



## HEADTEACHER'S MESSAGE BOARD

### The Feast Day of Our Lady of Lourdes, World Day of the Sick

Today is the anniversary of the first vision of Mary, the Mother of Jesus, to the little girl, Bernadette Soubirous. Thirty years ago, Saint John Paul II started the World Day of the Sick on this day of the solemnity of Our Lady of Lourdes. The World Day of the Sick is an awareness day, or a special regard, in the Catholic Church intended for "prayer and sharing, of offering one's suffering for the good of the Church and of reminding everyone to see in his sick brother or sister the face of Christ".

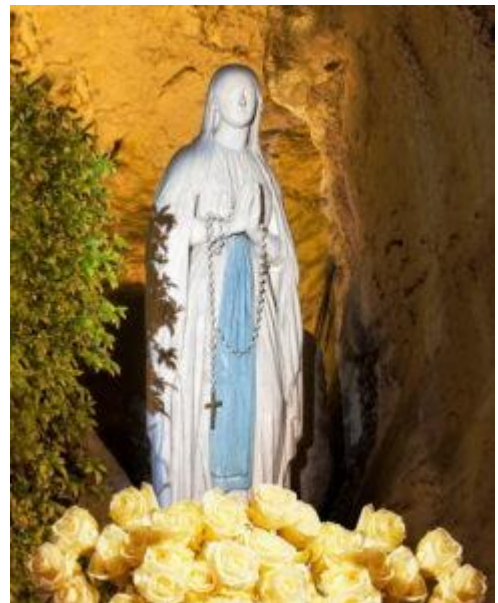
### Do you know someone who is sick?

God sent Our Lady of Lourdes to show how much He cares for the sick. Fourteen-year-old Bernadette was gathering firewood by a river when she spotted a golden light coming from a nearby cave. When Bernadette came closer, she saw a beautiful lady holding a rosary. The lady spoke lovingly to Bernadette and asked her to pray the rosary with her. At first, most people didn't believe Bernadette's story about the lady. But that didn't stop Bernadette from returning to the little cave in Lourdes, France. The beautiful lady appeared 18 times between February and July 1858. She told Bernadette to pray for sinners. She also explained who she was: "I am the Immaculate Conception." The beautiful lady was Mary, the mother of Jesus! As word spread, curious crowds joined Bernadette at the cave. Only Bernadette could see Mary. One day, people watched as Bernadette scraped at the ground. A small spring of water trickled up. Mary had told Bernadette that she wanted a church built on the spot. Later, a woman with an injured arm washed in the spring. She was completely healed! This was the first of thousands of cures at Lourdes, which still pours out healing water today. As Mary had asked, a beautiful church was built there, with spires pointing toward heaven.

I have been very lucky to visit Lourdes twice, once with Nottingham Diocese as part of their annual pilgrimage with those who are sick and second, with my own Mum, after my Dad had died. It is a truly remarkable place and it offers healing in all forms to all those who

visit the grotto. When I talk to pupils about my experiences there, I always say, if you ever get the chance – GO! It is a blessed and holy place where many people of faith come together to pray and the presence of the Holy Spirit is real.

The theme chosen for this Thirtieth World Day of the Sick, "Be merciful, even as your Father is merciful" (Lk 6:36), makes us first turn our eyes towards God, who is "rich in mercy" (Eph 2:4); He always watches over His children with a father's love, even when they turn away from him. God is filled with mercy for His people and this mercy combines both the strength and tenderness of a loving parent; God continually desires to give His people new life in the Holy Spirit.



Let us pray for all those who are sick and in need of healing: spiritually, physically and emotionally. May they know the healing love, mercy and peace of Christ at this time and for those who care for them. We pray for those who mourn the loss of a loved one, may they be comforted. We turn to Mary, the Mother of God, who listens to our prayers and takes these to the Lord: **Hail Mary, full of grace, the Lord is with you, Blessed are you among women and blessed if the fruit of your womb, Jesus. Holy Mary, Mother of God pray for us sinners now and at the hour of our death. Amen.**

## Parents' Consultations

Class teachers are looking forward to meeting with you next week to share your child's work and discuss their achievements and targets for further progress. All adults are politely asked **to arrive on time at the main entrance and wear face coverings for these meetings, to ensure that risks of transmission of covid-19 are reduced as much as possible. Please maintain social distancing and where possible, pupils are not to attend the meeting.** Thank you for your continued support.

## Lime Class

Lime class had an enjoyable computing afternoon with the assistance of the Year 6 Digital Leaders, Colin and Nina.



## Holly Class

Holly Class has been investigating the rate of bacteria growth on bread, they observed them over a week and reported their findings.



On Monday Holly Class continued their science afternoon by creating their own microorganism using play dough.



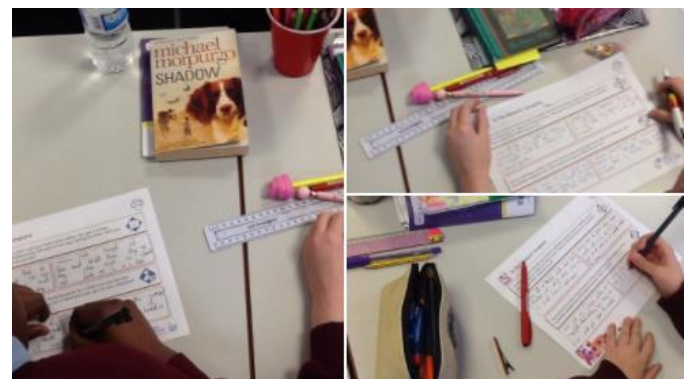
## Safer Internet Day, 8<sup>th</sup> Feb

Please use the following link for advice for parents/carers - how children can remain safe online. <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/advice-for-parents-and-carers>

As part of the Safer Internet Day, the children looked forward to spending time reflecting on how we can be respectful online. Lime Class created respectful relationship recipes for an online world.



Holly Class explored different scenarios surrounding online safety and thought of strategies on how to act safely and how to respond to any inappropriate activity/content/contact.



During Wednesday's Assembly, children shared what they had learned, with our digital leaders taking a leading role. Well done everyone!  
**Parents/carers please monitor the content your child is accessing and who is contacting your child when they are engaged in online games, videos and social media sites.**





### Free Online Safety Guide

#### Check in with Your Friends

According to the Office for National Statistics, 12% of British children who don't use any social networking apps or sites on a normal school day exhibit symptoms of mental ill health. When those parameters are extended to include young people who spend three or more hours on those platforms in a day, however, the proportion with mental health difficulties leaps to 27%.

Many of the staunchest challenges that children face in modern life are encountered online – but they don't have to overcome those obstacles alone. To tie in with Children's Mental Health Week, our #WakeUpWednesday poster has tips for how young people can also use the digital world to support any friends who may be enduring a tough time.

Read on to access your free guide and catch up on the latest online safety news ...



Here are some useful websites for further information: <https://www.nspcc.org.uk> , <https://www.thinkuknow.co.uk> , <https://childnet.com> , <https://www.internetmatters.org>

## School Uniform – Price increase

It has been sometime since we have had to increase our school uniform prices as our supplier has tried their best to keep the costs as low as possible for us for many years.



Welcome to  
St. William's Catholic Primary School

School uniform available in school.

Price list:

- Sweatshirts (Burgundy) - £10 (various sizes available)
- Cardigans (Burgundy) - £11 (various sizes available)
- Polo Shirt (Sky Blue) - £7 (various sizes available)
- Book bags - £7
- Pump bags - £5



All of the above include school logo.



## Join our School

We have places available in all of our classes, come and see for yourself what a wonderful school, St William's is.

Telephone the office on 01274 545743 or email on to arrange a visit.

[office@wil.bcwcat.co.uk](mailto:office@wil.bcwcat.co.uk)



BRADFORD CITY  
FOOTBALL CLUB  
COMMUNITY  
FOUNDATION

Bradford City Football Club have match day tickets at an exclusive price of £2.50 per ticket

for the following match

**Bradford City vs Swindon Town**  
**Saturday 5th March 2022 3.00pm Kick Off**

If you would like to attend, please see Mrs Gadd at the school office before **3.15pm Friday 18 February** and confirm how many tickets are required along with your full payment in cash. Thank you.

## COVID – 19

The Risk Assessment is available on the school website. We must all continue to work together to ensure we keep ourselves safe and that the school can remain open - we do not want to have to close the school to classes!

As a result, only one adult on the school playground at any one time **and I recommend adults wear a face covering as they bring and collect their child(ren), as it is not always possible to maintain safe distances at the bottom gate.** Any adult coming into the school is asked to wear a face covering to see any member of staff.

If you suspect you have Covid-19 or your child is showing symptoms you need to do a Lateral Flow Test as soon as possible and self-isolate. If a child tests positive they must **self-isolate for 5 days and on days 5 and 6 have a Lateral Flow Test (2 negative results mean they can attend school from day 6).** **If they do not have a Lateral Flow Test on days 5 & 6, then they must self-isolate for 10 days and return from day 11.** Adults and children aged between 5 & 18 years of age that have close contact with someone who tests positive **must take Lateral Flow Test for 7 consecutive days and if they get negative results every day and DO NOT show symptoms of Covid-19 they can attend school.**

**Please see Miss Parker's video dojo message on 27th Jan about the use of face coverings in public places.**

**Remote Learning** will be provided via Class Dojo for those pupils who cannot attend school because they have tested positive for Coronavirus. Please contact school staff if you have any issues, as we want all our pupils, to be able to access the same learning that their peers are having in class. This will support your child's progress and development. **It is a statutory requirement for schools to provide remote learning and it is in your child's best interests that they are encouraged, by parent(s) to complete this.** I thank you for your continued support with implementing our safety measures and seeing your child completes the learning that is on Class Dojo.

### Winter Weather & School Closure

We have a text messaging system in school as well as Class Dojo which we use to contact you with any important messages. This will include any school closures due to bad weather conditions. You can also hear the school closures on Pulse Radio or by visiting Bradford Schools Online (emergency school closures). **Always assume we are open unless you receive a text or class dojo message saying the school is closed.**

### Warning: No Holidays in Term Time

Please book holidays for when school is closed. We do not authorise any holidays in term time **and fines will be issued for taking your child/children out of school during term time. Please be mindful of the travel restrictions in place and the need to self-isolate after visiting certain countries.**

## Attendance & Punctuality

**Give your child the best start in life – every school day counts!**

**This week's Trophy Winners!**

Class	%	Number of Lates per class	Time lost through lateness	Number of pupils on time
Ash	92.6%	3	20m	25
Oak	98.5%	4	1hr 16m	23
Beech	92.2%	8	1hr 40m	19
Lime	98.6%	3	40m	18
Holly	93.4%	3	35m	26

**94.9% Overall school attendance**

**92.5% Overall school attendance to date**

**Congratulations...Bravo...Well done!!!**



### Class teachers' Achievement Awards:

Congratulations to these fabulous award winners: Eyimofe, Frantiska, Alan, Zoe, Sofia, Jakub, Raksana, Hashim, Samica and Saif.

### Hot Chocolate Friday:

Victoria, Daniel, Leo, Monika, Megan, Lola-Mae, Harvey, Iylah, Kevins and Filip.

### Virtue Certificates this week:

Brodie – Love, Moyin – Faith, Kathrine – Love, Win-Love and Kevins – Love.

### Golden Table Monday:

Prince, Riley, Konrad, Ayra and Zain.

### 'Golden Mention to our lunchtime stars'

Elif, Iyaan, Moyin, Diego, Zion, Jakub, Harvey, Ahmad, Sofia and Nina.

### Dates for your diary:

14.02.22	Parents' Consultation Evening Monday, 14 <sup>th</sup> 3.30-5.50pm
14.02.22	Oak Class – Homework Project due in
14.02.22	Lime Class – Homework Project due in
14.02.22	Holly Class – Homework Project due in
16.02.22	Parents' Consultation Evening 3.30-5.20pm
18.02.22	School Closes for half term & re-opens 28.02.22

**Breakfast Club opens every day at 8am, 50p per child per day.**

**A lovely way to start the day!**

**Please arrive before 8.30am.**

Oak Class – Monday's and Thursday's  
Beech Class – Tuesday's and Thursday's  
Lime Class – Thursday's  
Holly Class – Friday's Swimming

After School Clubs

**NO AFTERSCHOOL CLUBS NEXT WEEK  
W/C 14 FEBRUARY 2022**

New forms for the After-School Clubs for Spring 2022 will be sent home in book bags from next Monday – remember these are on a first come, first served basis and those on reserve lists will have priority when the completed form is returned.



Happy birthday to you, happy birthday to you,  
happy birthday dear

**Isla-Grace, Amaya and Victoria**

happy birthday to you! Hope you have a special day.

## Sacramental Preparation details

For applications for any of the programmes please collect from Mrs Gadd in the School Office or from St. William's presbytery (for baptised Catholic children).

### Pupils in Y3 - Reconciliation

### Pupils in Y4 - 1<sup>st</sup> Holy Communion (for those who have already completed the Reconciliation programme)

Pupils in Y6 (+10yrs) – Confirmation (for those who have completed Reconciliation & 1<sup>st</sup> Holy Communion programmes)

**If you wish to be baptised yourself or you wish to have your child, in school baptised, please contact Fr Michael directly.**

## Sleep Routines and its importance to a child's Mental Health and Wellbeing



### Sleep routines



Good sleep is important for your child's physical and mental wellbeing.

St William's Catholic Primary School and NHS Advice



Good sleep is important for your child's physical and mental wellbeing.



A relaxing bedtime routine is an important way to help your child get a good night's sleep.

#### Relaxation tips to help sleep

Doing the same relaxing things in the same order and at the same time each night helps promote good sleep:

- A warm (not hot) bath will help you ready for sleep.
- Keeping lights dim encourages your child's body to produce the sleep hormone, melatonin.
- Once they're in bed, encourage your child to read quietly or listen to some relaxing music, or read a story together.
- You could also suggest your child tries relaxing breathing exercises before bed.



#### Know how much sleep your child needs

The amount of sleep your child needs changes as they get older.

Children 3 to 5 years old - 10 to 13 hours including naps. Children should go to bed between 7 and 7:30pm.

Children 6 to 12 years old - 9 to 12 hours. Children should go to bed between 7:30-8:30pm.







### Avoid screens in the bedroom

Tablets, smartphones, TVs and other electronic gadgets can affect how easily children get to sleep.

Try to keep your child's bedroom a screen-free zone, and get them to charge their phones in another room.

Encourage your child to stop using screens an hour before bedtime.



### Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 16 to 20C.

Fit some thick curtains to block out any daylight. If there's noise outside, consider investing in double glazing or, for a cheaper option, offer your child earplugs.

### Get help with sleep problems

If you've tried these tips but your child keeps having problems getting to sleep or sleeping through the night, you may feel you want more support.

You can speak to a GP or health visitor to begin with. They may refer you to a child psychologist or another expert.

**Have a lovely weekend and see  
you all Monday 14 February  
2022, at 8.45am**



**St. William's School closes for  
half-term Friday, 18<sup>th</sup> Feb,  
3:15pm and re-opens Monday,  
28<sup>th</sup> Feb at 8:45pm**

### HOW TO CONTACT US



<https://twitter.com/SWCPSBradford>  
[@SWCPSBradford](https://twitter.com/SWCPSBradford)



[facebook.com/st.williams.catholic.primary.school](https://facebook.com/st.williams.catholic.primary.school)



Use [class dojo](#) to send home learning work back to  
your child's class teacher to be checked.

[office@wil.bcwcat.co.uk](mailto:office@wil.bcwcat.co.uk)

[constantcontact@stwilliams.bradford.sch.uk](mailto:constantcontact@stwilliams.bradford.sch.uk)

**01274 545743**