



We heard the Gospel of Mark 1 14-20 this week and thought about what Jesus meant when he said to Simon and Andrew "Follow me and I will make you become fishers of men." We considered how we can follow Jesus and look for ways we can help others, too.

Today we wished Mrs Patterson well as she begins her maternity leave and gave thanks for her teaching. Mr Gatulah is now with y4 as class teacher.

Next week is Aspirations week where we welcome several visitors to school to share insights into careers. There is also an opportunity to take part in the Big Schools Birdwatch this weekend and the Winter Reading Challenge at the Libraries. *Mrs A M Black, Head of School*

"We receive God's graces to share them with others."

Pope Francis

House Points: Well done to **St Theresa** our winners this week!

St Bernadette – 145 points

St Francis – 164 points

St Paul – 113 points

St Theresa – 165 points

St Thomas More – 125 points

St Anne Line – 111 points



Pupils of the Week: Pupils who gained a certificate this week are:

Year R – Jerome

Year 1 – Dominic

Year 2 – Lia

Year 3 – Katherine Year 5 – Telcie

Year 4 – Noreen Year 6 – Bryan



Medical

We aim for high attendance, however, if your child is unwell, please check the poster below and only return them to school when they are well. This is vital for the wellbeing of other children and members of staff.

Children should not attend school if they have a high temperature (38c or above). If it is necessary to give Calpol or medicine in the morning, then it is possible they are not well enough to attend school.

Chickenpox Guidance: We are aware of chickenpox within our local community. Any child with chickenpox needs to remain at home until all the spots have formed a scab. Further information and guidance can be found [here](#).

Should I Keep My Child off School? Please see attached poster with information on when to keep your child home. Further details can be found [here on the NHS website](#).

Child Health Matters: Our local NHS has created a free [Children's Health Matters guide](#) for parents and carers. It explains how to treat children at home, when to see a GP or call 111, and when you should seek emergency help.

Latest

Big School's Birdwatch: Please remember to count the birds you see in your garden, from your balcony or in your local park for **one hour between now and the 5th February** and return your completed forms back to school.

For help identifying a bird you can use the following link <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird/>
 Happy Birdwatching!

CAFOD Card Recycling: Thank you to everyone that has supported our CAFOD club recycling their cards, the bin has now been collected.

Aspirations Take Over Day: The whole school will celebrate their aspiration with a dress up and take over day on **Thursday 1st February**. Children are invited to wear clothes and costumes related to jobs and careers.

Meal Accounts: Please check your child's meals account to ensure it is in a credit or zero balance. School dinners are charged at £2.50 per day for children in KS2.

Essex Activate: Please see attached the two flyers explaining what Essex Activate is and how to book. Half term holiday clubs are available to 'low income' families who would be unable to attend a holiday club without their support.

Winter Reading Challenge: The Essex Libraries winter reading challenge finishes on Saturday 3rd February so it's not too late to join in still! Please see their poster attached and remember to bring your certificates in to school.

Tech Tips

E-Safety: Did you know there is a restricted mode for YouTube Kids? To help keep all safe, the UK Safer Internet Centre provide [guidance here](#)



Catholic Community

Church Welcome: Fr Bogdan invites the children and their families to come into Church, on any morning, when the door is unlocked. You may want to say a prayer or simply sit quietly for a moment on your journey towards school. You are most welcome.

Community

Autism Central - Support Provided by Families/Carers for Families/Carers:

[Autism Central](#) offers information, group online sessions and 1:1 support via telephone or Teams. A diagnosis is not needed to access this free service. Upcoming events include:

- Thurs 1 Feb 2024 - Supporting After-school Distress
- Thurs 8 Feb 2024 - Supporting Sleeping
- Thurs 15 Feb 2024 - Holiday Survival

Butterfly Effect Wellbeing Hub, The Bungalow, Latton Bush Centre: Offer parent and social support groups, mindfulness sessions and many more services including food donations. Please have a look at their [website](#).

School Life

Dinner Menu: Next week (w/c Monday 29th January 2024) we will be on Week 1 of the Winter Menu, located [here](#) on the website.

Facebook: [St Alban's Catholic Academy](#) has its own official Facebook page.

Key Dates: Please remember to keep check of the upcoming dates which advises dates for all the key events we have planned for this academic year. [St Alban's Key Dates 23-24](#)

School Term Dates: On our [website](#) you can find this year's term dates and next years (Sept 2024-Aug 2025). Please take the time to look at these and plan your family holidays around them.

Gate Opening Times:

8:40am – 8:55am - After this time, your child will be marked as late.

3.05pm – Pre School sessions finish

3.15pm – End of the school day

