care is one of the school's main responsibilities, one that St Mary and St Thomas Aquinas take very seriously.

As you are already aware from previous updates, our Designated Safeguarding Lead is Mr Craig. You can speak to him by phone, make an appointment via the school office, or catch him when he's outside greeting/saying goodbye to children, if you ever have a concern. We also have our Deputy Designated Safeguarding Lead in school, Mrs Bennison (Assistant Headteacher/ Year 2 class teacher and senior leader), Mrs McDonald (Year 4 teacher) and Miss Foster (School Business Manager).

If you are unable to speak to Mr Craig, you can speak to Mrs Bennison or any other member of staff about your concern (s).

The school has an updated Safeguarding policy, that can be found on the school website, or paper copies can be requested from the school office.

All staff receive annual safeguarding refresher training, as well as other training throughout the year on key areas, including record keeping and reporting. Our school also has a termly visit from our Safeguarding Consultant, who completes an audit of the school's safeguarding and identifies any future improvements or training needs.

Why do parents need to know this information?

- To reassure you that we take keeping our children safe in school very seriously at St. Mary and St. Thomas Aquinas.
- It's good to remind parents/carers of the key members of staff, in case new parents did not know who they were.
- To highlight the continual work that the school puts into keeping our children safe in school.

Attendance

During celebration assembly on Friday, we have been celebrating whole class attendance and each week the class with the highest attendance will receive our Attendance Trophy, well done to **Year 2** who won the trophy this week.

Week beginning: Monday 6th October 2025	
Year group	Attendance percentage
Reception	97.78
Year 1	94.05
Year 2	100
Year 3	98.32
Year 4	98.92
Year 5	95.34
Year 6	97.22

Year 2 Assembly

Children from Year 2 will be presenting their assembly to parents on Tuesday 14th October at 9.00 a.m. in the school hall. All are welcome to attend.



Class Assembly



LITURGY OF THE WORD
FOR CHILDREN

Year 6 Liturgy

On Friday 17th October, Year 6 children will be hosting a Liturgy for their parents at 2.30 p.m. in the school hall followed by coffee and a chat.

It would be lovely to see you all there.

Macmillan Coffee Morning

Thank you to all the parents, carers and friends of Stella for a wonderfully successful Macmillan Cancer Support event. Our Mini Vinnie Team, led by Mrs Bowden, along with staff from school, organised a coffee and cake morning to raise money for Macmillan Cancer Support.

Our grand total came to £240.43



Spotlight Celebration



Hannah from Year 3 has completed level 2 in her acro class and is excited to start level 3. Well done Hannah.

Mason Gray from Year 1 would like to share his homegrown and harvested potato's he's been looking after with his Great Uncle Ian.



Well done everyone.
I wonder how many exciting achievements we will see in next week's newsletter.



Well done to Asher who got player of the week last weekend at his football club.



We would love to see more achievements, works of art or an event that you are proud of.
Please send them to hgreen@stmb.bwcet.com

Dates for Your Diary

Tuesday 14th Oct	Year 2 assembly 9 a.m. in the school hall
Friday 17th Oct	Year 6 Liturgy 2.30 p.m. in the school hall
Tuesday 21st Oct	Year 5 assembly 9 a.m. in the school hall
Friday 24th Oct	Year 4 Liturgy 2.30 p.m. in the school hall
School Holiday	Monday 27th October 2025 to Friday 31st October 2025
Monday 10th Nov	Parents Evening
Tuesday 11th Nov	Parents Evening
Tuesday 11th Nov	Reception assembly 9 a.m. in the school hall
Friday 14th Nov	Year 2 Liturgy 2.30 p.m. in the school hall
Tuesday 18th Nov	Year 3 assembly 9 a.m. in the school hall
Friday 21st Nov	Year 5 Liturgy 2.30 p.m. in the school hall
Tuesday 25th Nov	Year 1 assembly 9 a.m. in the school hall
Monday 8th Dec	Reception Nativity (p.m.)
Tuesday 9th Dec	Keystage 1 Nativity (p.m.)
Wednesday 10th Dec	Nursery Nativity (a.m.)
Wednesday 10th Dec	Keystage 1 Nativity (p.m.)
Thursday 11th Dec	Keystage 2 Performance (p.m.)
Friday 12th Dec	Keystage 2 Performance (p.m.)

Please note that if any of these dates change we highlight the new date in **Red**.

