



'And a voice came out of the cloud, saying "this is my Son, my Chosen One; listen to him!"
(Luke 9:35)

This half terms virtues are:

Friday 17.03.23

Learned

and

Wise

Catholic Social Teaching Focus

Stewardship of God's Creation (links to World Wildlife Day 03.03)

The earth and all life on it is God's creation. We are called to take care of it because it is a holy gift from God and the only place we can live. When we make bad or thoughtless use of the world's resources, many people suffer. When we make good choices about how we treat other living things (people, animals, plants) we help all living things to live as God intends. Making wise choices about the care of God's creation is called good stewardship.

Focus Hymns – 'All Things Bright and Beautiful' and 'From the Highest of Heights'



Happy St Patrick's Day



St John's turned green today to celebrate St Patrick's Day!

St. Patrick's Day, which observes the death of St. Patrick, the patron saint of Ireland has evolved into a celebration of Irish culture with parades, special foods, music and dancing.

So if you're continuing the celebrations this weekend, have a wonderful time and from all at St John's, Happy St Patrick's Day!

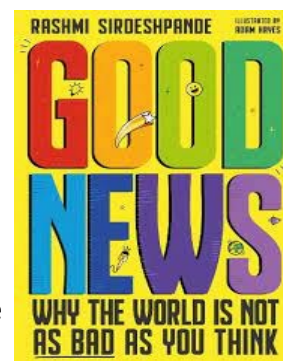


Great Reading Giveaway

In our drive to promote a lifelong love of reading, we're selecting different year groups and giving them a reading treat.

This time, every child in Year 5 and 6 has been given a copy of 'Good News' by Rashmi Sirdeshpande'. A book that guides children be a news detectives and work out what is fake news and what isn't. There are also incredible stories about inspirational figures from around the world.

The book aims to encourage children to be empowered, confident and positive individuals so we hope they all take the time to read it at home and benefit from it's life affirming content!



Class Activities - EYFS

The children in Early Years have had an exciting time trying to save superheroes. They received a letter at the beginning of the week from The Joker, who explained to the children that he had kidnapped our superheroes. They set about designing and creating traps to catch the Joker and save the superheroes. When they didn't succeed, The Joker set the children a series of challenges they had to complete to earn the superheroes back. The challenges included writing their names, reading common exception words, number activities and fine motor tasks. The children showed enthusiasm, team work and motivation to succeed, which resulted in The Joker returning our superheroes. Well done children, you have been amazing this week!

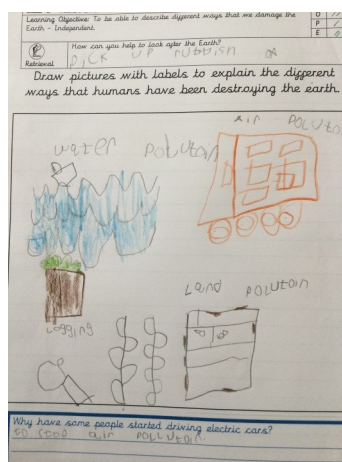


Science Superstars

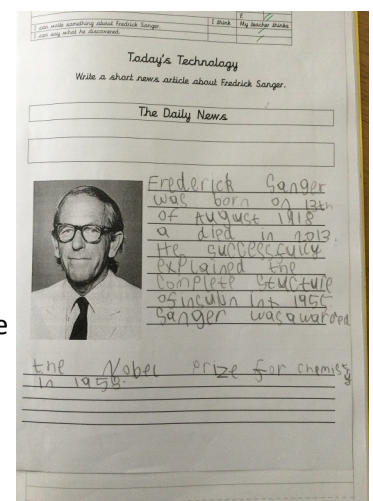
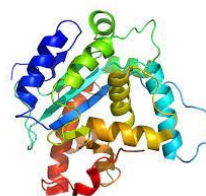


In Year 1, the children have been learning about 'Taking care of our Earth.' Researching how human activity can have an impact on our earth, both positive and negative. Learning more about how we can reduce, reuse, refuse, recycle and repurpose items to stop waste and reduce what we produce. Exploring air, water and land pollution and the impact it has on our world, reflecting on our actions and what we can do to help save our earth.

Fantastic work by Year 1, well done!



Scientist of the half term: Frederick Sanger. The children learned that he was famous for his chemistry work and for discovering the structure of proteins, particularly of insulin. Fredrick Sanger won the Nobel Prize twice.



Fairtrade Fortnight



**the
future
is fair**

Thank you to the children and all our families who helped and supported the 'Fairtrade Fortnight'. Parents came to see the display the children researched and created, learning about where our food comes from and its global impact. Linking to Catholic Social Teaching, the dignity of work and the rights of workers and living in solidarity.

Caring for God's creations and global issues: '158. *In the present condition of global society, where injustices abound and growing numbers of people are deprived of basic human rights and considered expendable, the principle of the common good immediately becomes, logically and inevitably, a summons to solidarity and a preferential option for the poorest of our brothers and sisters.* LAUDATO SI'



Get set... we're taking part in Sustrans Big Walk and Wheel 2023 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 20-31 March. It's free and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event. This will be recorded in every class.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best away to bring down these pollution levels.

Plus there are some great prizes to be won every day if we get enough children taking part!

If you have any questions, please contact Mrs Patterson. Good luck everyone!







Our Lady and All Saints
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School Menu w/c 20th March



WEEK ONE

Week Commencing: 05 September, 26 September, 17 October, 14 November, 05 December, 09 January, 30 January, 27 February, 20 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Burger in a Bun with Home made Ketchup	 Chicken Korma	Roast Loin of Pork & Gravy	 Beef Lasagne	Oven Baked Fish Fingers
 Tomato & Basil Pasta Bake with Garlic Bread	 Cheese Whirl (V)	 Fresh Vegetable Stir Fry Noodles (V)	 Vegetable Packed Lasagne (V) or Quorn Nugget Wrap (V)	Cheese & Tomato Pizza (V)
Herb Diced Potatoes Vegetable Sticks Mixed Salad of the Season Garlic Bread	Fluffy Rice 1/2 Jacket Potato Broccoli Florets Sliced Carrots Mixed Salad of the Season Tomato Bread	Roast Potatoes Shredded Spring Cabbage Peas & Sweetcorn Mixed Salad of the Season Wholemeal Bread	Oven Baked Potato Wedges Baked Beans Sweetcorn Mixed Salad of the Season Twin Bread	Chunky Chips Potato Cake Baked Beans Peas Mixed Salad of the Season White Bread
Strawberry Mousse Fruit Yoghurt Seasonal Fresh Fruit Platter.	 Chocolate Beet Cake & Chocolate Sauce Fruit Yoghurt Seasonal Fresh Fruit Platter	 Apple Eves Sponge & Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	 Melting Moments Cookies Fruit Yoghurt Seasonal Fresh Fruit Platter	 Iced Sponge Fruit Yoghurt Seasonal Fresh Fruit Platter

AVAILABLE DAILY

Baked Potato Bar/Cold Sandwiches and Baguettes
Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering.



Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org

Allergies - please contact your school cook for more information about the content of menu items.

MSC-C-54995



Fresh Cook

Are you missing out on £147?

Through the Solihull Household Support Fund, help is available to households who need support with the cost of living. We are here to support your energy needs – bills, debt and heating.

click the link in the description to

apply NOW!

Contact us now to see if you qualify – but be quick, scheme ends 31 March

or call our free phone

0800 988 2881



*Household Support Fund is a scheme funded by the Department for Work and Pensions



save money and the environment

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www.aactonenergy.org.uk



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YOU ARE INVITED TO



PARTICIPATION EVENT

A YOUNG PERSON PARTICIPATION GROUP FOR THOSE WITH A SEND OR DISABILITY BETWEEN THE AGES OF 0-25 LIVING OR ATTENDING EDUCATION SETTINGS, SERVICES IN SOLIHULL. A CHANCE TO MEET OTHER YOUNG PEOPLE, WITH ART, CRAFT, KARAOKE AND MUSIC RELAXATION ACTIVITIES WITH A BITE TO EAT. WE WILL LISTEN TO YOU AS YOUR VOICE SHOULD BE HEARD!



Date and time: Tuesday 28th March 2023 from 5.30pm until 8.00pm.

Where: Elmdon Suite, Marston Green Parish Hall, Elmdon Road, Marston Green, Solihull B37 7BT

There will be an area for parents and carer's to chat and have a drink

Please contact Damian/ Eli OurVoicesHeardSolihull@outlook.com

Or complete the following form: <https://forms.office.com/r/Ksw74ChNiz>

National Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Gayle Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of @age support, a mobile app focusing on mental health awareness with the goal of providing resources and education to schools.



National Online Safety

#WakeUpWednesday

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

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://spotify.com/national_online_safety)

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Dates for your Diary

Wednesday 22nd March 2023

Parent/ Carer consultation evening

Thursday 30th March 2023

Easter Bonnet Parade (EYFS & KS1)

Decorate an egg competition (KS2)

Friday 31st March 2023

3.15pm - Break up for Easter Holiday

Monday 17th April 2023

8.55am - Children return to school

Friday 26th May 2023

3.15pm - Break up for May Half Term

Tuesday 6th June 2023

8.55am - Children return to school

Inset days 2022 - 2023

Monday 5th June 2023

Survey

A research organisation called Ecorys UK is evaluating the Family Hubs Transformation Fund on behalf of the government.

Ecorys UK would like to know what parents and carers using family support services offered by the Council think of these services.

Please copy this link to complete the short survey and say what you think by Friday 31st March.

<https://survey.euro.confermit.com/wix/2/p797257248202.aspx>



Our Pope's Prayer Intentions

March - For victims of abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



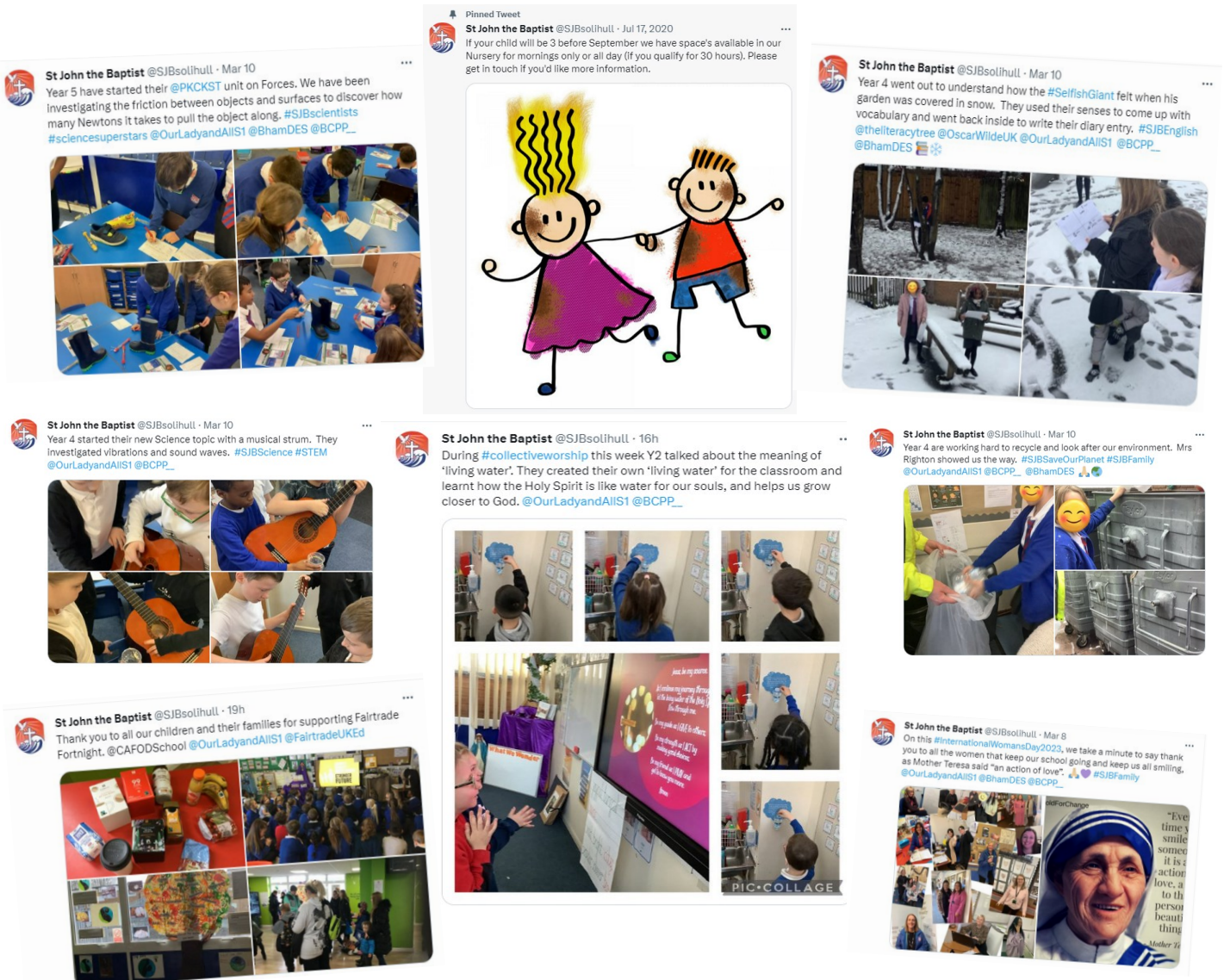
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Our fabulous tweets continue!

Have a look at some of our most recent tweets!

Please don't forget to join our tweeting community by tweeting us @SJBsolihull



ChatHealth

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Helpful
Anonymous

NHS
SOLIHULL
SCHOOL NURSING TEAM
WE'RE HERE FOR YOU

ChatHealth

WORKING HOURS
Monday to Friday 9am to 5pm
Excluding Bank Holidays

If you message out-of-hours we will reply when we are next in. If you need help in the meantime call NHS 111 or if it is an emergency dial 999.

QR codes for Twitter, Instagram, Facebook, and NHS Solihull School Nursing Team.

NHS
SOLIHULL
SCHOOL NURSING TEAM
WE'RE HERE FOR YOU



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Fourth Sunday of Lent

*God of power and glory, we give thanks to you for the wonderful gift of sight. Open our eyes to the good things in this world.
Help us also to see when things are wrong and what we can do to change them.*

In this Sunday's gospel, we hear how Jesus helped a blind man to see again. God has given us the gift of sight to see all the wonderful things that he has made in our world. But we also need to open our eyes to things that are wrong and try to do what we can to change them.

Gospel: John 9:1-41 or John 9:1, 6-9, 13-17, 34-38.

As Jesus was walking along, he saw a man who had been born blind.

Jesus spat on the ground and made some mud with the spittle; he rubbed the mud on the man's eyes and said, "Go and wash your face in the Pool of Siloam." (This name means "Sent.") So the man went, washed his face, and came back seeing.

His neighbours, then, and the people who had seen him begging before this, asked, "Isn't this the man who used to sit and beg?" Some said, "He is the one," but others said, "No he isn't; he just looks like him."

So the man himself said, "I am the man."

Then they took to the Pharisees the man who had been blind. The day that Jesus made the mud and cured him of his blindness was a Sabbath. The Pharisees, then, asked the man again how he had received his sight. He told them, "He put some mud on my eyes; I washed my face, and now I can see."

Some of the Pharisees said, "The man who did this cannot be from God, for he does not obey the Sabbath law." Others, however, said, "How could a man who is a sinner perform such miracles as these?" And there was a division among them.

So the Pharisees asked the man once more, "You say he cured you of your blindness — well, what do you say about him?"

"He is a prophet," the man answered.

They answered, "You were born and brought up in sin — and you are trying to teach us?" And they expelled him from the synagogue.

When Jesus heard what had happened, he found the man and asked him, "Do you believe in the Son of Man?" The man answered, "Tell me who he is, sir, so that I can believe in him!" Jesus said to him, "You have already seen him, and he is the one who is talking with you now."

"I believe, Lord!" the man said, and knelt down before Jesus.

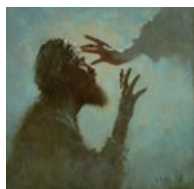
While there was nothing wrong with their eyes, the Pharisees did not open their hearts to see the truth of who Jesus was.

While the blind man was able to see and to believe that Jesus is Christ, the Son of God.

We also need Jesus to help us to see the truth about the world around us and how we should treat one another. As well as our five senses we need to open our hearts to others so that we can reach out and help them when they need us.

God calls us to use our gifts and not to ignore the problems that we see. We can try instead to make a difference, to care for our earth and to help people who are poor to change their lives for the better.

Look out for all the good things that you can see in the world this week. If you see anything that is wrong or unfair, think about what you could do to help to change it.



God of hope, inspire us to look out into the world, praising and thanking you for all that is good, and seeking your help as we try to change

Have a lovely weekend.