



Newsletter

We see Jesus in everything we do

2nd February 2024

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[@StEdwardsFirst](https://twitter.com/StEdwardsFirst)

www.stewardscatholicfirstschool.co.uk

Dear Parents

This half term, although very short, seems to have taken a long time to pass – January seemed to go on for months! However, the mornings are already lighter and hopefully we will see more signs of Spring soon!

Yoga

I have received a couple of e-mails from parents regarding the sessions being taught by Mrs Juric to all year groups as part of our carousel of activities to provide PPA cover for the teachers.

The classes Mrs Juric teaches are wellbeing, mindfulness, meditation and movement classes and are greatly enjoyed by the children. All classes are fully in keeping with the school's Catholic ethos – something we would never dream of challenging. Indeed, our intent is to teach the children to focus on the goodness and beneficence of God through stillness and meditation.

No religious terminology or references are made during the sessions and no stretches are named in the traditional manner. The children are encouraged simply to stretch and relax.

In his 2015 encyclical, "Laudato Si'," the Pope wrote about the importance of taking care of our bodies as part of our responsibility to care for God's creation (Laudato Si', 2015). In a similar vein, these classes promote physical health and well-being through reflection and movement to enhance strength, flexibility, and balance.

As part of the PPA cover carousel, the children are also taught PE by either Mr McKell or Mrs Lansley so the

more rigorous aspects of fitness and sport are covered there. The "Yoga" session offers the children a different aspect of the PE curriculum.

However, as the term is obviously upsetting to some of you, we have renamed this weekly session for all children as Christian Yoga and Meditation. Each session will begin with a prayer to recognise the greatness of God and end with a short meditation to encourage the children to learn the importance of quiet and stillness. I have discussed this with both Mrs Juric and Fr David and, whilst we are not making any real adaptations to our practise, we hope that the name change and this explanation will help to clear up any concerns or confusion.

4Motion

In a similar vein, 4Motion, who are regular visitors to the school, will be in on Monday as part of the Y4 Wellbeing Ambassadors support of Children's Mental Health Week. Each class will have the opportunity to share story and movement in an age appropriate session. Whilst this has been called a "Yoga Workshop" there is, once again, no content that would affect our commitment to the Catholic faith and the Church. We will ensure that, if we are to book them again, we change the name of the session accordingly.

Please ensure that all children attend school in their PE kit on Monday 5th February.

Half term holiday clubs and activities

Information is available on the school website if you wish to investigate options for your child

<https://www.stedwardscatholicfirstschool.co.uk/parents/holiday-care-clubs>

School Lunch Menu Change Thursday 8th February

To celebrate Chinese New Year, Wilson Jones, our caterers will be offering a change to the normal menu. The details are attached for your information.

A Message from Bishop Philip

“I would like to invite you to register for the Symposium on What does it mean to be Human? which is being hosted by the Catholic Diocese of Portsmouth’s Dialogue with Cultural Sectors team on Saturday 16th March 2024.

Tickets can be booked directly on <https://prcdtr-symposium.eventbrite.co.uk>

The keynote speakers are Mgr Michael Nazir Ali and Ryan Christopher. Workshops will be run on a range of topics by Dr Catherine Knowles, Rachel MacKenzie, Dr Gerard Fieldhouse Byrne, Dr Collette McGovern, Dr Maria Lynch and Simon Caldwell. David Wells, the popular inspirational speaker, will be front of house as presenter and guide.

I attach a poster for your use and more information can be found on the website:
<https://www.portsmouthdiocese.org.uk/symposium>.

Thank you for your support with this event. With all good wishes and an assurance of my prayers.”

RBWM Wraparound Childcare Questionnaire

RBWM have asked schools to circulate the questionnaire link below. They are seeking parent views on Wraparound Childcare in The Borough by 7th February.

https://docs.google.com/forms/d/e/1FAIpQLScDRR YDdLJpqY1ZtU-Ea-it96eXRgH44TWfGiFxQ2SLDuc9gA/viewform?usp=sf_link

Parent Webinars for Safer Internet Day

The South East Regional Organised Crime Unit are running a parent webinar explaining Cyber Choices and the risks to young people of committing computer misuse offences.

The webinar will run three times throughout next week, at the following times:

Tuesday 6th February 13:00-14:00

Register in advance for this webinar:
https://us06web.zoom.us/webinar/register/WN_w4CZ Pn-5Sb6PmX5scPuFkA

Thursday 8th February 09:30-10:30

Register in advance for this webinar:
https://us06web.zoom.us/webinar/register/WN_Tpd5 6MjvSs25i_nz5W8Vlg

Thursday 8th February 20:00-21:00

Register in advance for this webinar:
https://us06web.zoom.us/webinar/register/WN_guDQ FW6TRBiOJWEga_g6qw

After registering, a confirmation email containing further information about joining the webinar will be automatically sent out.

God bless, Sarah Matthews, Headteacher