



# St Wilfrid's NEWSLETTER

## Revamping of the School Pond

We are pleased to say that work has started on the school pond.

Big thanks to all those who have already contributed to this project. Unfortunately, the decking that forms the dipping platform was found to be rotten and so we have had to replace it.

As this will add to the final cost we really need as many donations as possible to help us to cover this. Donations can be made by Parentpay.

Thank you for your continued support.



## Car Engines

A few members of the public have mentioned that when parents are waiting in their cars at drop off and pick up times they leave their car engines running. In order to help protect our environment may we request that engines are switched off while waiting. Thank you.





## Building Confident Parents

Don't forget that the next course for parents will be starting after half term. There are still a few places left so please contact Mrs McLoughlin as soon as possible if you would like to participate. It really can make a difference to your family life!



## Sunbeams and Rainbows

Thank you to those parents and children who have been in contact about these groups. We will be starting the sessions after half term and further details will be sent home soon.

If you think your child would benefit from Sunbeams or Rainbows because they are struggling to cope with loss or separation, please speak to Mrs McLoughlin, Mrs Heaton or Mrs Wright as soon as possible.



## Prayer of the Week

Dear Jesus

We pray that everybody has a home to live in and someone to love

We also pray for everyone who is poorly and that they get better quickly.

Amen

Cian Y3/4



## St Wilfrid's Super Science!

Y5/6 class have been looking at Evolution and Adaptation. The children have designed their own animals and adapted them to their environments. Some of the children may have taken them home today.

Lunchtime Science Club has also started again and the Y5's have been teaching Y4 children science. A big thank you to the Ogden Trust trained Science Ambassadors. You were excellent!

## Class Lining Up Star System

To make the mornings a calmer experience we are now using a star system where the children are rewarded for lining up efficiently and quietly so that we can pray together and then get ready for the day.

The class with the most stars gets an extra playtime!

## SEND Coffee Morning

On Wednesday an ex-St Wilfrid's child, Juliette [now 15 years old and studying for her GCSEs] led an inspirational talk to Parents and staff of St Wilfrid's and St Thomas of Canterbury Schools about Achievement over Adversity. Juliette explained how having additional needs can be a very positive way of applying your skills and talents to enable you to be happy, valued and successful through your educational journey.

Juliette inspired us all with her amazing achievements, despite her many challenges, through fun, laughter, wit and funny stories!

She will repeat her presentation at **St Thomas of Canterbury School on Friday 9th March at 2.00pm**. Juliette will field any questions about transition to new classes/secondary school and coping with low confidence/self esteem, playground issues etc.

Everyone welcome!



## Good Work Certificates

The following children received Good Work Certificates in our assembly this morning:-

Patrick [Y2], Oliver [Y1], Bronwen [R], Kene [Y3/4], Louisa [Y5/6], Chinonso [Y6], Keira [Y4], Marc [R/Y1], Charlie [Y2/3] and Elliot [Y5].

Well done!



## Golden Broom

Well done to Y4 Class for winning the Golden Broom this week for the tidest cloak room in school.

Who will it be next week?

## Sports News

- Well done to our Y5/6 Swimming Team who competed in a gala at Mylnhurst on Tuesday.
- Good luck to our Y5/6 boys who will compete in the Y5/6 Cross Country Finals at Cannon hall on Tuesday next week.
- The Y5/6 Sportshall Athletics Regional Finals will be held at the EIS on Tuesday 20th March. Details to follow.



**Advice and support**  
for children and families

## MAST-School Advice session

What you Need	What we offer
Do you have concerns about:	Advice
Sleep	Signposting
Emotional well-being	Solutions
Stress management	
Finances	<b>How do we do it?</b>
Housing	Your MAST link worker can meet with you in a quiet and confidential space at school with a member of school staff to discuss any issues you may have. The MAST worker and school will work together to create a plan to help you address your needs.
Attendance at school	
Arguments at home	
Family relationships	
Behaviour management	
Family breakdown	

How to refer	Your school-MAST link workers
Please email: enquiries@stwilfridssheffield.co.uk	Mrs McLoughlin in school Hannah Appleyard – MAST Team Manager



## St Wilfrid's Quiz Night

Question: Have you got your tickets for the biggest event of the decade, a gathering which will make Glastonbury look like one of Mrs Dalton's tea parties where all profits go to building and decorating a new classroom here at St Wilfrids'

Answer: "Oh definitely. I logged on to <https://www.picatic.com/stwilfridsptaquiz2018> and now I'm well happy at being part of the event of the year!"

**ST WILFRID'S PTA PRESENTS**



**Friday, February 9th  
7.30pm, School Hall**

**Come and join our quizmaster extraordinaire  
for the PTA quiz 2018!**

**Bring a bottle.**

**Bring a friend.**

**Curry included in price of ticket  
(meat or veggie options available).**

**BYO - Beer and wine also  
available on the night to buy.**

**Bring a team or join a table. Max 8 per team.  
Adults only.**

**Battle it out to be St Wilfrid's School Quiz Winners 2018!**

**Tickets can be purchased online via this link:**

**<https://www.picatic.com/StWilfridsPTAQuiz2018/>**

**Tickets: £10  
includes Curry!**





# Into the Woods



The humongous, creepy trees overhead  
All spindly and super super thin  
Looked like the corpses of the alarming dead  
Despite my gear I wander further in.

Cautiously I crept up the crazy path  
Where a cottage stood hiding a madman  
The windows blackened due to fire aftermath  
Entering in, I had broken the ban.

A cold wind howled through the window pane  
My glittering heart, my blood turned to ice  
Sore I would never be the same again  
Trying to shout but my voice was a vice.

Crack, I jumped, the glass pane beside me broke  
A loud whispering voice beside me spoke.





Rainbows offers a 12-14 week, age appropriate and structured programme; facilitated by trained members of staff.

It explores the following:-

- ❑ One of a kind – self esteem
- ❑ Inside out – feelings
- ❑ Why my family?
- ❑ Making the pieces fit – coping skills
- ❑ Anger and hurt – coping skills
- ❑ Facing fears and worries – coping skills
- ❑ Families are all different
- ❑ Belonging to my family
- ❑ Different kinds of family
- ❑ Endings and beginnings – change
- ❑ Weathering the storm – adapting, adjusting
- ❑ Living with change
- ❑ Celebrate me session – a celebration and conclusion of the programme; going forward.

Planning and resources for each session are provided



### WHAT DO CHILDREN AND YOUNG PEOPLE THINK ABOUT RAINBOWS?

"It helped me be less upset and it made me happier."  
(Tina, Year 5)

"Rainbows helped me to get on with my dad and how to make things go right with him."  
(Charlotte, Year 5)

"It helped me to manage my feelings more and gave me an understanding of why I'm feeling this way."  
(Bradley, Year 8)

"It is a time where I can say everything to someone who I trust."  
(Hollie, Year 9)

### CONFIDENTIALITY

- ❑ Confidentiality is at the heart of Rainbows
- ❑ Confidentiality will be kept at all times unless a child or young person is at risk
- ❑ Rainbows groups strictly adhere to the school's Safeguarding policies and procedures

For more information about Rainbows in school, please contact your school in the usual way.

For more information about Rainbows, please contact:-

Rainbows Bereavement Support Great Britain  
Sue McDermott, National Director,  
Email: sue.rainbowsgb@btconnect.com  
Tel: 01302 359017 • Mobile: 07725 340623  
Unit 7, High Town, York Street, Luton LU2 0HA  
Tel: 01582 724106 • www.rainbowsgb.org



## INFORMATION FOR PARENTS AND CARERS

SUPPORTING CHILDREN  
AND YOUNG PEOPLE  
THROUGH LOSS AND GRIEF

*"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss".*

(Independent Research 2011)

Rainbows Bereavement Support Great Britain  
Charity no. 1058476



### WHAT IS RAINBOWS?

Rainbows fosters emotional healing among children, young people and adults who are grieving a loss through a death, divorce, separation or any other painful transition in their lives.

Rainbows provides a safe setting in school in which children and young people can talk through their feelings with their peers who are experiencing similar situations. They are helped to articulate their feelings by a trained facilitator.

Rainbows provides age related materials which form a structured 12-14 week programme to assist children and young people through their grief and loss.

Rainbows acknowledges that grief needs to be recognised and supported; not denied, buried or ignored.

Rainbows supports self-esteem, trust, confidence and resilience. It promotes emotional development and positive, healthy relationships.

### QUESTIONS ASKED BY PARENTS AND CARERS WITH ANSWERS FROM PARENTS AND CARERS!

#### WHAT WILL IT COST?

"Nothing"

#### OUR SON IS REALLY STRUGGLING IN SCHOOL AND AT HOME. CAN RAINBOWS HELP?

"The programme made a huge difference to our family life. We found that our son was more able to cope with his grief and loss"

#### WILL IT HELP MY CHILD TALK ABOUT HIS FEELINGS?

"I just would like to say a big thank you to you all with helping my child talk about what's on his mind"



#### DOES IT HELP FOR CHILDREN TO SHARE THEIR EXPERIENCE WITH OTHERS?

Yes. "Going to Rainbows meant they realised there were other children in a similar situation and they weren't the only ones".

#### SINCE THE SPLIT UP OUR SON IS REALLY DOWN AND HAS NO CONFIDENCE. I'M NOT SURE ABOUT RAINBOWS THOUGH.

"Rainbows has made my child grow in confidence, he has come out of his shell rather than getting angry he now sits and talks his feelings through. The support he received was second to none. We could not have survived without Rainbows. Long may it continue."

(Answers are taken from research undertaken in 2011).



# Building Confident Parents



A course for those parents who love their children and want to enjoy them more

8 x 2 hour weekly sessions for just £10 including the cost of the handbook

Starting 7 pm Monday 26 February 2018 in St Wilfrid's Primary School

## Sessions look at:

Behaviour you don't like

Encouragement

Listening for feelings

Talking with your child

Discipline

Quality time

The purpose of parents coming together is to help them find their own ways of enjoying their children more, while also being more effective as parents. Thousands of people have tried this course and found it helpful! It's an enjoyable, relaxing experience created by parents, for parents.

## INTERESTED? CONTACT

LINDA MCLOUGHLIN

T: 0114 2365529

[l.mcloughlin@stwilfridssheffield.co.uk](mailto:l.mcloughlin@stwilfridssheffield.co.uk)



Please reserve me a place on the Building Confident Parents Course starting 26 February 2018

Name \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Age(s) of children \_\_\_\_\_