

Week beginning 29th June 2020

On **Monday 29th June** Our Lady of Fatima School was one of over 100 schools in the Archdiocese that celebrated the Feast of Saint Peter and Saint Paul by attending the Good Shepherd Mass at St Chad's Cathedral. During this virtual live-streamed Mass Archbishop Bernard reminded us that we are all shepherds in Jesus's flock and that we can carry out the good news in the Gospels as living disciples of Jesus. Dan and Emily from One Life music provided music and song for this lovely service of thanksgiving.



Key Worker children in Years 2 and 3 wrote about their feelings during lockdown. They offered up thanks and asked for support in the water lily pond of feelings.



As part of Year 6's worship they made a prayer wall of intentions. They read the scripture reading from St Matthew's Gospel Chapter 7:7-12.....Ask and you shall receive.....



Year 6 have been testing their general knowledge with a quiz this week. They were amazed at how much they knew.



In Forest School this week we took part in a scavenger hunt, did some weaving and played hide and seek.



We wanted to make something permanent for children to enjoy at Forest School. We made a totem pole by drilling a hole on logs, painting the logs and threading onto a spike in the ground. The drilling was particularly challenging!





Socially distanced throwing and catching with frizbees.



More work on area for Year 6 bubbles this week- this time problem solving. They solved a problem for a decorator- trying to decide how many packets of wallpaper paste he needed to cover an area under the stairs.



They also investigated the area of a parallelogram by making it into a rectangle.



Year 6 made their own spelling test today. Each child thought of a challenging word from the Y6 list. They then worked on the features of a diary including informal language and contractions.



After the skills and design lessons, Year 6 are now starting to make their sandals from felt. First they made the sole



Home Learning

N and R have been coming to school to learn during lockdown as their parents are Key Workers. They have also enjoyed learning from home.



Stay safe and well.....



RESILIENCE CALENDAR: JUMP BACK JULY 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



We can't control what happens to us, but we can choose how we respond

5 Avoid saying "must" or "should" to yourself today

6 Put a problem in perspective and see the bigger picture

7 Shift your mood by doing something you really enjoy

8 Get the basics right: eat well, exercise and go to bed on time

9 Help someone in need and notice how that gives you a boost too

10 Don't be so hard on yourself. It's ok not to be ok

11 Reach out to someone you trust and share your feelings with them

12 When things go wrong, be compassionate to yourself

13 Challenge negative thoughts. Find an alternative interpretation

14 Set yourself an achievable goal and make it happen

15 Go for a walk to clear your head when you feel overwhelmed

16 When things get tough, say to yourself "this too shall pass"

17 Write your worries down and save them for a specific 'worry time'

18 Let go of the small stuff and focus on the things that matter

19 Notice something positive to come out of a difficult situation

20 Ask yourself: What's the best thing that can happen?

21 If you can't change it, change the way you think about it

22 Make a list of 3 things that you can feel hopeful about

23 Remember that all feelings and situations pass in time

24 Choose to see something good about what has gone wrong

25 Notice when you are feeling judgemental and be kind instead

26 Get back in touch with a supportive friend and have a chat

27 Write down 3 things you're grateful for (even if today was hard)

28 Catch yourself over-reacting and take a deep breath

29 Think about what you can learn from a recent challenge

30 Ask for help from a loved one or colleague. Be specific

31 Remember that you are not alone. We all struggle at times



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