



Let all that you do be done in love.

1 Corinthians 16:14



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A MESSAGE FROM MRS COX

This week was Children's Mental Health Week. If I'm honest, we haven't had a huge push in this in school and as I've asked myself why - last week of term business? Are we all a bit too tired? Too much to cram in already? No. I feel it's because our mental health, and how we can protect it, is something we talk about with the children daily, in the following ways:

Morning recovery session - Each morning, on entering school we have ten minutes before assembly to take the register and complete an activity. Previously, this would have a learning, corrections or catch-up focus, meaning children had to 'hit the ground running' from the moment they enter. I don't know about you, but mornings are pretty hectic and full-on in our house; they rarely run smoothly and there's often last minute bag-packing, uniform-finding and snack-grabbing amongst a million other things. Therefore my team and I, based in nurture-based research, decided to ensure a short, calm, mindful start to the day to allow children to ground themselves in school and feel ready to embrace the day ahead.

Collective Worship (assembly) - We recently moved this to first thing in the morning rather than at the end of the day. What better way to begin the day, than with our friends, gathering in God's presence to listen to his message and mission as we welcome each other to the day ahead. On Tuesdays I also lead the children in singing practice, which is truly the highlight of my week - despite needing to remind a few that they're never 'too cool to sing'!

Mindful minute and story time - Each day, every class timetables in a minute or two for guided relaxation tips, teaching the children to recognise how they're feeling in their body and ways to respond. 15 minutes of class story time, sharing a class book also happens daily. Allowing the children time to just enjoy a book together, which is so important for wellbeing!

End of day reflection - At the end of each day, time is left to reflect on our day. We encourage the children to talk about which virtues they have demonstrated, which needed work and support, which values and principles they have 'done in love' and which of the NHS 5 ways to wellbeing they've covered to further protect their mental health. We start and end each day in prayer, asking Jesus to be with us on our journey, showing us what we can do together to ensure that all we do is 'done in love'.

What does 'Let All That You Do Be Done in Love' (1 Corinthians 16:14) mean?

Earlier in 1 Corinthians, Paul goes to great lengths to explain what love means. This earlier passage helps give context and meaning to what it means to 'do everything in love':

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails." (1 Corinthians 13:4-8)

This description of love helps make sense of Paul's instruction to, "Do everything in love". When we do things out of love, that means we are not doing things for our own gain or to make ourselves look good in front of others. These verses guide us to make choices each day out of love that result in being patient, kind, and forgiving.

Wishing you a lovely half-term break with your families. We look forward to seeing you all back at school on Monday 19th February.

Mrs Cox



LET US PRAY

Lord Jesus, I know that you have felt the fullness of human suffering: be with me, and with my brothers and sisters who are suffering today. Help us to feel your presence more closely. Direct me to those who are suffering, and give me the words and the time to be a beacon of love and hope. Help all in this community to see that you are with us on good days and bad alike, and that one day there will be no more suffering, no more tears; for you make all things new.

Amen.



Courtesy of Diocese of Nottingham.



February Reflection from The Catholic Diocese of Nottingham

Our prayer theme for this month is mental wellbeing. The term "mental health" can be misunderstood, but the fact is that each of us has mental health in the same way we have physical health. At times, our physical health is good, and sometimes it is poor. The same is true about our mental health; perhaps we aren't even aware of mental health, and life goes on without much thought, in a particularly happy or resilient place, where we are able to face challenges effectively, but there may also be times when we become aware that we can't.

The charity 'Mind' states that "one in four people will experience a mental health problem each year in the UK". A quarter of the population will face a mental health problem this year, making it highly likely that will include someone you know: a friend, a colleague, a family member, a fellow parishioner, your parish priest, or even you. Sadly, in the past, phrases like 'pull yourself together' and 'don't worry about it', which often come from a place of sympathy, have had the opposite effect, only increasing a sense of shame or feeling of worthlessness. Like any illness, it can shake our faith; we can feel separated from God, abandoned or unworthy, and our prayer life can seem impossible. This is normal and part of our human frailty. The Book of Psalms is full of God's people struggling with stress, anxiety, depression, and feeling worthless or unlovable; the psalmists speak out their separation from God, their lack of joy and loneliness. This is part of what it means to be human and is, therefore, part of the story of God and His people, salvation history. God acts through times of both good and poor mental health.

Central to our faith is a message of hope. There will be a time when there are no more tears and no more suffering. This hope is built on the central truth that God is not only present, making His home amongst us, in the good times, but that God made His home amongst us in suffering..

In the person of Jesus, God experienced the fullness of human suffering, our suffering. God is not a stranger to pain. In times of poor mental wellbeing it is important that we know, and then help others to know, that Jesus is with us and that He is working in and through us to bring about this new heaven and new earth: that our suffering is united to His suffering, and Christ's suffering is united to ours.

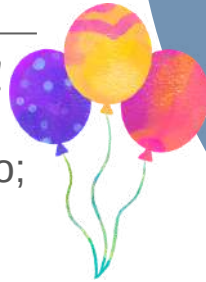
Our faith tells us that there is hope, and that even now God is making all things new.

*Written by Joe Hopkins
Director of Adult Formation for Mission
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SCHOOL COUNCIL & GREEN TEAM

A reminder that Monday 19th February is our next Green Team meeting, and Monday 26th February is our next School Council meeting. Please collect your child at 4pm.

HAPPY BIRTHDAY!



A very happy birthday to;

Jenson in Willow Class who is 11 on 15th February, and Kenneth from Cedar Class who is 5 on 15th February.

Remy in Cedar Class turns 5 on 17th February, and Lucy in Willow Class who will be 10 on 22nd February.

We all wish you a wonderful time celebrating your special day!

LINCOLNSHIRE PARENTS FORUM

LPCF are Lincolnshire's Parent Carer forum for parents of children with disabilities and additional needs. Your child does not need a diagnosis in order for you to join as a member, e.g. they may be undergoing investigation, have behaviour issues, anxiety etc, and there is no upper or lower age limit.

To read more about LPCF and their upcoming events and workshops, please [click here](#) to read their newsletter.



REMEMBERING MRS SOPHIE SANDFORD

We are all shocked and deeply upset at the news that our former EYFS teacher and KS1 lead, Mrs Sophie Sandford, passed away earlier this week at the age of 34.

Mrs Sandford lit up our school and what was then the EYFS 'Elephants' classroom with her smile, warmth and care towards all of the children; this compassion was also generously extended to the class parents.

Mrs Sandford joined St. Augustine's in 2017; her EYFS Class children are our current Willow and Juniper classes. Sophie's genuine love for our school and the children was evident in all that she did, and when she left at the end of the school year in 2019, she opened her own role-play centre for children, Petite Street in Holbeach, before recently returning to teaching.

We know that our school parents and the children will be extremely saddened by this news. We are thinking of all of Sophie's family, friends and colleagues at this devastating time, keeping them all, and her young son, Hugo, in our hearts, thoughts and prayers.



*Bless those who mourn, eternal God,
with the comfort of your love
that they may face each new day with hope
and the certainty that nothing can destroy
the good that has been given.
May their memories become joyful,
their days enriched with friendship,
and their lives encircled by your love.
Amen.*

E-SAFETY WITH ALAN MACKENZIE

New NSPCC Videos

The NSPCC have been uploading some new videos onto their YouTube channel over the last week. Although not strictly online safety related I thought it may be useful to share, there are topics such as dealing with bullying, understanding healthy relationships and consent amongst others. To see their latest videos you can follow [THIS](#) link.

Early Years - Online Safety Starts Early

Internet Matters have a wonderful set of resources on their website specifically for schools and parents of early years children. The resources are a 4-episode series covering good habits, being mindful, device safety and digital chats. You can find all the resources [HERE](#).



ATTENDANCE



Our whole school attendance this week was 86.29%*

Our attendance by class is as follows:

Cedar - 91.27%

Sycamore - 74.68%

Olive - 82.14%

Acacia - 91.1%

Willow - 89.88%

Juniper - 93.41%

Being around teachers and friends in a school environment is the best way for pupils to learn and reach their potential. Time in school also keeps children safe and provides access to extra-curricular opportunities and pastoral care.

For more information, please visit the gov.uk website [here](#),

**Based on a 4 day school week due to Inset Day on Friday 9th February*



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING FEBRUARY HALF TERM 2024



moneysavingcentral.co.uk/kids-eat-free

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

TESCO

Kids eat free with a purchase of 60p+ from
From Mon 12th - Fri 23rd February 2024

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

GREENE KING PUBS

Kids Eat Free all-day with the purchase of an adult's meal. Deal, Monday-Friday, between Mon 12th - Friday 23rd February 2024

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase a full priced adult's main meal (App needed)

IKEA

Kids get a meal from 95p daily from 11am

MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Mon 12th - Fri 23rd February 2024 kids eat free with every £10 adult spend

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.