

Thursday 13 May 2021

House Cup Winners:

**Whitby**

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# St Robert's School Newsletter

## Stars of the Week

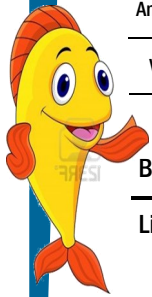


Jack	Wrens
Ava	Robins
Leo	Sparrows
Dawid	Starlings
Robyn	Merlins
Aidan J	Owls
Derrin	Kestrels
Nina	Kites
Cohen	Falcons
Anjule	Eagles

Well done everybody!

Big Fish - Joseph

Little Fish - Esme



## 10th May to 16th May

### Mental Health Awareness Week

Mental Health UK are inviting you to immerse yourself in the '5 Ways to Wellbeing', while reconnecting with nature.

The '5 Ways to Wellbeing' are a set of pillars which are key to improving our mental health. Modelled by the New Economics Foundation, they're geared around themes of social connectedness, physical activity, awareness, learning, and giving.

Across the week, join in by building in some small yet effective activities into your daily lives to feel more positive and able to get the most out of life! Go to [mentalhealth-uk.org](http://mentalhealth-uk.org)

## The Virtue of Kindness

For the beginning of this half term the children are exploring the virtue of kindness. Please talk and discuss with your children how being kind helps us all to feel happier and makes the world a better place for us all.

### How do we Practise Kindness?

We think of other people, are sensitive to their needs, and notice that they are in need of help or care. We greet them with courtesy, we smile, say kind words and make them feel valued. When someone is in need of help we perform an act of kindness to bring comfort, support or happiness. We learn what ways of acting (habits) show kindness and build up community and try not to be cruel or insensitive. We take good care of animals and God's creation.

## How do children become better readers?

### Reading to children

"Once children begin to master the many skills of reading, gaining fluency and independence, they progress from learning how to read to reading for learning. It is still, nevertheless, very important to continue reading to children as it enables them to access and experience texts that they may not necessarily choose themselves, for example, longer books that require high levels of concentration and stamina, those with complex sentences and a wider range of vocabulary etc. And, of course, reading to children can be a very pleasurable shared activity, whether it's with brothers and sisters, aunts, uncles, grandparents..."

If your family can read in a language other than English, it's just as good to read to your child in that language. Experience in listening to stories and rhymes is great in any language and children cope very well with two (or more) languages."  
*UK Literacy Association*

### Head Girl Book Recommendation

I hope you are all well and reading lots. If you can't think of a book to read, I would definitely recommend, 'The Butterfly Club' by Jacqueline Wilson. This book is aimed at Y3 to Y6 and is about a lovely little girl called Tina.

Best Wishes from Rosie.



### Prayer

"Let no one ever come to you without leaving better or happier.

Be the living expression of God's kindness;

Kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting

Amen

St Theresa of Calcutta