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Issue: 24

St Agnes' Weekly News

*The family of St Agnes loves, learns and grows together as followers
of Jesus.*

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MARCH

18th -22nd Scholastic Book
Fair

19th - Year 1 Road Safety
Workshop

20th - Class 4AM Assembly
9:05am

20th - Choir out at Wembley
Arena - Voice in a Million

21st - Class photos - FULL
SCHOOL UNIFORM to be
worn

22nd - Parent Forum 9am

25th - Nursery Zoolab
Workshop

28th- Stations of the Cross

28th - Early closing for
Easter Holidays 1:45pm

29th March - 12th April
Easter holidays

APRIL

15th - Children return

22nd-26th Year 6 Mock
SATs Week

26th - Class 5P Mass 2:30 in
school

Dear Parents,

Easter is on the horizon...

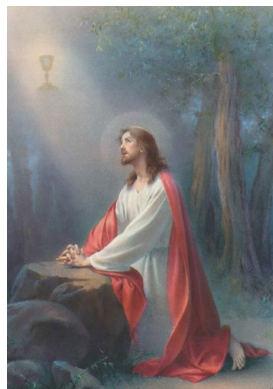
We are over the halfway point in the season of Lent and it may be very possible that by now any resolutions that you or your children have undertaken are proving difficult to keep to. This is entirely understandable and actually is a good thing - it reminds us of the temptations that Jesus himself faced in the wilderness. The good news is that Easter is on the horizon and just over two weeks away - therefore the end is in sight! So we need to give it a last 'push' within our efforts and remain focused for the final fortnight (I know that Margaret in the office is struggling with her decision to give up crisps and snacks but she is remaining strong!).

It was truly wonderful to see so many families at our School/Parish mass on Sunday - the church was packed with standing room only! I do appreciate the efforts of parents who attended and ensured that children's uniforms were ready to wear after a week at school. Special thanks goes to Miss Moran for organising the mass and a particular thanks to the children who read so well in front of such a large congregation, those that presented the offertory and those that sang with Miss Reyes - the hymns sung were lovely and really made the mass special. I would like to acknowledge the fact that Miss Reyes comes into school twice every week to take the pupils for hymn practice - freely giving of her own time, we are very fortunate to have her.

You may have noticed that I have not been on the gate for the past two days - this is because I am away at the Diocesan Headteacher conference in Oxford (I am writing this newsletter on Wednesday so it is ready to go out to all as usual) and I look forward to sharing what I have learnt with both staff and pupils upon my return.

Wishing you all a good weekend,

Susan O'Reilly



Please see the information below where you can celebrate the weekly gospel at home with your family.

<https://www.paperturn-view.com/uk/wednesday-word/follow?pid=MTA101634&v=123.5>

Easter Holidays

Please note that we break up from school on Thursday 28th March at 1.45pm and return on Monday 15th April. Any requests to leave school to begin holidays earlier or later will be refused - we give out our dates well in advance of the school year and as such families are expected to plan around these.

I completely understand that prices for travel go up at this time, but unfortunately this is experienced by us all.

Children not in school on those days may receive a Fixed Penalty Notice from Barnet.

Parent Forum

The next meeting for the Parent Forum Reps will be held on Friday 22nd March at 9.00am.

If you have anything you would like your class rep to bring forward please let them have it by Monday 18th March at 11.00am as all questions are sent in advance of the meeting, allowing time for answers to be gained and shared at the meeting.



Year 4 River Cruise

On Thursday, Year 4 travelled to Central London to go on a river cruise along the Thames! It was very exciting. There were lots of people who waved down to us from the bridges as we passed under. The tour guides, Jack and Sam, challenged us to wave and shout "hello" to everyone on the bridges.

We saw lots of landmarks on our cruise. We saw London Bridge, Tower Bridge, HMS Belfast, Cleopatra's Needle and the Tower of London! We learnt that Big Ben is not actually the tower but the bell inside the tower! The cruise lasted 40 minutes and the boat could hold up to 249 people.

We ate lunch right in front of the London Eye and were joined by some very hungry geese and pigeons (one well fed pigeon was very interested in us). We also spent time in an exciting playground where lots of us climbed to the top of the climbing frame. We had a fantastic day!



We travelled on the underground. It felt like being in a spaceship!

Isabella



I liked the activity booklet we filled in.

Sara



I loved the boat because we got to see the ducks swimming.

Mark



I liked how we saw different landmarks along the river.

Leo E



Last week, at St Agnes' we celebrated World Book Day by having a fantastic Book Hat catwalk parade, visiting WH Smith to exchange our tokens for World Book Day books and all enjoyed our delicious Book Day Breakfast!

Well done to everyone for putting such a huge amount of effort into your World Book Day Hats. They looked truly booktastic!



I liked the hat parade because it was so colourful- Ashez 5P



I loved going to WHSmith because I got to have a book of my own- Judith

This is the best day ever! Shireen 2C

These hats are amazing - Isabelle RS

I liked the breakfast because I don't normally have breakfast like that I normally just have cereal- Abbie 5P



A tremendous well done to our quizzers who took part in the semi – final quiz event today! 45 schools were in the competition to try to make it through to the Quiz final, which takes place online and in Oxford University!

Unfortunately on this occasion, we did not automatically qualify for the final, however the team worked fantastically together, and managed to place **11th out of the 45** schools competing in this morning's event!!

Finnley: 'We were stressed to have finished 30/45 after the first round, but proud to have made it up to 11th place by the end of the final round!'

Mark: 'It was a bit worrying when we realised the final round was worth 100 points for each question in case we lost our place in the top 15, however I'm so glad we managed to finish in such a good place!'

Well done!

Miss Cloran



10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



Class	Star of the Week	
RB	AJ	
RS	Isobel	
1B	Noah	
1Z	Orla	
2C	Tommy	
2M	Victoria	
3C	ON SCHOOL TRIP	
3G	ON SCHOOL TRIP	
4AM	THE WHOLE CLASS	
4D	Zachary	
5M	At school workshop	
5P	Lilly	
6M	Hanyel	
6S	Joel	
TT Rockstars	Class 2M	
Reading Eggs	Ysaac RB	
AFS	KS1	JR 1Z
	KS2	Sofia L 6M

Autumn Term Attendance		
Class	Attendance %	Number of Lates
RB	88	3
RS	93	3
1B	93	2
1Z	88	5
2C	97	0
2M	95	1
3C	94	1
3G	94	0
4AM	94	0
4D	98	1
5M	97	1
5P	95	1
6M	94	3
6S	98	4
School Target 97.5%		

Birthdays up to 17th March 2024

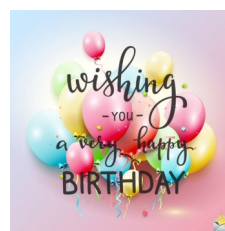
11th Jack 3G, Kaylem 6S

12th Adriel 6M

14th Dylan Nursery

15th Jessica 3C

16th Aldrich 3C



Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school safeguarding team (Mrs O'Reilly, Mrs Hourihan, Mrs Gale, Mrs Breslin or our Chair of Governors Gill Abbott). In cases where school staff have concerns, they have a duty to discuss the issue with Social Services to seek further advice. This is the statutory obligation of all schools.

Thought of the Week

'There are three elements which are always part of Lent: Prayer, giving something up and giving something back. Let us engage in all three'.

Elizabeth Hyndam.

