



Value of the month – Faith

Dear Parents and Carers

Two weeks seems to have flown by already! Please scroll down to see dates and information about local and school events.

Winter Disco

We are looking forward to our annual Winter Disco next week! See the flyer below for details. Thank you to the PTA for all their hard work in organising the Disco.

A & B Diocese Lourdes Pilgrimage: Message from the Diocese

This is the term when preparations for the Diocese Lourdes Pilgrimage begins. We have been asked to draw your attention to how our school community can get involved in this vibrant experience through the 'Family' group. Families are able to stay in a dedicated family focused hotel with a particularly geared timetable, all designed to give families an opportunity for respite from our busy world.

Some families go because they have a sick parent or grandparent and perhaps they are unable to go away without the extra support that can be given through the Pilgrimage. Occasionally there may be a child who has particular needs and the family wish to take them away with others who will accept them without judgement. Equally there are families who go because they want to take some time out from the stresses and strains of life and to be with other likeminded families. Every school has families that need extra support and the Pilgrimage seeks to offer that help.

Finances can be an issue but there are always means to lighten that burden; parishes are usually happy to help and the Pilgrimage itself has funds for that purpose. The Diocese would never want to deny a family the opportunity to participate through lack of funding.

Please [see the poster below and email the Diocese if you are interested in attending.](#)

Come and See Religious Education Newsletter

Please have a look at our RE Newsletter which is under the 'Parents' Section of the website. The newsletter gives parents an overview of the topics covered in the term, suggestions for activities at home to discuss as families and the Values of the Month for the term.

SEND Coffee Morning: 6th February: See details below

WOW! Don't forget that we are trying to encourage sustainable travel choices and healthy lifestyles by encouraging children and families to try and 'Walk at least once a Week', Cycle or Scoot, or Park and Stride once a week each month! Children who do will receive a badge at the end of each month.

Have a lovely weekend.

Best wishes,

Mrs Wheeler & Staff

Polite Parking Reminder!

We have had several complaints from local residents, of parents inconsiderately parking over or very close to residents drives (on the double yellow lines) so they are unable to enter their own premises.

Please be mindful of this and be considerate of residents and other people when parking.

Wow- Living Streets, Lets Walk To School

St Francis has chosen to be part of an exciting nationwide challenge to encourage more children and their families to walk to school during the academic year.

The WOW- year round walk to school challenge is being delivered by Living Streets a UK charity to get as many children as possible walking.

WOW rewards children who walk to school at least once a week with a collectible badge each month. There are 11 badges to collect across the year and daily journeys are logged on our interactive **WOW Travel Tracker** accessed through the school's computer in the classroom. If your family already cycles or scoots to school these count towards earning a **WOW** badge. You can also Park and Stride, just park at least 10 minutes away from the school and walk the rest of the way. More families walking means fewer cars on the road during the school run, helping to reduce congestion and pollution at the school gates and get as many children as possible experiencing the benefits that walking to school brings.

2020 Upcoming Events

24 th	January	School Winter Disco KS1 & KS2
31 st	January	Talent Show
11 th	February	High Ashurst - Outdoor Team Building Day for Year 4
13 th	February	School closes for half term @3.30pm
14 th	February	Inset Day School Closed Friday 14 th
2 nd	March	Fairtrade Fortnight Begins
4 th	March	Down House (Year 6)
5 th	March	World Book Day
9 th /10 th	March	Science Week begins with an amazing visit from 'The Science Planetarium' for all children. They are visiting on both days in school.
11 th	March	Outdoor Day (details to follow)
16 th	March	Egyptian Day (Year 3)
29 th	March	British Summer time Begins (clocks go forward)
30 th	March	Parents Evening
31 st	March	Parents Evening
3 rd	April	School Closes @1pm for the Easter Break



Communicating with staff (first port of call should be via the class teacher)

1. School Planner- all general messages that are non-confidential.
2. For the attention of the class teacher, please email the school office.
office@stfrancis.surrey.sch.uk
3. Requests for meetings should come via the school planner or office.
4. Confidential messages should be sent via the school office (email or hand-written) and should be marked for the attention of the staff member and marked confidential.

On Monday 27th January 14 we will be having a Chinese New Year menu to celebrate Chinese New Year.

CRISPY CHICKEN
or
CRISPY VEGGIE FINGERS (V)
with Sweet & Sour Dipping Sauce served with Black Bean Vegetables and Steamed Rice or Egg Noodles

GOLDEN CUPCAKE (V)
Refreshing home made orange cupcake to bring you luck for 2020





Payments

Please note the deadline for payment for these school trips is Thurs 30th January

Year 4 - To Science Observatory on 24th March

Year 3 - Egyptian Day on 16th March

Letters can be found on the school website under parents, letters home.

Please ensure that **all** payments sent to school office are put in an envelope, clearly marked with your child's name and what the money is for. Thank you

Food Bank and Crisis Fund to Support for Families in Need

Please can our families be aware that the school has access to some support networks for families in need. If a family has a crisis or needs support, please contact Mrs Wheeler (Headteacher) or one of the Senior Leadership Team for details of help available. All enquires will be dealt with in utmost confidence.

Lunch Money

The amounts due for the Spring term are as follows:

Weekly - £11.75 First half term - £68.15 Second half term - £70.50

Whole term - £138.65

E-Safety Update

This week's link is to the BBC's 'Own it' website. Please visit it for ideas on e-safety, including using social media and how to get the most out of online activities such as gaming and coding. <https://www.bbc.com/ownit>

Absence Procedures

Please remember to use absence@stfrancis.surrey.sch.uk to report that your child is ill or will be in late or leaving early for an appointment. Please do not use office email.

Notification should be made by 9.30am on the first day of absence. You need to notify the school on **each** continuing day of absence, even if you expect your child to be off school for a few days. Where possible, all other appointments should be made outside school hours.

Please provide details of why they are off, unwell is not sufficient. In the event of vomiting or diarrhea would you please keep your child at home until they have been free of all symptoms for at least 48 hours.

SEND Coffee Morning



Friday 6th March at 9am

Blossom Room— please enter through the double doors
to the Junior Library not through the Office

This will be an opportunity for parents to come along and ask any questions or have any queries answered. It is also an informal chance to meet with other parents and carers, who may have similar experiences; we are keen to build a network of people that can provide support and encouragement with the rewarding, but challenging, life of a parent.

All parents and younger siblings welcome



LOURDES 2020

 **Diocese of Arundel and Brighton**
Lourdes Pilgrimage

24th to 30th July 2020

Each year over 700 pilgrims from our Diocese join Bishop Richard in Lourdes for a wonderful week of prayer, worship, laughter and friendship. All are welcome, especially the frail, elderly, sick and disabled, those who wish to help, those who wish to pray, and families who wish to experience pilgrimage where activities are provided for the children.

If you need financial help to join our week, please email us.

For further information please contact:

The Pilgrimage Office, St. Philip Howard Centre, 4 Southgate Drive, Crawley, RH10 6RP
Tel: 01403 740110 | office@ablourdes.org | www.ablourdes.org

Applications open from January 2020

Arundel and Brighton Lourdes Pilgrimage Limited, registered in England Number 2998831
The Arundel and Brighton Diocesan Trust is a Registered Charity No. 252878

PHOTOGRAPH BY LACAZE

School Association.

Winter Disco

>Tickets are now on sale for the Winter Disco on the 24th January. Please visit www.tickettailor.com/events/stfrancisschoolassociation to buy yours. The disco is from 5pm to 6:30pm for KS1 and from 7pm to 8:30pm for KS2. Tickets are £4 and include a hot dog and refreshments. There will be a tuck shop open on the night and suggested maximum spending money is £5. Please remember that no mobile phones/ipads etc are allowed.

Spring Ball

Unfortunately due to poor ticket sales we have decided to cancel the Spring Ball. Refunds will be made to those people who have already purchased tickets.

Leavers Disco

We are looking for volunteers to organise the year 6 Leavers Disco. If you have a child in year 6 and would like to help with this please let us know.

Save the Date

Quiz Night - 25th April

Circus - 25th June

Sports Day - 3rd July

Leaver's Disco 17th July



The poster features a dark blue background with a starry space theme. At the top left is the St. Francis' School Association logo, and at the top right is the St. Francis' Catholic Primary Catechism logo. In the center is a large, glowing disco ball. The text 'WINTER DISCO' is written in large, white, block letters with a blue outline. Below this, the date 'Friday 24th January 2020' is written in large, white, serif font with a blue outline. At the bottom, there are two colored boxes: a blue box for 'Years 1 & 2: KS1: 5pm – 6.30pm' and a red box for 'Years 3, 4, 5 & 6 KS2: 7pm – 8.30pm'. Below these boxes, the text 'Tickets are available online at: www.tickettailor.com/events/stfrancisschoolassociation' is written in white, followed by '£4.50 per ticket, includes hot dog & refreshments.' in bold white text. At the very bottom, it says 'Glow sticks and sweetie bags etc. will be available to purchase on the night. Maximum suggested spending money £5. No mobile phones or iPads allowed.' in white text.

St. Francis' School Association

St. Francis' Catholic Primary Catechism

WINTER DISCO

Friday 24th January 2020

Years 1 & 2:	Years 3, 4, 5 & 6
KS1:	KS2:
5pm – 6.30pm	7pm – 8.30pm

Tickets are available online at:
www.tickettailor.com/events/stfrancisschoolassociation
£4.50 per ticket, includes hot dog & refreshments.

Glow sticks and sweetie bags etc. will be available to purchase on the night. Maximum suggested spending money £5.
No mobile phones or iPads allowed.



I'M NOT NAUGHTY - I HAVE AUTISM

Interactive and intensive 3 week course to help understand autism, share experiences in friendly, non-judgemental environment

start: Tuesday 17th March 2020 end: 31st March 2020

9:30-2:30 pm

Coffee/Tea from 9:15 am

Caterham Children's Centre Marden Lodge Site

Croydon Road CR3 6QH

Booking via Caterham Children's Centre

tel: 01883 348641

During the course we will cover:

- what autism is
- problems with social interaction and communication
- sensory processing and self-regulation
- link between autism , anxiety and meltdowns
- strategies to support including available therapies
- your rights as parents and your mental well-being
- hands on practice including making visuals, social stories and playing with blocks

The workshop is delivered by Ola Malanska,

MA Ed, experienced practitioner and parent of an autistic boy

www.caleidoscope.org.uk

Registered CIC number: 12219552

World Through My Eyes

ART Club

for

Children with Autism

We are meeting this Saturday

18th January 2020

Caterham Valley Library

10-12 pm

All welcome, including neurotypical siblings

**This time we are making pretty things
with pasta.**

There will be some painting too.

Safe, non-judgmental
environment, quiet room,
access to disabled toilet

EVERY MONTH
DIFFERENT MEDIA
TO HELP WITH
SENSORY PROCESSING DISORDER

Delivered by a teacher, mum of autistic boy, fully insured and DBS checked



www.caleidoscope.org.uk

contact:ola@caleidoscope.org.uk



Understanding Children's Behaviour Course for Parents/Carers

Description

Identify different types of behaviour, how the use of routines and praise can encourage positive behaviour, explore strategies for dealing with difficult behaviour. Free Family Learning 5 week course for parents/carers of children aged up to 7. Pre-booking essential.

Who to contact

Contact Name

Jane Lawrence

Contact Position

Assistant Curriculum Manager

Telephone

01483 518435

07800 728452

E-mail

jane.lawrence@surreycc.gov.uk

Website

surreycc.gov.uk/.../familylearning

Location

Marden Lodge Primary School

Address

Croydon Road

Caterham

Postcode

CR3 6QH

Time / Date Details

Thursday 16 January - 13 February 2020 - 1pm - 3pm

Session Information Pre-booking essential

CAMHs ASD Parent Support Group. This group is organised by CAMHs and runs on a monthly basis. Session are between 9:30 and 11:30am at Gatton Place, St Matthews Road, Redhill. RH1 1TA. For further information please contact Redhill CAMHs on 01737 288700.



You are warmly invited to a

Mothers Prayers Talk

*Nothing is impossible for God -There is
Hope for Your Children*

Date: **Saturday 8th February 2020**

Time: 2.00 p.m. – Registration and Tea/Coffee

2.30 p.m. – Talk by Carolyn Hart

National Coordinator for England & Wales

Place: **Sacred Heart Church,**

Old Hall (behind the church)

Essendene Road, Caterham CR3 5PB

Cost: Voluntary donations are welcome.

Notes: Plenty of car parking.

Contact: Allison - tel: 07986511514 or al.pullin@ntlworld.com
~~Carolyn Hart~~ Anneliese – tel: 07956241427 or anneliesem2@yahoo.com

What is a Primary Mental Health Worker?

We work with anyone aged 6 to 18 that is experiencing mild to moderate mental health difficulties.

Working on a short term basis to benefit young people around their struggles.

This could include things like:

- Anxiety
- Self-harm
- Suicidal thoughts (without attempting or making plans to commit suicide)
- Low moods
- Consistently angry
- Withdrawn from others
- Self Esteem / Body Image/ Self Worth
- Bullying
- Help to minimise the impact of negative life experiences
- Bereavement/Loss

You can see our PMHW in school.

How to refer

If you would like to find out more or to be referred to our Primary Mental Health worker:

- Speak to our Inclusion Manager Mrs Dommett
- Speak to our ELSA Mrs Hamilton
- Come to a drop in session on Thursdays at 9am
- Call or email us (see over for details)

Ways our support is delivered

There are many different ways in which we can provide support, these include:

- Solution focused intervention
- Guided self help
- Group Work
- One to one



CONTACT US

Drop in and speak to our Primary Mental Health Worker for a friendly, informal chat from
9 to 9:30 every Thursday.

Phone consultations
by appointment only

One to one meetings
by appointment only

Call Mrs Dommett on:
01883 342005
Email:

lorna.dommett@stfrancis.surrey.sch.uk

Useful Contact numbers:

Samaritans: Free phone 116 123

Parentline: 0808 800 2222

Child line: 0800 1111

NHS direct: 111 – non emergency helpline

Family Information Service:
new.surreycc.gov.uk/people-and-community/family-information-service

Young Minds: www.youngminds.org.uk
0808 802 5444

Kooth: kooth.com

PMHW

Confidentiality

We believe you have a right to privacy so we offer a confidential service.

Everything you tell us can remain confidential. This means we won't talk about any details you tell us to anyone else unless there is a serious risk of harm to you or another person.

How are we doing?

We want to hear what you think about our service to help us offer the best service possible. Please let us know what we are doing well and how we could improve. You can do this by completing an evaluation form available from our Primary Mental Health Worker.

Primary Mental Health Worker (PMHW)



A service for children, parents and staff who would like to discuss mental health difficulties with a professional in school.

Tandridge
Accelerator Site
in partnership with

**CAMHS &
SURREYCC**

Helping our children help themselves

**The
Rock
Project**
School of Rock & Pop

croydon@therockproject.com

07988744900

OPEN IN CROYDON

**FREE
2 HOUR
TASTER
SESSION!**

- AGES 7 - 11 & 11 - 18
- LEARN & PLAY IN A BAND EACH WEEK
- PERFORM IN OUR ANNUAL GIG
- NO INSTRUMENT? USE OURS!
- ALL ABILITIES WELCOME!



ALL TUTORS
HOLD ENHANCED
DBS
CERTIFICATES

GUITAR | BASS | DRUMS | VOCALS

www.therockproject.com



Dear Parents,

We help parents, just like you, transform their children into Highly Confident, Focused Leaders by developing lifelong Character and Success in just weeks!

Having helped over 5,000 children inside our school clubs we have a world class programme with a great track record for results. We are now one of the most successful and forward-thinking martial arts organisations in the UK.

Our small but driven team of instructors have a passion for developing character in young people and aim to make a massive impact, very quickly on areas your child needs to develop. Each child is taken on an exciting journey guiding them to become more resilient, determined, courageous and positive with their own personal instructor.

If you want to see your child develop a blackbelt character, we can turn that vision into a reality. To ensure your child doesn't miss out please follow the details below.

Spaces are very limited.

1. Search "LondonTKD" on the App Store or Google Play Store
2. Download our App
3. Click New User, enter Studio Code: **LondonTKD**
4. Create your new account
5. Go to Menu buy clicking the ☰ in the top left hand corner
6. Click Memberships to select your preferred membership plan
7. You will receive a booking confirmation via email when registration is complete



hello@london-tkd.co.uk



facebook.com/LondonTKD



iOS and Android



07553 065214

Each school club has an instructor to personally mentor your child, encouraging life changing self-belief without setting limits on what they can achieve.

In just a few short weeks, children develop vital skills for life that physically and mentally empowers them.

Our high impact classes take children on a journey to develop these 8 Pillars of Success.



Daily
Affirmations



Meditation



Stretching



Strength &
Conditioning



Achieving
Goals



Social
Development



Self Defence



Communication
& Leadership

We believe the environment dictates performance and that's often quite hard to achieve at home, and it's impossible to achieve without some extra help and support. If you feel your child would benefit from development in any of these key areas, register your child now to avoid missing out as places are very limited.



hello@london-tkd.co.uk



facebook.com/LondonTKD



IOS and android



07552 063244



Contact information:

Text: 07557 351405

Email: flexiflics@gmail.com

**Monday and Friday Morning
Gymnastics Club At St Francis**

A gymnastics club will be running in the hall on a Monday and Friday morning.

Monday morning sessions are for year 1 and 2 and will run from 8:00 – 8:45am.

Friday morning sessions are for year 3 – 6 and will run 8:00-8:45am. Children are dropped off at the school office, and will get changed ready for class at the end of the session.

If you wish to sign up, your child will learn different gymnastics moves and progress through the Winstrada award scheme, hopefully achieving a badge and certificate at the end of the term, which can be purchased for £3.50. In addition to this your child will develop their coordination, balance, confidence and general gymnastics skills, while being in a fun and safe environment.

The course will run for 10 weeks this term.

Monday class will run from 13th January – 23rd March

Friday class will run from 10th January – 27th March.

(excluding half term and inset days)

The cost for this term is £50.00 (£5.00 a session)

To book a space at before school gymnastics club please contact Flick on 07557 351405 or email her at flexiflics@gmail.com.

A link and payment information will then be sent to you to register your child's place via our online booking system. Please complete the form and follow payment instructions.

Please note, new starters are allocated spaces, on a first come first served basis. If the class is full when you contact us we will let you know and you can be added to our waiting list in case a space becomes available. Spaces will not be held without payment, so please ensure you do both.

Please also note, all fees are non-refundable once your child has been received a space.

**We hope To See You At Gymnastics
The Flexi Flics Team**

Supporting children through the loss of a loved one



INFORMATION EVENING

How to support your children when someone close to them is dying

Wednesday 29th January 2020 7 - 9pm

- ✱ Exploring when to tell the children
- ✱ Physical and emotional responses from children
- ✱ Choosing the right words
- ✱ School issues
- ✱ Age appropriate information
- ✱ Making memories
- ✱ Family advice and support

Kindly hosted by:

East Surrey Macmillan
Cancer Support Centre

Canada Avenue, Redhill, RH1 5BF

Free parking (if car registration is provided in advance)

**WE ARE
MACMILLAN.**
CANCER SUPPORT

To book:

01342 313895 | info@jigsawsoutheast.org.uk

Reg. Charity No. 1147696 Company No. 08014061 Patrons: Sir Edward Davey, Tony Tobin

Thrive is a specific way of working with children that helps to develop their social and emotional wellbeing, enabling them to engage with life and learning. It supports them in becoming more self-assured, capable & adaptable. It can also address any troubled, or troubling behaviours, providing a firm foundation for academic attainment



Thrive Guiding Principles:

Every child is a unique person, constantly developing & learning in different ways and at different rates, each with their own abilities, talents & potential to be fulfilled

Children's healthy development, emotional wellbeing & learning are crucially dependent on, and promoted through positive relationships.

Children flourish when they are confident, self-assured, capable and resilient

Children thrive in enabling environments where their individual development, learning experiences and needs are understood, responded to and supported through strong relationships with parents and carers.



Let's help YOUR child to Thrive



Tara & Rachel are licensed Thrive Practitioners