



St. Anne (Stanley) C of E
Primary School

Newsletter

February / March 2024

February & March



Yellow House

Welcome to the February / March edition of our School Newsletter. We hope that you will enjoy reading about all the wonderful things that have taken place in our school this month! We're sure you will agree, the last two months have been jam-packed with exciting opportunities and experiences for all of our pupils across the school!

Yellow House is a unique youth organisation set up in the mid 1980s. Founded by George McKane in Liverpool, Yellow House is named after Vincent van Gogh's House in Arles where his door was always open. Yellow House have been committed to the social, emotional wellbeing and development of young people. A team from Yellow House spent the day in our school, running a number of social and emotional workshops with our Key Stage 2 pupils, working on team building exercises and trust.



Children's Mental Health Week 2024 took place from 5-11th February. This year's theme, 'My Voice Matters' was centred around empowering young people to use their voices, share what matters to them, and encourage those around them to hear their voices.



Evidence shows that empowering children and young people can have a positive impact on their health and wellbeing. For example, children and young people who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-efficacy and self-esteem.

As parents and carers, you play an important role in your child's mental health. If you get a moment, check out these free resources for families on the Children's Mental Health Week website;

<https://www.childrensmentalhealthweek.org.uk/families/>

Over the course of Children's Mental Health Week, pupils across our school got to try out and take part in lots of different activities, workshops and lessons. Whilst some of the workshops were thought-provoking, others were centred around the idea that a healthy body leads to a healthy mind.



A big 'thank you' to Samantha Clare (one of our Year 5 parents) who came in to work with different classes across the whole school. Samantha, works as a fitness instructor for Liverpool Lifestyles. She gave up her free time to come into school, inviting children to try out HIIT (High Intensity Interval Training) which has become a very popular style of training recently! A HIIT workout session involves you doing intervals of exercise that range from between ten seconds and eight minutes in duration, with you working at around 80-90% of your maximum heart rate for that period of time.



Yoga Bears™

Reception and Year 1 pupils got to show off their flexibility with Yoga Bears during mental health week. Yoga and mindfulness have been shown to not only improve both physical and mental health in school-age children, but also to help improve balance, strength, endurance, and aerobic capacity in children too. The children had a lot of fun meeting the different Yoga Bears and also trying out the different moves and yoga poses too!



WORLD BOOK DAY

The whole school came together to enjoy a wonderful 'World Book Day' on 7th March. Children and staff dressed up as characters from their favourite books, donning costumes, homemade book-themed hats and pyjamas! Each class participated in lots of fun book-based activities and the whole school came together in the school hall for a special book-themed assembly - what a day to remember 😊



Year Six



FOOTBALL

Our Key Stage 2 children also took part in football sessions with another Year 5 parent, Adrian Clare. Adrian also works as a football coach for Liverpool Lifestyles and, like his wife, gave up his free time to come into school and work with pupils across the school. Children had a fantastic time playing this team sport and Adrian worked on developing cooperation and collaboration skills amongst our pupils whilst also working with them on perfecting their game. Football also encourages players to work together towards common goals teaching the importance of communication, respect and support for one another.



Nursery

Our Nursery children were extremely proud to take part in the 'Art for All' exhibition at The Old Library on the 9th March with a very special 'Mother's Day' contribution. Their work looked magnificent on display and quite rightly received many compliments - a massive well done Nursery, we're all very proud of you!





The whole school enjoyed meeting Professor Vicki during Science Week! Pupils from across the school took part in lots of different scientific experiments, learning all about chemical reactions and physics too! A very exciting time was had by all and we're sure the workshop will have inspired many of our young learners into finding out more about the world where they live 😊



Peter from 'My BNK' has been working with pupils in both Years 3 and 4 this term.

'My BNK' is a UK charity that delivers expert-led financial education programmes for children and young people across the country. Their high impact and high energy programmes cover topics such as saving, budgeting, debt and public as well as student finance. Their mission is to empower young people to take charge of their future by bringing money to life. A big thank you to Peter who has given us much to think about and hopefully inspired some positive financial habits that are essential to every day living in the not so distant future 😊



"Boo's Mobile Zoo" also paid our school a visit during Science Week. Children met zoo keeper, Ian and his array of animals too! Many of the children got to hold a 7ft python called Stanley, pet meerkats Jessie & Jerry, a barn owl called Breeze and a skunk too! There were also guinea pigs and a Tegu lizard too! What a memorable experience!



Gymnastic keen pupils in Years 4, 5 and 6 were given the opportunity to attend the annual Gymnastics British Championships at the M&S Bank Arena in March. Pupils spent the day at the arena watching the Men's Disability Masters, Women's Aspire All-Around and Men's Under 16 All-Around Apparatus. The highlight of the day came though when leaving the arena and meeting Men's Under 16 All-Around Apparatus Champion, James with his four medals! James spent time talking with pupils, showed them his medals and even posed for the below photographs with them too! Definitely a day to remember 😊

