



Latest news

From Mrs Statham ~ Spring Term 2024



THE BIG LENT WALK

Lent 2024

CAFOD Catholic Agency for Overseas Development

no one beyond reach

BIG LENT WALK

The children will be taking part in CAFOD's BIG LENT WALK to raise money for fishing equipment in Liberia. Please watch the little film which explains where the money will be going.

There is also an online link for you to sponsor your child.

The children will be walking around the school field every lunchtime assisted by our fantastic Faith in Action team.

The more they walk ~ the more we can raise.

All donations must be made online please.

THANK YOU for your support.

Link to CAFOD film for you to watch:

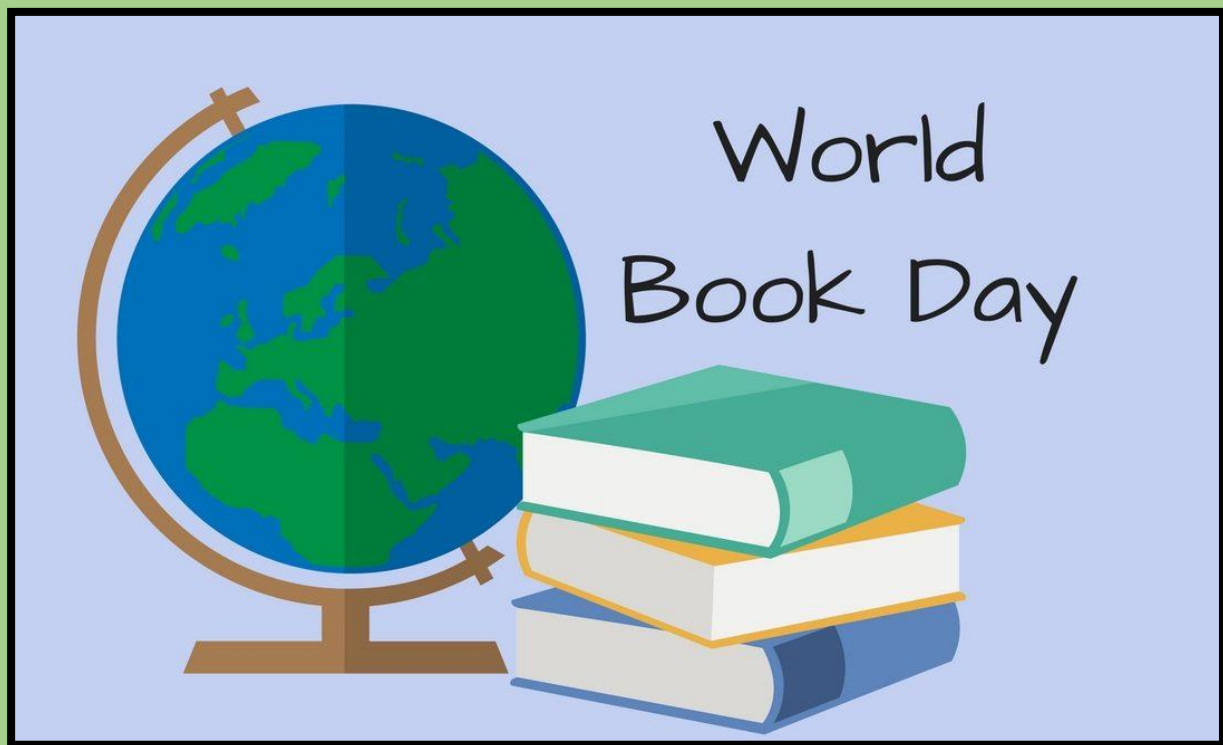
https://www.youtube.com/watch?v=GpkQ4yh_uOQ

Link to our funding page:

<https://schools.walk.cafod.org.uk/fundraising/faith-in-action-biglentwalk>



~ St George's Roman Catholic Primary School York ~



WORLD BOOK DAY ~ BOOK SWAP

It is World Book Day on Thursday 7th March. Your child is allowed to come to school dressed as their favourite BOOK character.

They may wear their own clothes or school uniform if they prefer.

The Faith in Action (FAI) team are organising a BOOK SWAP which will take place on World Book Day.

Children can bring in a good quality book they have already read, and they can swap it for a different book.

Books can be brought into school on the following days:

- Monday 4th March
- Tuesday 5th March
- Wednesday 6th March

Books are to be taken to year 6 where they will be collected and organised by the FIA team. Children's names will be written down and they will receive a special book mark.

On World Book Day the Hobbit House will be turned into a mini book swap shop and children will choose a 'new' book to take home.

If the idea is successful, the FIA team aim to run this more regularly.

- Children do NOT have to take part
- Only ONE book must be brought in
- Children must bring a book in to receive a book

THANK YOU

Exciting New Nursery Arrangements



From Wednesday 28th February, our gorgeous nursery children will enter nursery through the magic door which is accessed from the Reception classroom.

The big red door will be locked closed.

This is to:

- help children transition from parents more happily
- remove the need for parents to enter the nursery classroom
- ensure a smoother start to the school day for our littlest children

Thank you very much for your support.

Mrs Statham and the Early Year's Team



~ St George's Roman Catholic Primary School York ~

Following on from the results of our well-being questionnaire, I thought I would re-share with you the 'Zones of Regulation' that we use with the children.

Feeling anxious and overwhelmed is an entirely normal part of being human.

It is a physiological response to being tired, sad and angry. And being tired, sad or angry are normal responses to things that are sometimes out of our control.

However, this does not mean that we have to accept these negative emotions. If we can identify them, we can change them.

The children are able to identify which colour they are, the aim being for everyone to be GREEN and they can then understand strategies to help them get back to green if required. Please feel free to use these with your child at home.

Zones of Regulation

Blue	Green	Yellow	Red
			
Sick Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Mad/Angry Mean Yelling/Hitting Disgusted Out of Control

What could help me?			
Blue	Green	Yellow	Red
Close my eyes Stand & stretch Have a healthy snack	Focus on my work Listen to my teacher Drink water Help other people	Count back from 10 in my head Breathe deeply Take a break Talk to an adult Use a stress toy	Listen to music Use a stress toy Talk to an adult Go for a walk outside