



# Good Shepherd Newsletter

Friday 10th February 2023

## Mental Health Week

We have encouraged the children to make sure that they go outside every day of half term to help support their wellbeing.

10 things to do outside—one for every day of half term!

1. Go for a walk around your local area
2. Sit outside and count how many birds you see
3. Collect some twigs and leaves and make a picture using them
4. Look up at the clouds and watch them moving across the sky with the wind
5. Make a parachute for a small toy using different materials, like cloth, plastic or paper, and see which material works best
6. Fill a plastic container with water and collect things from around the home to see if they float or sink
7. Using a paintbrush and a pot of water, create some outdoor water art
8. Go on a 'spot the creature' adventure. Go to Hutchinson's Bank Nature Reserve and make a note of all the birds, butterflies and minibeasts you see
9. Go along the pavement on a scooter until your heart beats faster
10. Go to the park to play on the equipment and run around

# Wellbeing

## Think Before You Post

Safer Internet Day on Tuesday reminded the children of some of the ways to keep safe online and questions they should ask themselves before they post anything.



Think – how would it make me feel if it was about me?

## Football Week

Mr Britto has been holding football matches between all the junior classes this week. The focus for these sessions has been:

- ◆ Inclusivity
- ◆ Teamwork
- ◆ Fun



## Book Day

We are celebrating Book Day on Tuesday 21st February - straight after half term. All children and staff need to come to school on that day dressed as a character from a book. We will use this opportunity to raise money for the terrible earthquake disaster in Turkey. Please give whatever you can afford.

*Respect*

*Responsibility*

*Determination*

*Positivity*

*Teamwork*

## Headteacher and Kindness Awards

Well done to the following children who have worked hard, had great behaviour or have shown great kindness and thoughtfulness to others:

Headteacher Award:	Kindness Award:
R: Israel, Mikel,	Emilia
Y1: Aaron, Sienna,	Ademide
Y2: Azariah, Josiah,	Kyriacos
Y3: Kezia, Udele,	Messie
Y4: Funmi, Ibrahim,	Funmi
Y5: Janelle, Mezu,	Jevon
Y6: Amelia, Moturayo,	Jaydin



## Friends of Good Shepherd (FROGS)

Thank you to everyone who has brought in some gifts for the Mother's Day stall already. Please have a look during half term for any unwanted gifts.



## TikTok

I have attached a parent's guide to TikTok. TikTok is age restricted to 13+ and therefore, no child at the school should be accessing it without strict parental supervision and should not have their own account.

If you have made the decision that your child is allowed to access TikTok, we ask you please to take some time to read the guide attached and take the necessary steps to keep your child and their information as safe as possible.



## Cross Country

We will had 40 children take part in a cross country competition yesterday with all the other Catholic primary schools in Croydon. The Good Shepherd Team all ran brilliantly and represented the school very well. A particular well done to Daniel in Y4 who came in first place out of over one hundred Y3/Y4 boys.



## Fr Con's Reflection

A prominent part of the world map of Bible history has been the setting for the devastating natural disaster that has struck Southern Turkey and Northern Syria - the area known, down the centuries, as ASIA MINOR.



This coming Saturday, February 11<sup>th</sup>, is the commemoration of OUR LADY OF LOURDES, Patroness of the Sick of the World.

On that day, may we adults commit to praying the Joyful Mysteries of the Holy Rosary for the deceased, bereaved and injured of these earthquakes - asking Our Blessed Lady's intercession on their behalf.

At the same time, our pupils should be encouraged, on that day, to pray a "mini-Rosary" (one 'Our Father; 3 x 'Hail, Mary'; 'Glory be...') to Our Lady of Lourdes, asking that children be safely delivered from under the widespread rubble.

If you need to contact the office, please email or telephone **01689 841 771**  
**office@goodshepherd.croydon.sch.uk**

*Have a lovely half term break*  
*Mrs Day*

*Learning together as part of God's family*