



\sim St. Anne Line Catholic Junior School \sim

Reporting Absence

Please report your child's absence on Study Bugs or phone the school office before 9:15am 01268 470444 School Emergency / Snow Closure - Please check the school website

Head Teacher's Notice

Friday 13th October

It has been a busy week for Year 6 who have been working hard completing their first round of assessments. Well done children, keep up the hard work.

On Tuesday, we launched World Mental Health Day with a mindfulness walk with the whole school, including staff. It was a great way to start the day, breathing in fresh air and talking about how we feel. Throughout the week, during PSHE lessons, the children have completed other well-being activities.

On Wednesday, the children in the Beehive took part in a local Ten Pin bowling event with other schools. They all had great fun trying to get those strikes!

This week the Girls and Boys School Football Teams have been busy playing league or Tournament matches, always representing the school so well.

Have a lovely weekend, Miss N. Watson

WORLD FOOD DAY EVENT



19TH OCTOBER 2023

Bring a dish to celebrate your heritage and share with others. It is such a wonderful school family event. Arrive from 2:30pm to set up. Event starts at 3:05pm. All welcome.

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SCHOOL DIARY DATES

Fr. SAJI VISIT Fr. Saji will be visiting the children in classes 7 and 8 today.

Monday 16/10/23

Wednesday

18/10/23

OPEN MORNING FOR PROSPECTIVE INFANT SCHOOL PARENTS

Bookings for attendance to be arrange via St. Anne Line Catholic Infant School and Nursery. 01268 524263.

WORLD FOOD DAY

A fantastic event in sharing food from all our school's many cultures. So ... start thinking about what you are going to cook and bring to share.

Thursday

19/10/23

HALF TERM BREAK

23rd –27th October 2023

CLASS 7 (Virtual) PARENT - TEACHER CONSULTATIONS

Monday 30/10/23

Letters coming out soon for appointment times. (Held on Zoom)

Prayer

Lord,

We pray that You will continue to develop us in the graces that create emotional wellness. We pray that You will renew our minds daily and help us handle our emotions.

Amen

"Nevertheless, I will bring health and healing to it: I will heal my people and will let them enjoy abundant peace and security." Jeremiah 33:6 - The Lord Heals His People

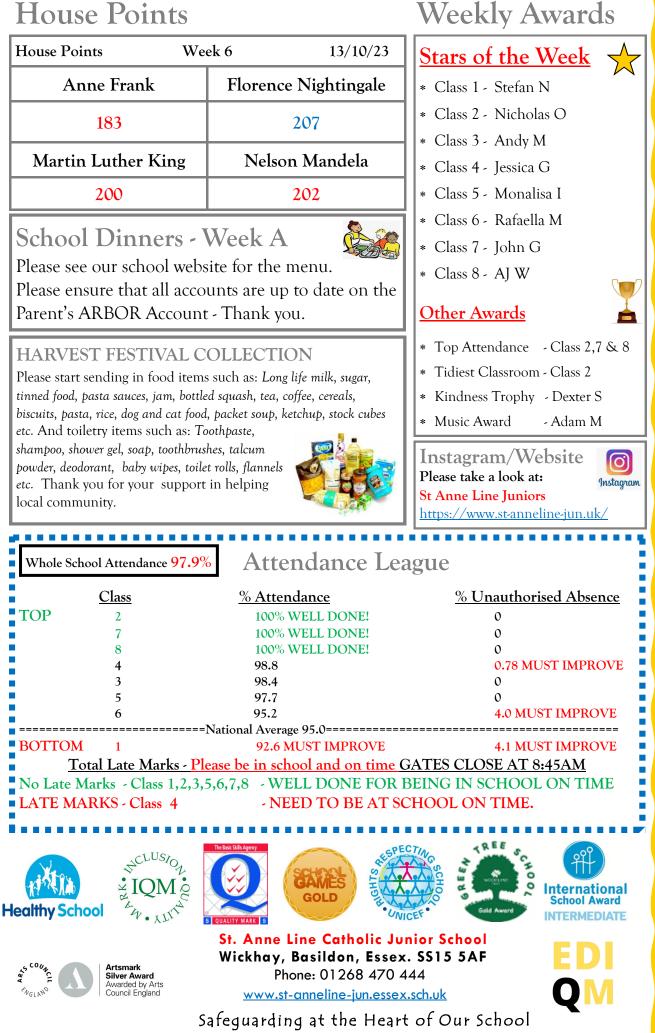
PLEASE RESPECT OUR NEIGHBOURS!

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Use the church car park to drop off and collect your child, or walk to school.

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House Points



Year 6 Secondary School Applications

The new secondary school admission round opened on Tuesday, 12 September 2023, for parents of current Year 6 children to apply for a secondary school (Year 7) place for September 2024. The statutory national closing date for applications is 31 October 2023. Applications and info can be found online via www.essex.gov.uk/admissions.

<u>Secondary School Admissions</u> – If you have a child in school year 6, the deadline for secondary school admissions is 31st October. If you are applying for a Catholic school and your child is a Baptised, practising Catholic then there is a form called the Certificate of Catholic Practice that you will receive from Fr Sabu or Fr Saji, to take to the school of your choice, which demonstrates to the school that your child is Catholic. It is essential that this form is completed before 31st October. Fr Sabu/Fr Saji will supply these forms as follows:

Thursday 12th October, Holy Trinity Church, 3pm-5pm Tuesday 17th October, St Basil's Church, 3pm-5pm

Please bring your child's Baptism certificate with you.

MENTAL HEALTH AND WELL-BEING



Breathing Exercises

Breathing exercises are a common mindfulness technique. They help ground the child in their present environment.

Benefits: Improves focus and emotional regulation.

How to Set This Activity Up:

Teach children various breathing techniques like the "4-7-8" method and practice them regularly. The 4-7-8 method is achieved by:

- Closing your mouth and inhaling sharply through your nose for four seconds.
- Holding your breath for a further seven seconds.
- Breathing out heavily through your mouth.

If you are concerned about your child's mental health and well-being, please reach out. It's okay to ask for help.



At St. Anne Line Catholic Junior School, we are here to help; either to listen, to offer support, or to help direct you to agencies for further advice.









St. Anne Line Catholic Junior School Wickhay, Basildon, Essex. SS15 5AF

Phone: 01268 470 444

www.st-anneline-jun.essex.sch.uk







Safequarding at the Heart of Our School

