

# Heathcote Herald



## Spotlight from the Head of School's desk



Wishing you all a great start to 2022! It has been lovely welcoming all the children back this week and hearing what they got up to over the holidays.

We are starting 2022 with focusing on "positive thinking" in school. Encouraging children, staff and parents to spend time focusing on what is going well, what makes them smile, what have they done to be proud of today -- no matter how small it may seem, what are they looking forward to, who have they been kind to. It's important that we reflect on what might be making us feel blue and anxious but we can't allow this to consume us and be the focal part of the day. We need to teach ourselves and children to accept negative emotions and process them in a healthy way, encouraging positive thinking and positive affirmations. Here are seven ways to help you and your children develop a positive attitude:

1. Loving kindness meditation
2. Helping others
3. Recording awe moments
4. Setting and achieving goals
5. Sharing positivity
6. Developing new skills and trying new activities
7. Practice positive affirmations



A New Year is a great time to start a new way of thinking. See below what New Year resolutions our classes have decided on:

## NEW YEAR RESOLUTIONS

**Reception**—Have been talking about New Year's resolutions this week and have decided they would love to try and be kind to everyone all of the time

**Kingfishers**—We are looking forward to finding out about London. We hope to improve our reading skills this year.

**Otters**—We are looking forward to learning all about The Great Fire of London and developing our historical enquiry skills

**Year 2**—Our class resolution is to be a better friend. We will be kinder to each other, we will pay each other more compliments and we will improve our communication skills to solve our problems!

**Year 3**—Be fitter and do a daily mile.

**Year 4**—To learn all of our times tables.

**Year 5**—We want to be the best people we can be this year and listen to advice we receive. We want to be kind and generous people and put our best foot forward, always

**Year 6**—To work hard towards our SATs!

## Key Dates

*Monday 10th January* — All after school clubs start this week

*Saturday 15th January* — Reception 2022 start, application closes

*Monday 17th January* — 'Keeping up with Granny' workshops Yr1-Yr6

*Wednesday 19th January*— Reception & Yr6 school nurse annual health assessment.

The school calendar is also available on the school website



## Scribbles' Thought of the Week

Your dog thinks you are wonderful and you respond well to that. If you seek out what is best in people, you are more likely to receive the best back

# Safeguarding corner

## Online gaming—Fortnite

Fortnite is an online survival game where players fight against each other in player versus play combat to be the last one standing. Players can use a multitude of weaponry including rifles, handguns and rocket launchers to eliminate other players. New versions of the game also feature multiple modes which offer something different.

Within Fortnite players can communicate with multiple players which opens children to a number of potential risks, including exposure to inappropriate language, content, scams and grooming. Fortnite has a PEGI 12 age rating, but we are aware that children much younger than 12 are accessing this and other games. It is important that parents understand the risks and real-world threats that can lurk within these gaming platforms. For further advice and support access:

<https://www.thinkuknow.co.uk/parents/articles/gaming/>

<https://parents.actionforchildren.org.uk/mental-health-wellbeing/online-safety-wellbeing/video-game-age-restrictions/>



## Catholic Leamington

**Our Lady's Church**  
c/o St Peter Apostle Church  
3A Dormer Place  
Leamington Spa  
CV32 5AA

**St. Peter's Church**  
3A Dormer Place  
Leamington Spa  
CV32 5AA  
Tel: 01926 423824  
Email:

**St Joseph's Church**  
Tel: 01926 772712

stpeterapostle.leamington@rcaob.org.uk

The Parish of Catholic Leamington are looking for candidates aged 7-9 for their First Holy Communion.

Application for this year 2022 are now open for any Catholic families who are interested. You can find out any further information from:

Stpeterapostle.leamington@rcaob.org.uk

The deadline for expressions of interest and applications is Monday 31st January 2022.

Applications for the Sacrament of Confirmation for children aged 10-11 will be open later this year.

From,

Fr John Cross

Parish Priest

St. Peter's and Our Lady's Churches



Warwickshire Police's #Be Cyber Smart campaign aims to raise awareness of internet-related crime and to give people the knowledge they need to stay safe online.

With the strapline 'The Virtual World Has Real Life Consequences', #Be Cyber Smart encourages you to think about how you behave on the internet and shares advice about how to protect yourself against online crime.