



Our Lady of Lourdes

Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



Newsletter Issue 5 Friday 15/11/19 — see final page for important dates for your diary!

Fireworks Extravaganza

Huge thanks to our extremely dedicated and hardworking PTA for another amazing fireworks event. We were completely sold out, with burgers, hot dogs and chips flying off the shelves (not to mention the mulled wine!) Children also enjoyed playing lots of different games in the hall. Although the heavens opened during the display, and we were all rather damp, a great time was had by all. Thank you to everyone who turned up and to the PTA for organising the event.



Tree of Life

On Friday 8th November, we celebrated our annual Tree of Life Liturgy, in which we remember those we have loved and lost and rejoice in their new life in Heaven. It is always a beautiful and moving experience. Thank you to all the parents who joined us.

Armistice Day

On Monday KS2 joined local residents for a 2 minute silence on The Green, after which two of our year 6 children, laid a wreath. Our KS1 and Reception classes also held the silence, on the upstairs playground. We were extremely proud of how respectful and reflective all the children were.



Thank you to all the children and families that came to the Remembrance Service on the Green on Sunday. It was lovely to see lots of Our Lady's blue jumpers in the crowds. In every act of remembrance, we honour the memory of the fallen and pledge to care for the living. The red poppy is a sign of both remembrance and hope for a peaceful future. A special thank you to Archie and Imogen for laying our wreath.

Anti-Bullying Week

This year's theme is: **Change Starts With Us.**

Small change. Big difference.

Whether it is verbal, physical, online or in-person, bullying has a significant impact on a child's life well in to adulthood. By making small, simple changes, we can break this cycle and create a safe environment for everyone. Because together, we can challenge bullying. Change starts with a conversation. It starts with checking in. It starts with work together.

Change starts here.

Change starts now.

Change starts with us.

Over the course of this week and throughout November, the children will be learning about the importance of making one little change that can make the world a better place.

Stars of the week

Rec- Noah — For his newly found enthusiasm in reading. Keep up using those early reading skills

Rec- Tilda — For her enthusiasm in her learning, always participating in every activity that is set out.

Yr 1- Mia — For using fantastic phonics knowledge within all your writing, especially your cold task.

Yr 1- Harrison — For Perseverance and enjoyment within all your lessons especially your phonics.

Yr 2- Leo - For your increasing concentration and effort in your learning.

Yr 2- Adam - For your thoughtful discussion and insightful input in lessons.

Yr 3 - Nathaniel - For working so hard to improve his handwriting! You are making amazing progress!

Yr 3 - Lily-Beau - For her excellent concentrating and keep on improving attitude!

Yr 4- Reis — For working incredibly hard and making great progress with his handwriting.

Yr 4- Isaac — For showing a real 'Have a go' attitude in all of his work.

All of Yr 5 For working amazingly well together during our DT day.

Yr 6- Phoenix — For fantastic determination and creativity in your writing this week.

Yr 6- Orla — For being a real 'concentration chimp' ,bringing 100% focus and determination to all lessons!

Odd Socks Day

Many thanks to all the children and staff who came to school wearing odd socks on Tuesday. As Christians, we know that God created us all to be unique individuals and that our individuality is to be celebrated.

Speed Limit Reminder

Please may we remind you that the speed limit is 5mph in the lane leading up to the car park and in the school carpark. Also a reminder not to use the car park before 7.40 or after 8.15 and make sure you have permission from the school for access during the day.

Packed Lunches

Please may we ask that you provide your child with cutlery from home if they need to use it with their packed lunches. We unfortunately do not have enough to go around every child at lunch time. Many thanks.

Victoria's Christmas Choir

Reminder for the Children's choir rehearsals at Our Lady of Lourdes Church hall Mondays from 3.30 until 4.15. These sessions will culminate in a performance at the Christmas Eve Mass at the church and in entertaining the residents at two of our local nursing homes. The choir is open to all pupils from Year 2 to Year 6. Please contact the school office for details.

Children in Need

We are very pleased to announce we raised **£117.85** for Children in Need from the Cake Sale last Thursday after School. Many thanks for your donations and support.

*** PLEASE SEE DATES FOR YOUR DIARY ***

After School Clubs

Mon — French - Yrs Rec 1, 2 & 3 — Theatrix Yrs 1 & 2

Tue — Taekwondo

Weds — Multiskills Yr 1 & 2

Thurs — Theatrix Yrs 3, 4, 5 & 6

Fri — Multisports Yrs , 3, 4, 5 & 6

***** 2020 INSET DAYS 3rd April, 1st June & 22nd July *****

Dates for Your Diary

NOVEMBER

27th November 8.30 - 9.00 Sally the School Nurse drop in session

29th November — 9.00 — 1.30 Tree Planting Day - (see attached letter)

DECEMBER

7th December — Christmas Fair

11th December Christmas Lunch & Christmas Jumper Day

12th December Elf on the 12th — Come to school dressed as an Elf

18th December Christmas Discos — KS1 2 - 3pm KS2 3.30 — 4.30

20th December Christmas around the World Exhibition

December Advent Dates

Weds 4th December — 1.30 Infant Nativity

Thurs 5th December — 9.30—Infant Nativity

Tues 10th December —1.30 KS2 Advent Reflection **(Pls note the date has been changed from previous newsletter)**

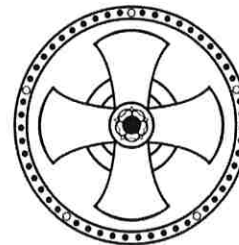
Fri 13th December - 9.30 KS2 Advent Reflection

***** PLEASE SEE ATTACHMENTS *****



OUR LADY OF LOURDES
CATHOLIC PRIMARY SCHOOL

THE GREEN
ROTTINGDEAN
BRIGHTON BN2 7HA
www.ourladyoflourdesprimaryschool.co.uk



18th November 2019

Dear Parents,

Our Lady of Lourdes has been lucky enough to obtain a number of free saplings to plant inside our Boundary alongside the gardens of Neville Road. All the trees are native varieties local to the area such as: Downy Birch, Rowan, Hazel, Hawthorn, Holly and Crab Apple. As the trees grow, this should provide a lovely backdrop to the school playground, attract a greater amount of wildlife and have huge overall impact on our environment.

We will be holding an official 'Tree Planting Day', as part of National Tree Planting Week, on Friday 29th November. All the children will be involved, and we shall be inviting parents and carers to help with your child's class if you wish! Children should wear their own clothes that day. We are also asking families to make £1.00 donation which will go towards **Just One Tree**, which is a non-profit initiative removing CO2 from the atmosphere through global reforestation. **Just £1 plants 1 Tree.** One Tree donates to established reforestation partners who concentrate their planting in areas severely affected by mass deforestation. In doing so we have the greatest positive effect on combatting global warming whilst simultaneously alleviating extreme poverty within impacted communities through training, education and employment. The non-uniform day will unite children, parents and teachers across the country, demonstrating how an individual's actions can have a positive impact on the environment.

The year groups will be planting the trees at the following times:

- 9 – 9.30 Year 3
- 9.30 – 10.00 Year 4
- 10 – 10.30 Year 2
- 10.30 – 11.00 Reception
- 11 – 11.30 – Year 1
- 11.30 – 12.00 year 5
- 1 – 1.30 Year 6

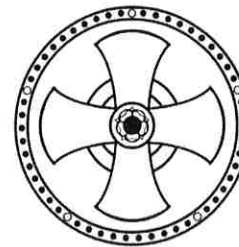
Tel (01273) 306980 Fax (01273) 308809 Email admin@lourdes.brighton-hove.sch.uk

Acting Head Teacher: Anita Philbrook



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If you are able to help with planting, please do feel free to join us and indicate below which class/es you will be helping with. Please then return to the school office. We do need additional garden tools so please bring your own if you have them.

Yours sincerely,

A Philbrook

Anita Philbrook
Acting Head Teacher

Name of child/ren _____

In class/es _____

I/we are able to help planting trees at the following times: (please tick which)

9.00 am – 9.30 am (year 3)

9.30 – 10.00 am (year 4)

10.00 – 10.30 (year 2)

10.30 – 11.00 (reception)

11.00 – 11.30 (year 1)

11.30 – 12 noon (year 5)

1.00pm – 1.30 (year 6)

Name: _____

Signed _____

Tel (01273) 306980 Fax (01273) 308809 Email admin@lourdes.brighton-hove.sch.uk

Acting Head Teacher: Anita Philbrook

School Term Dates 2019/20


	September 2019						October 2019					November 2019					December 2019					
Monday		2	9	16	23	30		7	14	21	28		4	11	18	25		2	9	16	23	30
Tuesday		3	10	17	24		1	8	15	22	29		5	12	19	26		3	10	17	24	31
Wednesday		4	11	18	25		2	9	16	23	30		6	13	20	27		4	11	18	25	
Thursday		5	12	19	26		3	10	17	24	31		7	14	21	28		5	12	19	26	
Friday		6	13	20	27		4	11	18	25		1	8	15	22	29		6	13	20	27	
Saturday		7	14	21	28		5	12	19	26		2	9	16	23	30		7	14	21	28	
Sunday	1	8	15	22	29		6	13	20	27		3	10	17	24		1	8	15	22	29	


	January 2020						February 2020					March 2020						April 2020				
Monday		6	13	20	27			3	10	17	24		2	9	16	23	30		6	13	20	27
Tuesday		7	14	21	28			4	11	18	25		3	10	17	24	31		7	14	21	28
Wednesday	1	8	15	22	29			5	12	19	26		4	11	18	25		1	8	15	22	29
Thursday	2	9	16	23	30			6	13	20	27		5	12	19	26		2	9	16	23	30
Friday	3	10	17	24	31			7	14	21	28		6	13	20	27		3	10	17	24	
Saturday	4	11	18	25			1	8	15	22	29		7	14	21	28		4	11	18	25	
Sunday	5	12	19	26			2	9	16	23		1	8	15	22	29		5	12	19	26	

	May 2020						June 2020					July 2020					August 2020					
Monday		4	11	18	25		1	8	15	22	29		6	13	20	27		3	10	17	24	31
Tuesday		5	12	19	26		2	9	16	23	30		7	14	21	28		4	11	18	25	
Wednesday		6	13	20	27		3	10	17	24		1	8	15	22	29		5	12	19	26	
Thursday		7	14	21	28		4	11	18	25		2	9	16	23	30		6	13	20	27	
Friday	1	8	15	22	29		5	12	19	26		3	10	17	24	31		7	14	21	28	
Saturday	2	9	16	23	30		6	13	20	27		4	11	18	25		1	8	15	22	29	
Sunday	3	10	17	24	31		7	14	21	28		5	12	19	26		2	9	16	23	30	

Key

	Bank holidays (see details below)
	School holidays
	INSET days

 First day of term for pupils

 Last day of term

Bank holidays 2019/20

Christmas Day	Wednesday 25 December 2019
Boxing Day	Thursday 26 December 2019
New Year's Day	Wednesday 1 January 2020
Good Friday	Friday 10 April 2020
Easter Monday	Monday 13 April 2020
Early May Bank Holiday	Friday 8 May 2020
Spring Bank Holiday	Monday 25 May 2020
Summer Bank Holiday	Monday 31 August 2020

Number of days (total requirement 195)

Autumn 1 st half	38
Autumn 2 nd half	35
Spring 1 st half	30
Spring 2 nd half	30
Summer 1 st half	24
Summer 2 nd half	38
TOTAL	195 days (incl 5 inset days)

Christmas



Menu



Weds
11th Dec



Roast Turkey &
Stuffing with a
Pork Sausage

Or

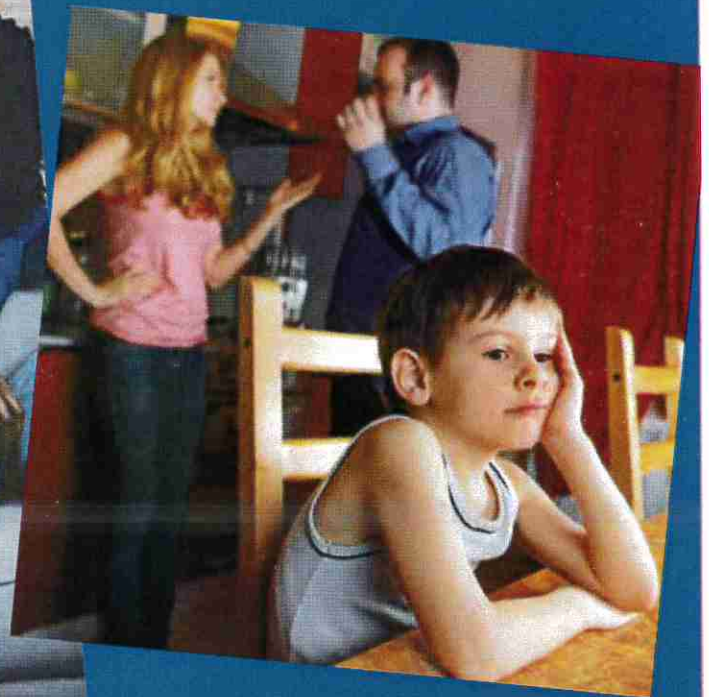
Feta, Spinach and
Cranberry Parcel
Roast Potatoes,
Carrots & Peas

Shortbread
& Ice cream



**BRAND
NEW
course for
couples**

Does your relationship need some work?



Raising a child can have a big impact on a couple's relationship and it can be hard to know what will make things better.

Parents as Partners is a free course for couples who want to improve their relationship for the good of their children. It gives parents going through difficulties the opportunity to work out how to move forward.

How the course works

16 weekly sessions will give you time to work on yourself, your relationship and your approach to parenting your children.

You will be given the chance to talk together about things that might usually be hard to discuss, as well as more fun and lively group discussions with the other parents.

Parents as Partners has proven results in helping **parents**

- Manage the challenges and stress of family life
- Improve the quality and effectiveness of how they communicate
- Strengthen family relationships and improve children's wellbeing and success
- Reduce conflict and disagreements in the relationship

Parents as Partners has proven results in helping **children**

Long-term research studies have shown that couples who attend see positive outcomes in their children's lives too:

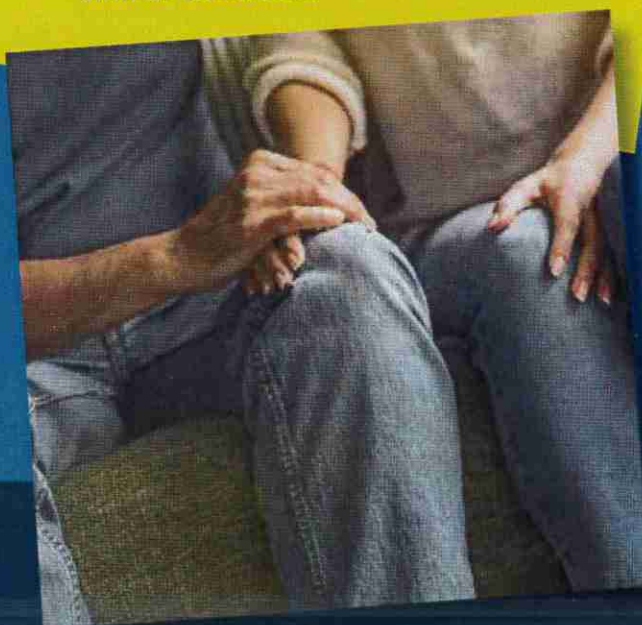
- A reduction in depression
- A reduction in aggression and hyperactivity
- Improved peer relationships
- Improved school results



The course involves

Small group sessions are always led by expert male and female facilitators. Each week they will use a mix of video clips, creative activities and discussions to give you:

- A place to explore reasons for the difficulties in your relationship
- New, more constructive ways of resolving your differences
- The chance to meet other parents in similar situations



You can attend if you are

- Parents to at least one child under the age of 11 (even if you are not the biological parent)
- Willing and able to attend group sessions together for 16 weeks
- Not currently in care proceedings or private family law proceedings

We welcome parents from all backgrounds, including same sex couples and adoptive parents.

To book your place or find out more

Tel 01273 292901

Email Stephen.Woodward@brighton-hove.gov.uk

The course will start in Brighton & Hove in January 2020. Ask a professional to refer you, or you can refer yourself.

There is a small budget to support with childcare arrangements if needed.



Expecting your first baby together?

The birth of a new baby is a time of huge change for a couple, and the move into parenthood can have a big impact on a couple's relationship.

Family Foundations is a free course for couples expecting their first baby together. It's designed to help you build a strong family unit and fully support your child's development.



How it works

Small group sessions are led by expert male and female facilitators. Each week they will introduce you to different topics to discuss, and communication strategies to try out with your partner.

The course is a great opportunity to meet and connect with other expectant parents.

Family Foundations will help you

- Prepare yourself, and your relationship for the birth of your baby
- Manage stress and handle difficult situations parenthood can bring
- Improve communication with your partner and resolve conflict
- Learn new skills and techniques to strengthen your relationship
- Understand the important role each parent plays in their child's life.

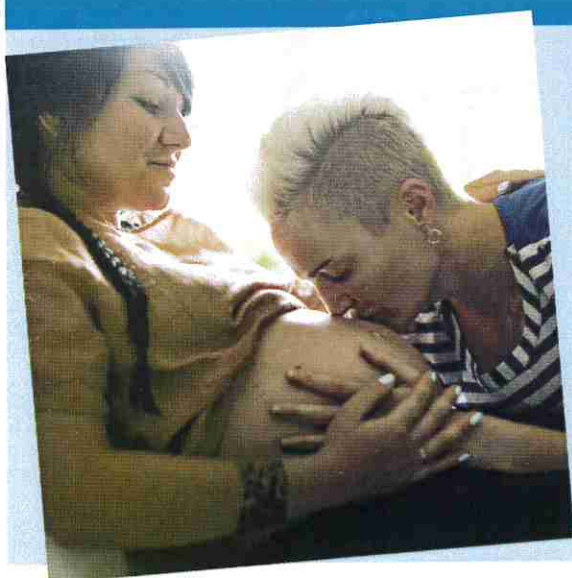
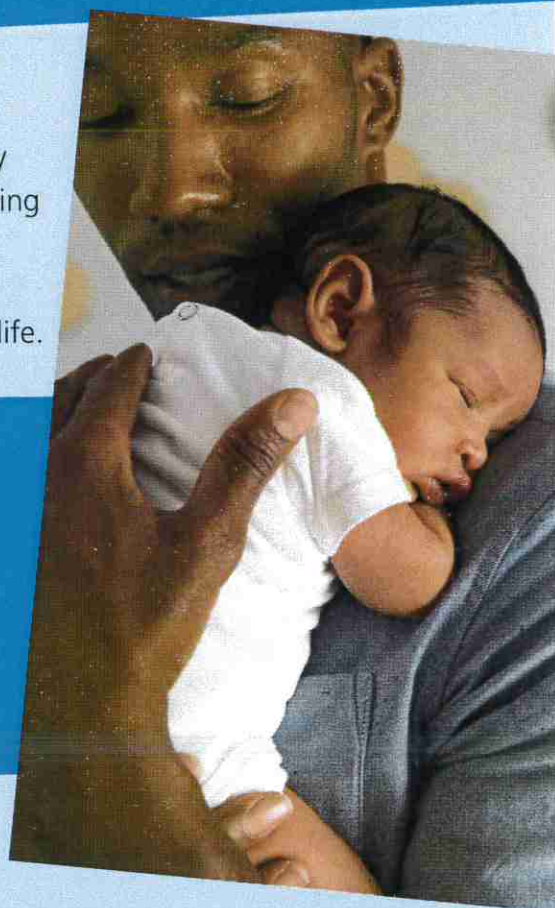
You can attend if you are

- A couple expecting your first child together (even if you have children from previous relationships)
- Between 20 and 32 weeks pregnant at the course start date (Due date between end of January and mid-April 2020)

We welcome parents from all backgrounds, including same sex couples and those in the adoption process.

The course involves

- Relaxed and informal two hour sessions with free tea, coffee and biscuits
- Four sessions before the birth to prepare you for parenthood
- A further three sessions four months later (feel free bring your baby along!)



Course details

Mondays 6.30 – 8.30pm

25 November

2, 9 & 16 December

**The Brighthelm Centre
(Stamner Room), North Road, Brighton**

Dates for the final three sessions will be agreed during the course, the time/venue will remain the same.

To book your place or find out more

Ask your Midwife or other professional to refer you, or you can refer yourself through:

Tel 01273 292901

Email Stephen.Woodward@brighton-hove.gov.uk

Arabic Triple P for parents of under 12's

جلسة تمهيدية/ندوة لـ "برنامج الأبوة والأمومة الإيجابية" (Triple P)
(يتم إلقاءها باللغة العربية)

"تربية أطفال واثقون وأكفاء"

سوف تنظر ورشة العمل هذه إلى الطرق التي يمكنك من خلالها تشجيع طفلك على أن يكون أكثر ثقةً واستقلالية. سوف ننظر إلى الطرق التي من شأنها أن:

- تسمح لطفلك باتخاذ القرارات وتعلمه اتخاذ خطوات لحل المشاكل
- تحت على الاستقلالية من خلال تشجيع طفلك على تحمل المسؤولية وأن يقوم بعمل الأشياء بنفسه
- تساعد طفلك على تكوين صداقات وأن يكون صديقاً جيداً
- تشجع طفلك على القيام بتحديد أهداف له وأن يقر بإنجازاته
- تشجع طفلك على التعبير عن أفكاره
- تهيب لطفلك روتين جيد لفترتي الصباح وبعد الظهر
- تشجع طفلك على إبداء الاحترام تجاه الآخرين ومراعاة احتياجاتهم
- تشجع طفلك على أن يكون محاوراً جيداً
- تساعد طفلك بأن يكون لديه احترام لائق للذات

هذه الجلسة سوف:

- تبحث حول ما يحتاجه الآباء والأمهات لمساعدتهم في دورهم فيما يتعلق بالأبوة والأمومة
- تقدم تفاصيل حول التدخلات المتاحة بشأن (Triple P) لتقديم الدعم للأسر العربية
- تقدم استراتيجيات لمساعدة طفلك على أن يكون واثقاً بنفسه ومستقلاً

هذه الجلسة مخصصة للآباء والأمهات الذين لديهم أطفال تقل أعمارهم عن 12 عاماً.

وللمزيد من المعلومات أو لحجز مكان ما:

باللغة العربية – كفاء عطار، هاتف: 01273 290529 أو 07827 880765

باللغة الإنجليزية – فريق الأبوة والأمومة (Parenting Team)، هاتف: 01273 294471. أو عبر البريد الإلكتروني

التالي: triplep.parenting@brighton-hove.gov.uk

ويتاح برنامج (Triple P) لجميع المجتمعات المحلية في برايتون و هوف. وللمزيد من المعلومات حول ما يمكننا أن

نقدمه، يرجى زيارة موقعنا التالي على الانترنت: www.brighton-hove.gov.uk/parentingteam

وعدنا لعملائنا

سنوضح لك كيف بإمكانك الاتصال بنا أو الوصول إلى خدماتنا | سوف نتفهم الأمور و من ثم إنجازها | سنكون واضحين وسوف نعاملكم باحترام

Arabic Triple P for parents of under 12's

Raising confident, competent children	4 December, 12 – 2pm	Cottesmore St Mary's School
	OR	
Raising confident, competent children	12 December, 12-2pm	Friends Meeting House

This workshop will look at ways that you can encourage your child to be more confident and independent. We will look at ways to:

- Let your child make decisions and teach them problem solving steps
- Prompt independence by encouraging your child to take responsibility and do things for themselves
- Help your child to make friends and be a good friend
- Encourage your child to set goals and see their accomplishments
- Encourage your child to express their ideas
- Get your child in a good morning and afternoon routine
- Encourage your child to show respect to others and be considerate of their needs
- Encourage your child to be a good communicator
- Help your child have healthy self-esteem

This session will:

- Explore what parents need to help them in their parenting role
- Give details around Triple P interventions available to support the Arabic families
- Give strategies to help your child be confident and independent
-

The session is for parents with children aged from under 12 years of age

For more information or to book a place:

In Arabic – Kafa Atar, Tel: 01273 290529 or 07827 880765

In English – Parenting Team, Tel: 01273 294471 or email triplep.parenting@brighton-hove.gov.uk

Triple P is available to all communities in Brighton & Hove. For more information about what we can offer please visit our website: www.brighton-hove.gov.uk/parentingteam

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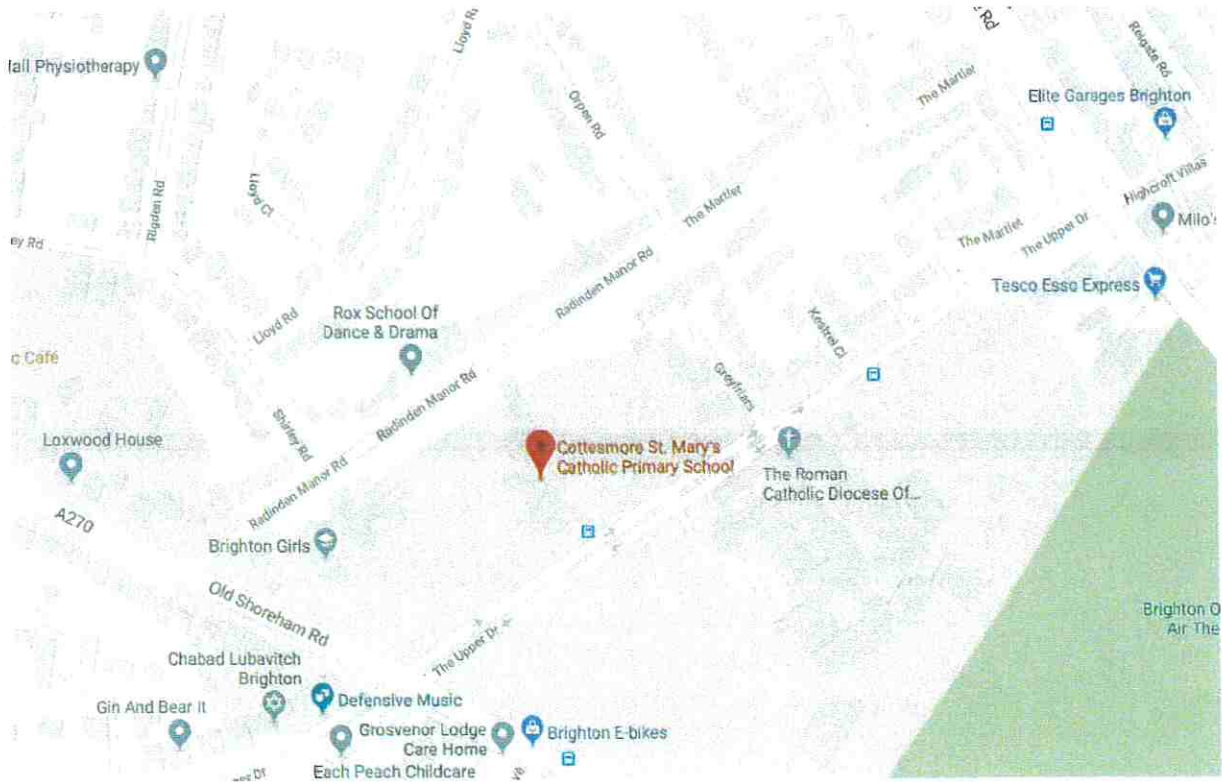
Arabic Triple P for parents of under 12's

Raising confident, competent children	4 December, 12 – 2pm	Cottesmore St Mary's School
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Cottesmore St Mary's School

Bus Dyke Road: 27, 77

Bus Old Shoreham Road: 47



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Arabic Triple P for parents of under 12's

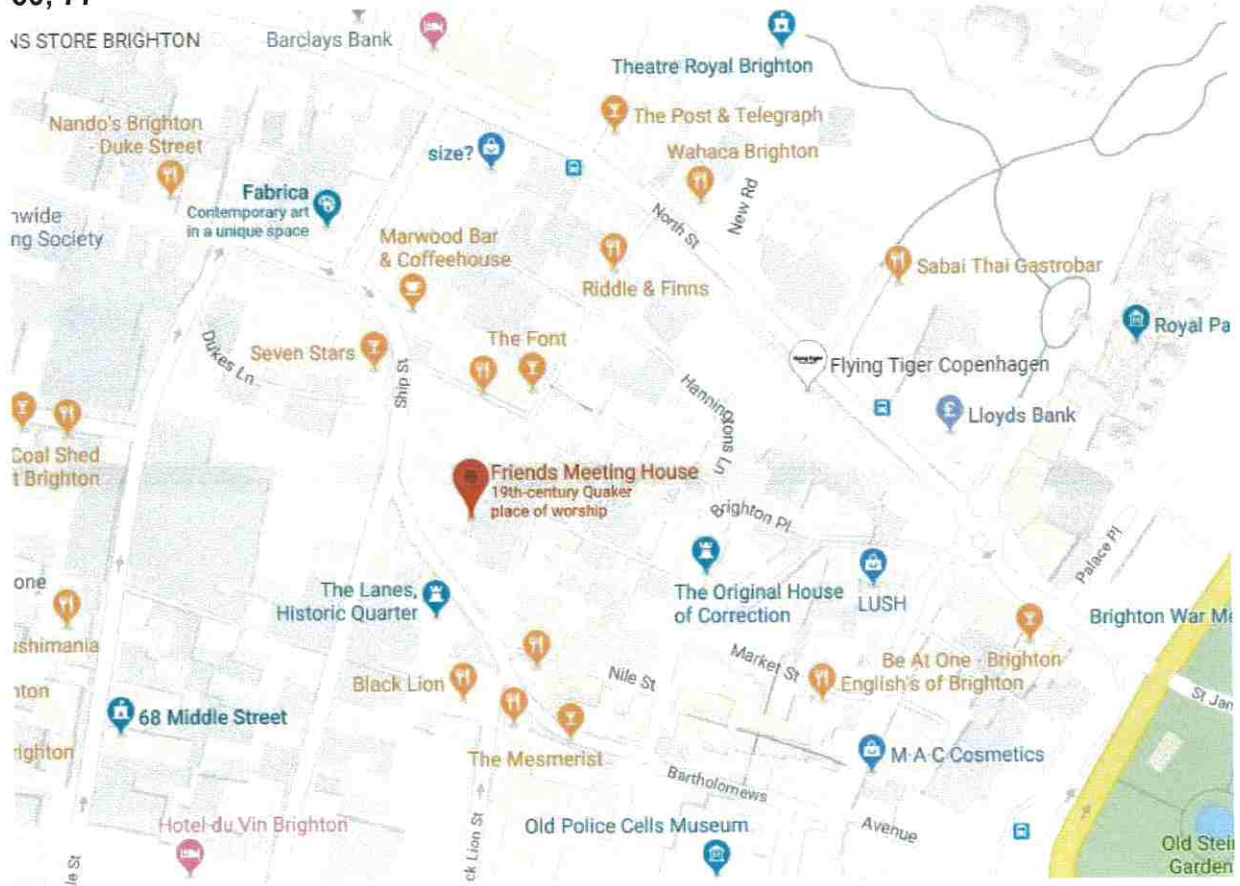
Raising confident,
competent children

12 December, 12-2pm

Friends Meeting House

Friends Meeting House

Bus to North Street: 2, 5, 5a, 5b, 7, 18, 21, 21a, 22, 37, 37b, 46, 48, 49, 50, 52, 56, 57, 60, 77



وعدنا لعملائنا

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This is an exciting and innovative opportunity to support local generation of clean electricity through installing solar panels on the roofs of schools across Sussex.

OVESCO Sunny Solar Schools' projects send a positive message out to the students and the wider school communities that renewable energy from the sun is the future. Helping schools save money and reduce their carbon footprint has never been more important. We want to involve local people and provide the opportunity to invest in the projects through a community share offer.

Applying for shares in OVESCO Sunny Solar Schools - visit [OVESCO.co.uk](https://ovesco.co.uk)

We expect to be able to give investors a maximum of 4% interest on their investment paid from September 2021. The shares are redeemable, if funds are available and are expected to be repaid by the end of the 25 year term. Any surplus income will be placed in a community benefit fund to raise awareness of clean, renewable energy for schools and the local community.

If you intend to invest please read the share offer document on ovesco.co.uk in full and take appropriate advice.

To invest please visit [OVESCO.co.uk](https://ovesco.co.uk) or to find out more please email schools@ovesco.co.uk
OVESCO Sunny Solar Schools, 2 Station St, Lewes, East Sussex BN7 2DA Tel: 01273 472405



COMMUNITY SHARE OFFER



OVESCO invites you to invest in
community-owned solar generation
for schools across Sussex, to help raise over £158,000
to install at least 140kW of solar PV panels

To invest please visit ovesco.co.uk

The offer closes on Saturday 30th November 2019, or earlier if we reach our target sum

To invest please visit [OVESCO.co.uk](https://ovesco.co.uk) or to find out more please email schools@ovesco.co.uk