



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 27th March 2026



This half-term we are focusing on the Christian Value of **Forgiveness**



Just as the Lord has forgiven you, so you must also forgive others.

Colossians 3.13

Easter

"On Monday 23rd March, Year 5 and Year 6 went to St Matthew's Church to experience and understand the 5 stations of the cross. We enjoyed our time and we were also welcomed by the people of the church. We experienced the last supper, Good Friday, Palm Sunday, The Servant King and The Garden of Gethsemane. At the end of our experience, we were all able to explain the stations in the cross". By Roxy and Vicky

This week we also welcomed the parents of nursery and reception children into school to take part in Easter crafts. Thank you so much to all who attended—the children had a great time getting into the spirit of Easter.

It is the end of another busy half term and we now look to the summer. We would like to say a big well done to all of our children for their hard work and enthusiasm. Thank you also to our parents, grandparents and carers for supporting us as always.



Have a wonderful two weeks and Easter celebrations and we will see you again on Monday 13th April.





Pupils of the Week



Nursery	Jack (working from home with a broken arm!)
R St Francis	Markella
1: St Teresa	Hunter
1/2: St Nicholas	Jermaine
2: St Joseph	Reuben
3: St Cecilia	Emmett
3/4: St Sophia	Freya
4: St Kateri	Raisa
5: St Thomas	Leo
6: St Padre	Logan

Well Done

Once again a massive well done to Seb who has collected all these Easter goodies for the children's ward at Princess Royal Hospital. Seb does this every year—an amazing achievement.



Attendance Award



This week the attendance award has gone to :
St Joseph 2

Weekly Attendance		
1st	St Joseph	98.5%
2nd	St Padre Pio	97.9%
3rd	St Sophia	95.8%
4th	St Nicholas	95.7%
5th	St Thomas More	93.4%
6th	St Kateri	92.6%
7th	St Cecilia	92.3%
8th	St Francis	88.5%
9th	St Teresa	85.4%

Attendance Thank you

Thank you to the children and parents in the following classes whose attendance improved this week:

- Nursery Morning and Afternoon
- St Nicholas 12
- St Joseph 2
- St Sophia 34
- St Thomas 5
- St Padre 6



Future Dates

30th March to 10th April	Easter Break
5th May	Yr 3 and 4 Woodlands Farm visit
25th to 29th May	Half Term
1st June	PD Day
22nd June	Yr 6 Crucial Crew
23rd June	EYFS Sports Carousel
24th June	KS1 Sports Day
25th June	KS2 Sports Day
6th/7th July	Yr 2 Kingswood
9th June	Yr 5 and 6—Lichfield Cathedral

Weekly prayer



Lord our God,

We thank and praise you for the greatness of your love, shown to us in Jesus Christ, who was willing to die for us, to bring us into your family, and to bless us with the life that lasts for ever.

We thank you for the new life we celebrate at Easter; help us to keep growing in the life that never comes to an end.

We pray for our families, our friends, and all those we care about: fill them with hope and happiness.

We pray for people who are unhappy today: those who are hungry, or homeless, those who fear violence or harm; may they find protection and peace. Amen

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



GIVE TO GIVE. NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KTVIST

The National College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>