



Good Shepherd Newsletter

Friday 1st February 2019

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Menu change next Tuesday 5th Feb for Chinese New Year:

Sweet and Sour Chicken
or
Vegetable Spring Rolls
Served with
Steamed Vegetable Rice and
Oriental Mixed Vegetables

Followed by
Orange Drizzle Cake



Children's Mental Health Week



Next week is Children's Mental Health Week and the children will be learning about how important it is to take steps to be healthy on both the inside and outside. Children will be encouraged to look after their bodies and their minds. They will be taught that our bodies and minds are connected, so simple things that we do to improve our physical wellbeing can help our mental wellbeing too.

Place2Be has some great resources with tips for parents and ideas of things to try at home which can make a difference.

[https://
www.childrensmentalhealthweek.org.uk/
parents-and-carers](https://www.childrensmentalhealthweek.org.uk/parents-and-carers)

University research

Some researchers from the University of Leeds are conducting a study to find out more about children's eating habits and food in the family home. In particular, they are interested in the views of parents of primary school aged children.

They have developed an online questionnaire and are trying to get as many parents to fill this in. The questionnaire takes about 8-12 minutes to complete, is anonymous and voluntary. If you would like to assist the researchers in their project, please follow the link below:

<https://leeds.onlinesurveys.ac.uk/food-in-the-family-home-2018>

Headteacher Awards

Well done to the following children who have worked so hard this week and had great behaviour:



Reception: Daniel & Madison

Year 1: Janelle & Jevon

Year 2: Akintayo & Christina

Year 3: Isabelle & Daniel

Year 4: Saphir & Angel

Year 5: Zuriel & Olivia

Year 6: Wandile & Kemari

Clubs

Thank you to everyone who has paid for their child's clubs. Please remember to pay for clubs on ParentPay if you haven't already done so.

Some of the new words we been learning this week

Year 1: gloomy

Year 2: alarmed, cautious

Year 3: taunted

Year 4: unimaginable

Year 5: perpetual

Year 6: indubitable

Please remember hats and gloves in this cold weather.

Fr Con's Reflection

Saturday of this week is Candlemas (the feast of the Presentation of the baby Jesus in the Temple).

Candlemas, February 2nd, is 40 days from, and including, Christmas Day.

As the feast of candles, it brings home to us the significance of a lit candle.

In the priest's house here, there is a box room downstairs that has been converted into a place of prayer and quiet. It contains a 10" candle in a holder. It also contains a blow heater giving instant warmth. The heater's blowing sends the flame of the candle into an absolute frenzy unsurprisingly. Then, with the heater off, the flame becomes wonderfully still.

This is surely a useful analogy for our daily lives. The "heat", as it were, of all our commitments and duties can make us long for a period of stillness and silence.

The answer would be to put in place a short spell of much silence before we undertake such commitments and duties. Then, when they are finally over, to unwind (or spiritually "chill") with a similar spell of such silence or stillness.



The children received Change4Life packs this week as a way of encouraging children to make healthier choices and reduce their sugar intake.



Please talk to your children about the changes they could make.



Attendance and Punctuality

Week commencing 21.1.19

100% attendance: -

100% punctuality: Nursery, Y2, Y3

Overall attendance: 96.7%

Well done and keep it up!



Fr. Francis Moran RIP

Please pray for the repose of the soul of Fr. Francis Moran who died this week. Fr Francis was parish priest at St Andrew's in Thornton Heath for several years and most recently has been in the Mortlake parish. May he rest in peace.

Have a lovely weekend, Mrs Day