



Good Shepherd Newsletter

Friday 31st January 2020

Uniform

We keep amassing lots of lost property!

Remember:

- Put your child's name on the label so that we can match the garment with the child
- Return an item if you find it does not belong to your child

Any unclaimed/unlabelled items will go into class 'spares' boxes at the end of each term.

If you do not already have name labels, I have put a link to a company that does both iron on and sew on name labels. These are very reasonably priced e.g. 20 iron-on labels are £4.95 or 36 sew-on labels cost £7.

<https://www.easy2name.com/i-need-labels-for/school.html>

A general reminder that children should not wear boots inside and are not permitted to wear smart watches in school. Thank you to all the parents who have ensured their child comes to school with red hair accessories rather than other colours—it makes the children look so much smarter.

Reminder

Thursday 13th February 3:15pm
school closes for half term

Friday 14th February
inset day, school closed to pupils

Monday 24th February
school reopens

Children's Mental Health Week

Children's Mental Health Week is run by children's mental health charity Place2Be to focus on the importance of looking after our emotional wellbeing from an early age. This year's theme is 'Find your Brave'. Bravery comes in all shapes and sizes and is different for everyone. Bravery can be about sharing worries and asking for help, trying something new or pushing yourself outside your comfort zone. 'Finding your brave' can build your confidence, self-esteem and make you feel good about yourself.

Next week at Good Shepherd, we will be doing lots of activities to support children's wellbeing including some mindfulness.

An infographic titled '4 Ways to Improve Mindfulness' by @inner_drive | www.innerdrive.co.uk. It features a cartoon illustration of a smiling girl with her arms outstretched in a field. The infographic lists four ways to improve mindfulness: 1. Build relationships with the people around you, 2. Keep Learning, 3. Be Active, and 4. Keep a diary.

4 Ways to Improve Mindfulness
by @inner_drive | www.innerdrive.co.uk

- 1 Build relationships with the people around you**
Spend time with friends and family. Talking about your problems takes the weight off your shoulders and offers perspective.
- 2 Keep Learning**
This helps you develop and grow. It gives a sense of achievement and facilitates the development of better coping skills.
- 3 Be Active**
Release the stress that has accumulated during the day. Exercise is a great way to wind down and regain control.
- 4 Keep a diary**
Writing down your thoughts and feelings helps you improve your self-awareness. It can also add a sense of closure and allows time for reflection.

Respect

Responsibility

Determination

Positivity

Teamwork

Fr Con's Reflection

This school week closes on the final day of January. As we will all surely know by now, January 31st is the day on which the United Kingdom will officially leave the European Economic Community. "Brexit" has been the number one news item for the last 3 years.

We must surely be prepared to pray now, and going forward, that it will not bring any real negative effects for families over the next 3 years, and beyond.

January 31st is the feast day of St. John Bosco (DON BOSCO) who did such a great pioneering work with young people, and in the field of education, in 19th century Italy.

He is therefore an ideal saint to contact in prayer for each of our children's educational progress, and for family life after "Brexit".



Parents of babies and toddlers

Babyzone has launched at the recently opened Legacy Youth Zone, 125 Whitehorse Road, every Thursday during term time - 9.30-14.30pm. Everything is completely free of charge. There are two exploratory play areas (one for babies and one for toddlers), and a constant programme of classes throughout the day - Reading Fairy, Baby Sensory, Toddler Sense, Mini Professors (toddler science), Parent First Aid and Dinky Medics, and Book Babies. No booking required, parents and carers can just drop in. For more information see @BabyzoneUK on Facebook or Instagram.

Half term activity

The Brilliant Butterflies team are running a bushcraft day including den building, fire lighting and wild animal tracking at Frylands Wood Scout Outdoor Centre on the 18th February (during half term). This event is a drop in from 10am – 4pm and is open to all and FREE! We will also have some pond dipping at the centre too.

<https://www.wildlondon.org.uk/events/2020-02-18-bushcraft-and-den-building-day>

Frylands Wood Scout Outdoor Centre, Featherbed Lane, Croydon CR0 9A. Tuesday 18th February from 10am - 4pm, drop in sessions.

Children must be accompanied at all times by their guardian.

Any questions please contact Sunitha on samos@wildlondon.org.uk / 07702 669888

Headteacher Awards

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



Reception: Marvellous, Simon

Year 1: Funmi, Ethan

Year 2: Ollie, Alimat

Year 3: Ethan S, Aviah

Year 4: Geoffrey, Emmanuela O

Year 5: Louisa, Jason

Year 6: Chidera, Daniel O

Attendance and Punctuality

Overall attendance since September: 97.2%

Best attendance: Y2 7 Y6
(both 100%)

Best punctuality: Y4 (100%)

Well done and keep it up!



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*Have a lovely weekend,
Mrs Day*