



In the Gospel this week we heard how Jesus healed many people and did not want to turn anyone away. After this, early the next morning, he took time to pray, to have quiet time. We reflected on this – the importance of prayer and rest in our lives.

This week is Safer Internet week and there is a message below about this.

We were also delighted to receive the Primary School Award at the Harlow Education Awards this week and received the lovely trophy pictured above.

Well done to all our St Alban's Community – students, staff, parents, governors and parish as through God's love we all learn together, grow together and achieve together.

Mrs A M Black, Head of School

“Charity is the most effective form of witness, because in it people see the love of God.”

Pope Francis

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

St Bernadette – 122 points

St Francis - 154 points

St Paul – 109 points

St Theresa – 87 points

St Thomas More – 109 points

St Anne Line – 109 points



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

Year R – Alicja

Year 1 – Abby Lorraine

Year 2 – Francesca

Year 3 – Lyla

Year 4 – Sophia S

Year 5 – Shakyra

Year 6 – Claudia



Latest

Ash Wednesday Mass: KS2 will be attending the Parish Mass at Our Lady of Fatima Church at 9.30am on 14th February 2024.

Dinner Menu: Our school dinner menu can be located [here](#) on the website. Please note there will be a change to Week 3 menu next week as follows:

Shrove Tuesday (13th Feb)

Pancakes will be available for dessert

Ash Wednesday (14th Feb)

Battered Fish & Chips

Served with peas or baked beans

Jacket Potato

Served with baked beans, tuna or cheese

Apple Crumble with custard

Or Fruit and Yoghurt

Half Term: School will finish for half term at 3.15pm on Friday 16th February. Children will return back to school on Monday 26th February.

Lab in the Library: Fun with Numbers! Harlow Library will be running a couple of Free exciting science events for children 7+ using numbers to solve puzzles and riddles as well as the odd experiment. This will take place on Tuesday 20th February at 10.30am and 1.30pm. **Book in person at the library or by contacting harlow.library@essex.gov.uk**

Name Tags: Please can parents make sure all uniform and drink bottles are name tagged. You may feel your child is old enough to keep track of their stuff, however this prevents another child from picking it up mistakenly thinking it is theirs.

Appointments and Illness: Parents must inform the school office of any appointments or illness of your child/ren. If you have passed a message onto another staff member or teacher, please ensure that you have additionally informed the office directly. This can be via email, phone, or voicemail. Upcoming appointments should be notified at the earliest opportunity and in advance of the appointment day.

School News: Please do remember to regularly check your [child's class page](#) and the school official [St Alban's Catholic Academy](#) Facebook Page for all the latest news on what our children have been up to.

St Alban's Nursery: Intake at St Alban's is from the term after a child turns 3. We cannot take children younger than this. You may apply at any time for a place by completing an application form located [here](#) on our school website.

Tech Tips

Safer Internet Week: Top tips here from the UK Safer Internet Centre for parents in this Safer Internet week. We have been sharing the messages for students on their theme of Inspiring Change, including how the internet can be 'used to make change for the better' [Top Tips for parents and carers - UK Safer Internet Centre](#)

Catholic Community

Church Parking: The Church kindly allows our parents to use their carpark at the start and end of the school day. They also have an overflow carpark that can be accessed just before the exit of the main carpark by the Parish hall.

Community

Harlow Work Club: Harlow Library are running weekly [Work Clubs](#) on a Friday from 10am-12pm providing support and guidance around the employment process including help with CV writing, job searching, helpful hints, tips etc.

Multiply: Multiply is a new programme funded by the UK Government to help adults improve their numeracy skills. Harlow College are pleased to be able to offer a range of opportunities as part of this project. Find out more information [here](#).

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.

Help For Households: See what support is available to help with [the cost of living](#) and save money with energy savings tips.

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

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

School Term Dates: Please find these on our [website](#).

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

