

St Osmund's Catholic Primary School Newsletter

Friday 17th January

Dear parents and children,

What a fantastic week it has been. Healthy Mind and Body week has been a tremendous success with so much taking place. They children have been so engaged and embraced everyone opportunity from trampolining to fruit taste tasting, from mindful colour to massage. Well done everyone!

A brilliant effort to all of those who made it to wake and shake e this week. We had a great turn out every day and some families (parents and siblings included) made it every day.

Some members of Year 6 have organised an 'eat the rainbow' challenge which the children are bringing home today. As a family see how many different colours of the rainbow you can have this week as part of your balanced diet.

I have included some photos on the next few pages but have a look at class pages for some more.

Golden Values

Beatrice Yr5, Gia Yr6, Rose (Rec), Alice Yr5, Maxime Yr3, William Yr5, Nina Yr5, Charlie Yr6, John Yr5, Inigo Yr6

Upcoming Events

Thursday 23rd January

Year 4 Class trip

Every Friday

Wake and Shake 8:30am

PARKING

Please be safe and considerate with your parking at drop off and pick up at the end of the day and after clubs. Over the past two weeks we have seen a big increase in inconsiderate and unsafe parking. It is mainly customers going into Gail's and they have no problem blocking the school gate or parking unsafely. It is becoming very unpleasant for my staff and I to deal with. We are in touch with the council as this is a big problem for us as a school and our neighbours.

PE – Stars of the Week

Week 7: Rec: Esai, Year 1:

Aleksandra, Year 2: James C, St A: Gracie (Yr4) St TM: Francesco (Yr3) St M: Minnie (Yr5) St T Anabel (Yr5)

The Alpha Course: If you have questions about God or just want to run through the basics of Christian faith then do join us this term. We meet in the assembly hall at St Osmund's School on Wednesday 22nd Jan at 7.15pm for supper and an introduction to the course. Email: Markbithrey@icloud.com

Healthy Mind and Body Week - 2025





As part of their whole class guided reading this week, Year 4 work a story with the theme of healthy mind and body. They are proud to share what they created together.

Fussy Finn

By Year 4

One sunny morning, in the town called Appleville, in the street called Cherry Lane, lived Fussy Finn. He was quick on his feet and full of energy. But lately he had been feeling tired and sluggish. Mum had noticed a change in Finn too. Usually, he would devour his meals, even the veggies, however, now he would refuse! Lately, mum had been finding crisp and sweet wrappers hidden around the house even down the side of the sofa. Mum knew something had to change.

The next day, mum found Finn sprawled across the sofa like a sloth and decided to gently confront him. She held up the crumpled wrappers, Finn's eyes looked down, his face turned as red as a tomato and he chewed his nails. Suddenly, he spluttered out, "I'm sorry mum, I didn't mean to eat that many. They're just so yummy!" Mum rolled her eyes and smiled, she thought this was a problem solved.

A few weeks later, it was family photo day. The families bundled into the Town Hall in their best outfit. Fussy Finn and his family were first up, they stood angelically, looking at the camera, "Smile!" said the photographer. Suddenly, the whole town gasped in shock. Finn's teeth were as rotten as a bad apple. Finn was turning red with embarrassment and ran away. Mum knew she had to have a serious conversation with Finn about keeping healthy.

Mum found Finn sitting on the pavement sobbing, she sat next to him, put her arm around him and comforted him. She knew everything was going to be alright but Finn needed to change his ways.

Later that evening, Mum and Finn had a conversation about the importance of being healthy. Mum explained, you need to eat a balanced diet, just like eating a rainbow, because different food gives us different nutrients to keep our body healthy. She also told Finn that it was really important to be active to keep his body and mind healthy. Finn smiled, "Mum I promise I will try hard to eat healthy."

A few weeks later, Fussy Finn was back to his old self, quick on his feet and full of energy! He was no longer sluggish; his teeth were healthier and so was his mind. Fussy Finn was happy and had a healthy mind and body too!