



# HOLY SPIRIT CATHOLIC PRIMARY SCHOOL

LIVE, LOVE, LEARN. TOGETHER WE WILL SOAR TO NEW HEIGHTS

## *The Fruit of Holy Spirit*

# December

***I can't believe December is now here and we are busy getting ready for our Santa dash, EYFS and KS1 nativities and KS2 carol service. It is such a wonderful time in school for all of our staff and children. Our Christmas tree looks amazing and school is looking and feeling so festive! I hope that you can join us for some of our Christmas events over the next two weeks. Please have a look at the letter sent home last week which outlines what is happening for our Christmas events. Throughout our Fruit of the Spirit monthly newsletter, you will see all of the wellbeing activities we have been doing in school with your child in PATHs lessons and Wellbeing Wednesday sessions.***

***Kindest regards  
Miss Sinead Walsh  
Headteacher***



**Let your smile change the world but don't let the world change your smile.**

# Spreading Joy in Madison Court



Last Thursday, our Holy Spirit angel choir visited Madison Court and all of the residents to sing some carols and spread joy. It was such a lovely fun-filled afternoon. A special thank you to Billy's nan Mrs Margaret Smith for inviting us and for giving our choir such a lovely afternoon. Thank you also to Mrs Woods for preparing the choir so brilliantly. The residents sang along to some well known carols. There was even a naughty elf who turned up and was throwing tissue snow balls at the children! Mother Christmas looked after us all so well and brought us to her wonderful grotto where the children met Father Christmas on his sleigh. Each child received a lovely selection box. It was such a fantastic afternoon and an experience that we had really missed over the past few years due to the pandemic. We can't wait to return to Madison Court again soon!





# Fun at our Christmas Fayre

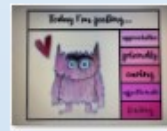


What an amazing Christmas fayre we had on Friday! Thank you to all of our wonderful staff who prepared the stalls—the hall looked amazing! so busy and it was wonderful that so many families joined us after school for the fayre too! A special thank you to our past pupil Laura who donated sweet cones to sell at the fayre.



# Wellbeing

Every morning when we come into to school, we check in with how we are feeling. We use the worry monster feelings to help us with this.

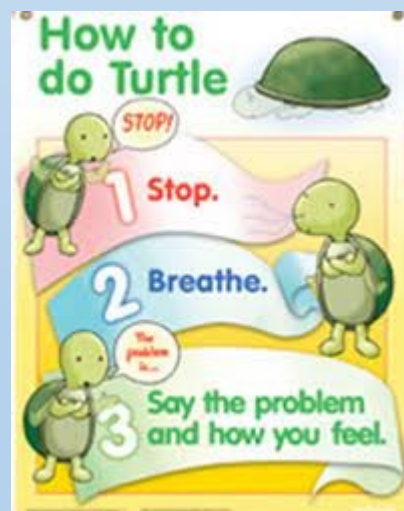


On a Wednesday afternoon we are now having 'Wellbeing Wednesday'. During this time we will complete our PATH's programme and a SEL (Social and emotional learning) activity to ensure that the children acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions. We will also be completing Mindfulness activities during these sessions.



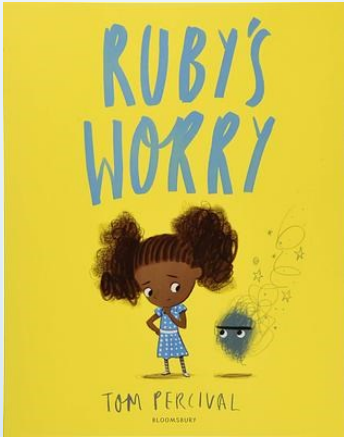
## WHAT IS MINDFULNESS?

- awareness of your emotions, thoughts, and the world around you
- being present in the current moment
  - focusing on the "here and now"
- accepting your feelings and thoughts





# Nursery



Nursery have been exploring the emotion 'Worried' through the story 'Ruby's Worry' by Tom Percival. Ruby loves being Ruby. Until, one day, she finds a worry. At first it's not such a big worry, and that's all right, but then it starts to grow. It gets bigger and bigger every day and it makes Ruby sad. It encouraged the children to discuss their worries and anxieties. Nursery made their own worry Monsters, and blew their worries away. They also explored different emotions and tried creating these with loose parts and mark making.



We have recently introduced Rainbow Breathing into our afternoon routine. Everyday we settle into our afternoon by 'painting a rainbow'. We have learnt that When we are relaxed, our minds are clearer. This means that we can make decisions easier, feel more in control and manage situations more effectively.

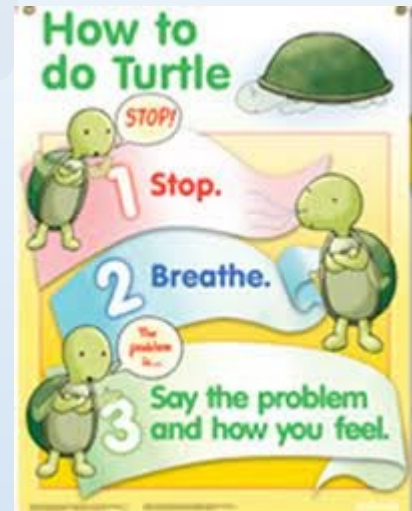
We also dedicate Wednesday afternoons to looking at our wellbeing. We have enjoyed lots of time outside, Miss Walsh treated us one Wednesday and brought us her skipping ropes to play with. Another 'Wellbeing Wednesday' activity we love is yoga! The frozen episode is our favourite!



# Reception

This term we have been talking about our feelings. We have learnt that all feelings are okay. Last week we talked about feeling angry and how feeling angry is okay but we need to know how to control our own emotions.

Our friend Twiggle helped us and we made our own books to remind us of the three steps. Ask your child if they can show you it at home.



Here are some of Twiggle's friends. The children love asking our Paths friends how to deal with different problems.

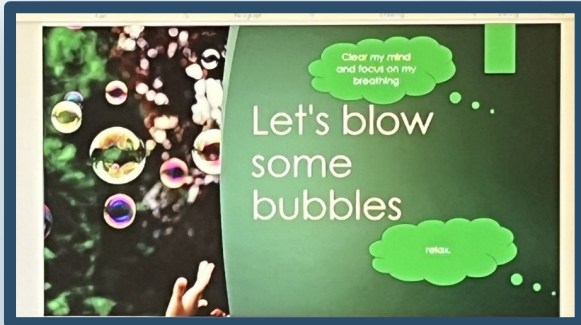
## Well-being Wednesday

We have really enjoyed our Well-being Wednesday in reception. We have climbed trees and ran about in the fresh air. We have iced biscuits and enjoyed eating them. We have been doing Yoga whilst concentrating on our breathing. Last week we watched a movie with some delicious Popcorn. We love this special time together.

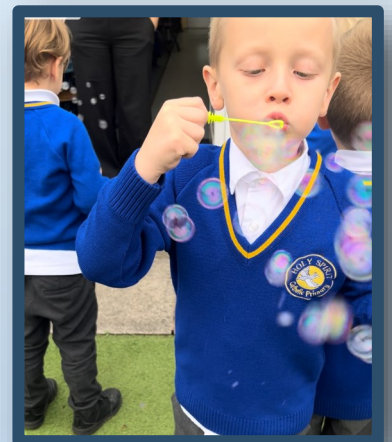




# Year 1



Year 1 have been practising their breathing techniques during their Wellbeing Wednesday. This week they have been blowing their worries away with bubbles and have also made their own breathing dragon!

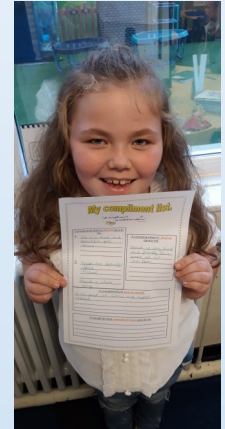
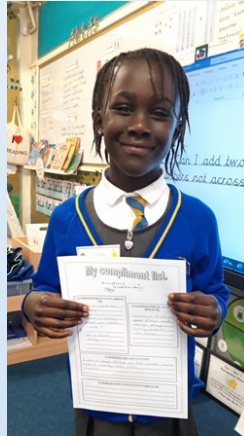
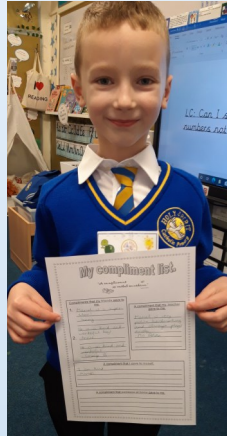


Mrs Martin demonstrated how to make our breathing dragons to help us with our breathing and we got to take them home so that we can use them when we need to calm down.

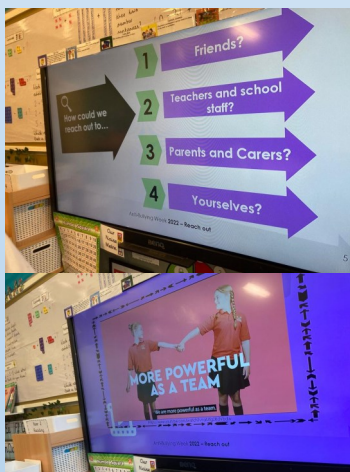


# Year 2

We have had a superb first three months in Year 2. Despite everyone working really hard, PATHS and well-being is something that we always find time for. We have our weekly PATHS lessons all about regulating our emotions and our lessons this week have been all about calming down. In addition to this, we do Pupil of the Day every day, daily emotions check ins and our mindfulness Wednesday sessions.



These photographs are from anti-bullying week; we watched the national school assembly all about reaching out. We also completed some memories for the remembrance tree in the hall, linked to Remembrance Day.



These photographs are from our recent Forest School sessions with Miss Ashton. Being closer to nature and exploring the outdoors is something that we really enjoy.







# Year 3



In Year 3 we have been learning about feelings and manners. We have discussed how we can effect how someone feels by how we say things to them. We have used some of our wellbeing Wednesday time to talk about anti-bullying. We have enjoyed our mindfulness colouring and some mini-me yoga. We have been learning deep breathing techniques. Ask your child to show you how to use your hands to help you take deep

## **Anti-bullying Art Day with artist Claire Weetman**

We had a fabulous day with CulturEd who taught us how to say a kind word into a light and throw that light to a friend. We then used the theme of light throughout he day to create some beautiful artwork linked to anti-bullying



## **Forest Schools Fun and Well-being**

We loved our Forest Schools activities with Miss Ashton. They made us feel relaxed and chilled out. Firstly we listened to the sounds of nature, then we learned how to toast marshmallows safely over an open fire. Nature and food, always a good combination.



# Year 4

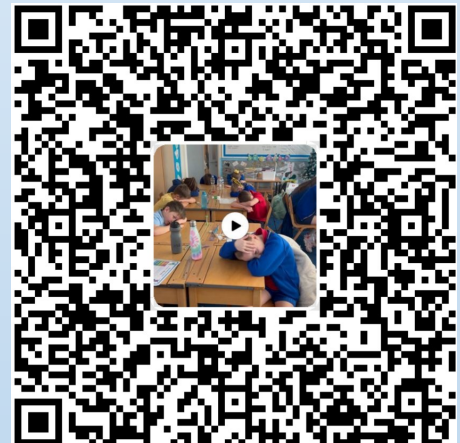


In Year 4, we use lots of strategies to look after our well being. In Paths, we openly discuss our feelings and problems in a safe, open environment and work out solutions. Most importantly, we learn...All Feelings Are Ok!

Every Monday, we love a game of UNO. This fun game helps us to become fair players and to learn how to win and lose graciously—it is also lots of fun!

When Year 4 come in from playtime, we like to take 5 minutes to do some meditation at our desks. Check out our video here! Look how relaxed and mindful we all are before we start our afternoon learning.

Everyone knows that being outside is great for your well being and Year 4 are no exception! We love to be outdoors, enjoying nature and learning too. Our Forest School lessons are a great opportunity to do this.





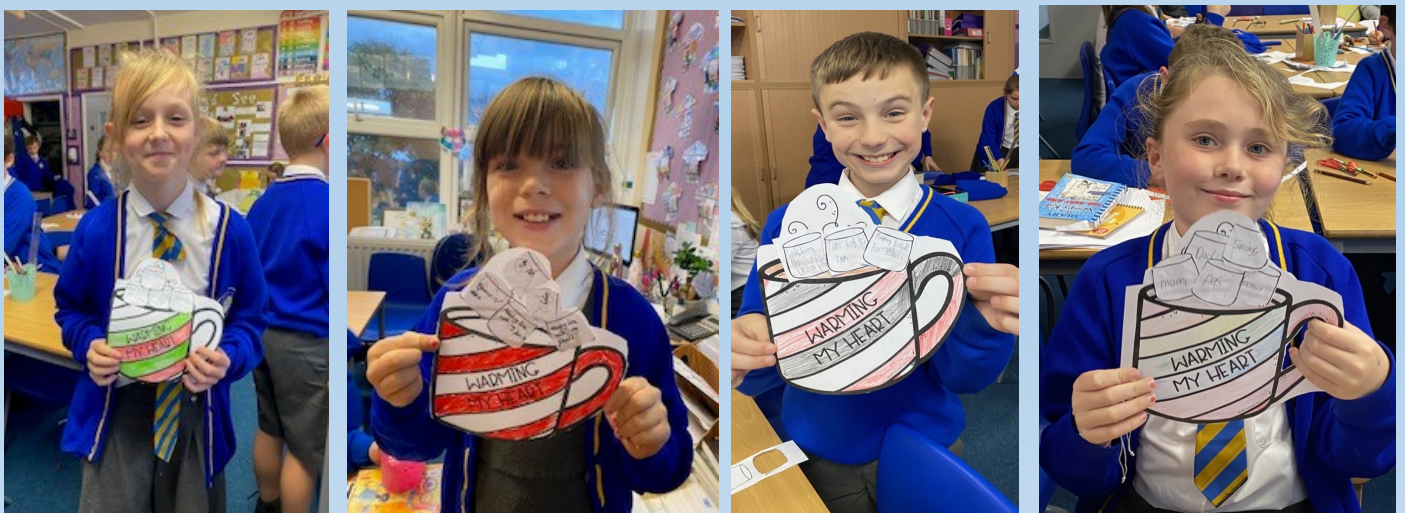
# Year 5

Year 5 have been really enjoying their Wellbeing Wednesdays and have produced some excellent artwork to help support them with their social and emotional well-being.

In one of our sessions, the children made self affirmation chatterboxes which contained compliments about themselves to help inspire them when they are feeling low and lacking confidence.



In another of our sessions the children made 'warming my heart' hot chocolate mugs which involved them identifying the things they love the most in the world and what makes them happy. The children really enjoyed talking about their families, friends and pets. It was lovely to see the huge smiles on their faces as they did this.



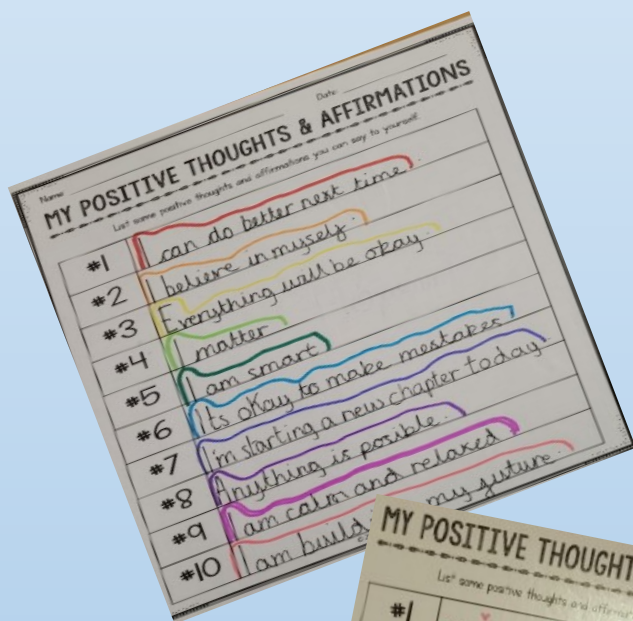




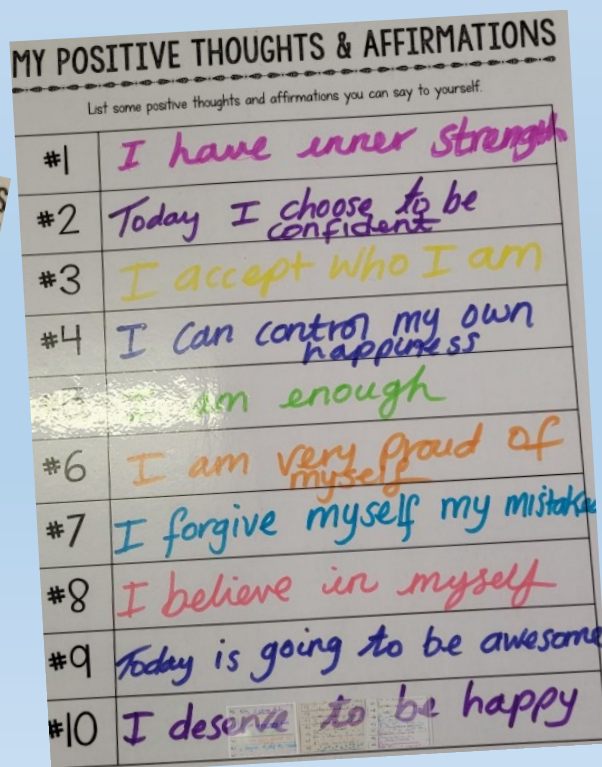
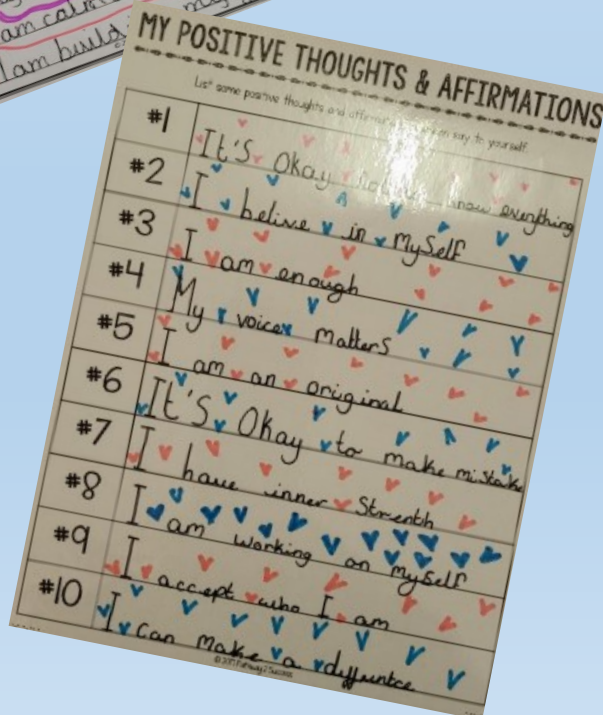
# Year 6

Year 6 have been enjoying our Wednesday wellbeing sessions, in addition to five minutes mindfulness meditation after lunch every day—we find that this calms us down after our play and gets us ready to focus for the afternoon.

In our first wellbeing session, we focused on using our breathing to calm down and re-centre, and thought about what warms our hearts. We all completed the hot chocolate activity where we focused on all the things that make us feel good. We have a beautiful display in class with all our Hot Chocolate and Marshmallow mugs!



Last week, we made these beautiful positive affirmation posters to remind ourselves just how amazing we are. It has been proven that reading affirmations, daily, can improve our well-being, boost our self-esteem, and encourage creative thinking.





# Rainforest



## Stress Awareness Day

We learnt about Stress Awareness Day, and we think it is important to understand that when we are stressed, we can find ways to help us feel calm and comfortable again. We practised some breathing techniques – birthday cake breathing and feather breathing – and then we thought of our own ways to calm down (everyone can have different ways!), before we enjoyed the story 'When the magic moment happened' and blowing our calm bubbles.

## Connected Hearts

We celebrated World Mental Health Day, which celebrates looking after our wellbeing. Connecting with others is a great way to increase positivity and mental health. Sometimes the little connections are the best ways to gently increase your health and positivity. We created a web of hearts to acknowledge and celebrate the close connections that we value.

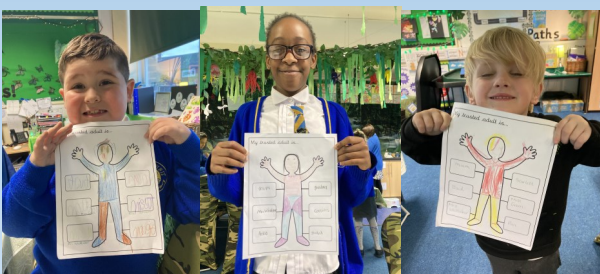


## Minecraft Yoga

We took part in some Minecraft Yoga to help us all feel calm inside. We talked about how it made us feel and how it can help us in an uncomfortable situation, like when we feel angry or sad, and help our well-being.

## World Kindness Day

13.11.20 was World Kindness Day where we are encouraged to 'spread kindness like an infectious cold'. When we see kindness in action, we are more likely to carry out an act of kindness too – imagine if everyone did this! We focussed on all the kind things that we do, and why we do them, and let our compassion shine brightly. We looked at being inclusive and what special talents we have..



## Anti-Bullying Week

Last week was Anti-bullying Week; we looked at the theme 'Reach Out' which encourages us to talk to someone we trust when we feel uncomfortable. We each thought about the adults who we would 'reach out' to and why.