

# St Aidan's Catholic Primary Academy

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Headteacher: Mrs Victoria Campling (BA Hons)



**Monthly Newsletter February 2024**

**Follow us on twitter: [@staidansrprim1](https://twitter.com/staidansrprim1)**

*'Together we enjoy Learning, Achieving, Sharing and Praying. Let Jesus Love shine through in everything we do.'*



Dear Parents/Carers,

We began the season of Lent with Fr Marek joining us on Ash Wednesday to distribute ashes and remind us all about fasting, almsgiving and praying during these 40 days of Lent. Each class have beautifully presented their Lenten promises which are displayed in the main entrance area if you wish to pop in and see. This half term focuses on Lent reminding the children and preparing them for the risen Christ. I encourage you to find some time to use the prayer resources on the monthly CST newsletter for prayer time with your family during these next few weeks.

## **Number day:**

We had a wonderful day at the start of February all about Numbers in the support of NSPCC. The school was a wash of numbers and maths with very creative outfits. Thank you to Mrs Darcy for organising a fun wider curricular day highlighting the fun and engagement of maths through a variety of activities all across the school. Year 6 did a wonderful job as pupil leaders running the activities in classes.

## **Sports event:**

Miss Sehmi and Mrs Peak took some of the Year 3 and 4 children to the London Youth Games inspire sports festival at the Lee Valley sports centre for them to experience a range of sports and activities. The children were delighted for the opportunity and thoroughly enjoyed the whole experience, the facilities were amazing! See some of the photos and read their articles below.

## **St Aidan's staff news:**

We welcome Mrs Elsey our new caretaker to the staff team, I am sure you will make her feel very welcome on the school gates.

## **School uniform:**

Please ensure you check the school uniform policy and requirements on the school website to ensure that your child is wearing the correct items to school each day. This includes footwear, socks/tights and bags. We take pride in how smart St Aidan's pupils are and this is regularly commented on by visitors. We do offer pre-loved items and support with uniform so please do contact the school office for more details if required.

## **Journalists:**

Please enjoy the children's articles this month – Gabriel (3/4R), Varsha (3/4R), Ekaterina (6Dw), Eva (3W), Tomisin, Chisom, Paula, Melissa (5D), Inaaya & Sanaya (6Da), Margaret (4W).

Thank you for your continued support, God bless you and your families.

Kind regards, *Mrs. Campling*

**Please ensure all your contact details are up to date with the school office and inform them of any changes. Please ensure you have provided emergency contact details for your child. Thank you.**

## Diary dates

**6/3/24** – Choir trip

**7/3/24** – World book day!  
Parent coffee morning 9am-10am

**12/3/24** – Yr 4 trip to Eastbury Manor

**18/3/24** – Rock steady concert at 10am

**26/3/24** – Stations of the cross Parents welcome between 9-10am.

**27/3/24** – KS2 Easter Presentation at St Cedd's church at 10:45am Parents welcome

**28/3/24** – End of term – Easter holidays finish at 3:20pm

**15/4/24** – School re-opens for Summer term at 8:45am

## Extra-curricular activities

The following clubs are now available after school with premier sport coaches - 3:30-4:30pm:

**Tuesday – KS2 Multi sports club**

**Wednesday – KS1 Multi sports club**

**Thursday – KS1 & KS2 Gymnastic club**

We also have available:

**Monday – Judo club**

**Monday – Rock steady music lessons (during the day)**

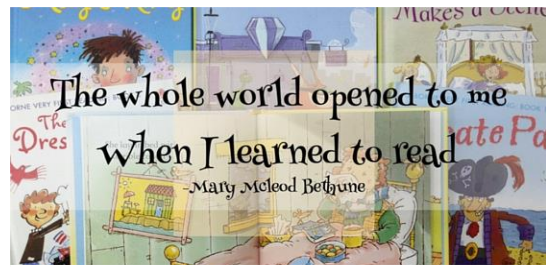
Contact Miss Rickwood in the school office for booking details.



### **Handmade School hair bows on sale**

**Large bow - £2,  
Whole set - £5**

Contact the school office to place an order



## World book day

**Thursday 7<sup>th</sup> March**

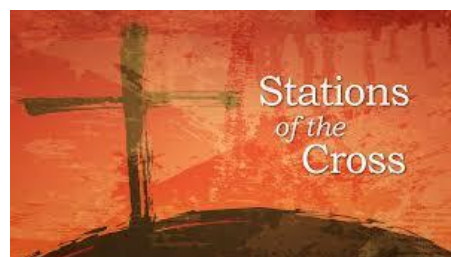
Come to school dressed as a word from one of your favourite stories and bring the book to share.

See the letter from Ms Williams for ideas and inspiration to create what you wear.



## World book day Parent coffee morning

**Thursday 7<sup>th</sup> March 9am-10am**, join us for coffee and pick up free books to take home and share with the family.



## Tuesday 26<sup>th</sup> March

Anytime between 9am – 10:15am parents are very welcome to visit and view the beautiful artwork from each class depicting the stations of the cross. It is a peaceful and prayerful opportunity during passion week.



# St Aidan's News!



**Yr3/4 Sports event - LYG**



**Number day**



**Chinese New Year**

# LYG Festival



On Tuesday, we went to Lee Valley Hockey and tennis center. We did lot of different sports activities. I had so much fun! Boxing was my favorite. We played hockey, football and we did dance. I had a great day.

By Gabriel Bonaga 3/4R



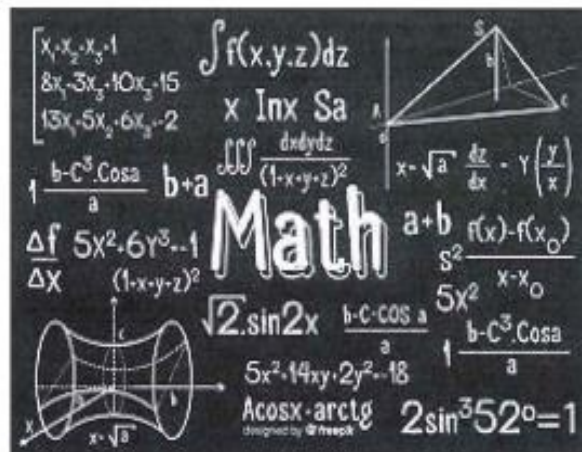
## Yoga

A talented and kind yoga teacher came to visit our school. It was very special because it was mental health week. She was an expert! We started with some warm up stretches to loosen our bodies and prevent injuries. She then taught us the high lunge, cat pose and downward dog pose. These were a bit difficult but I kept trying. We also learnt the child's pose and bridge pose. I found these ones a bit easier. At the end we turned off the light and lied on the carpet. This was to calm us down and keep us relaxed. This has made me want to learn more poses and take part in yoga alot more. Varsha 3/4R

# MY favourite subject

## MATH

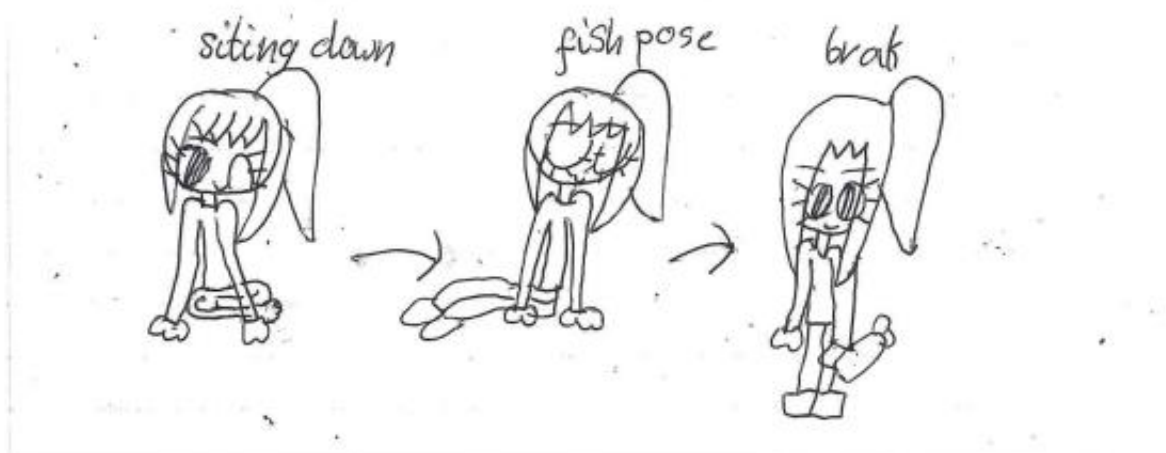
Mathematics is my favourite subject as I love to solve mathematical problems like addition, subtraction, division and multiplication. In year 6 we are learning about: coordinates, to measure area, volume, and perimeter. We also multiply and divide numbers (up to 4 digits) and we are solving lots of problems involving fractions and decimals. We also simplify fractions using common factors and multiplying fractions. The key words for this section are common factor, numerator, denominator, improper fraction, and mixed number. Also we subtract and adding negative numbers.



Ekaterina (6DW)

During mental <sup>yoga</sup> health week a visitor came to our school and she taught us some yoga. We did the fish pose a snake and a pita roll. I felt excited because I never did this before. she taught us the cat pose that was my favourite. so the last pose we did was the downwards dog pose. It was so easy I really enjoyed this yoga it was amazing.

Eva 3W



Eva (3W)



# MENTAL HEALTH WEEK! Tomisin

Tomisin

5D

Mental health week informations! \* \* \*

Mental health week starts on Monday 13 - Sunday 19<sup>th</sup> May 2024. The Theme of mental health week is movement.

Tomisin

5D

There's different colours to represents different emotions, for example the yellow ribbon represents, you helped young people by realising that they matter. The colour for this year is green with represent anxiety.

Tomisin

5D





# Lenten Promises ✝

When we done our  
Promises We got to do  
them on Hearts like mine

Was about preaching the good  
News and about spreading PEACE



lent is also about  
prayer, Fasting and  
Almsgiving

There are many  
ways to fulfill  
promises

also lent is  
about blessings

Paula 5D

**Paula (5D)**

LENT

Chisom 5D

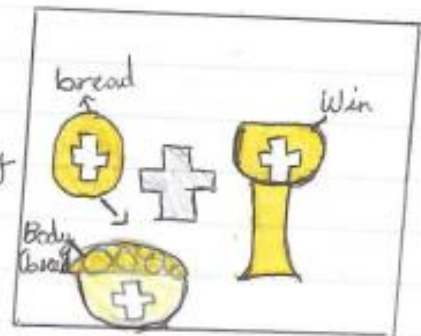
## WHAT IS LENT?

Lent is a period of 40 days during which many Christians remember the events leading up to and including the death of Jesus Christ, whose life and teachings are the foundation of Christianity. The 40-day period is called Lent after an old English word meaning 'lengthen'.

In Lent we pray, fast and we can do, almsgiving. What is fasting and almsgiving, fasting is when you fast for 40 days but for children they can give up 3 or 2, 1, things like sweets, like chocolate and biscuit.

## WHY IS LENT IMPORTANT?

Prayer during Lent is when you focuses on our needs from God forgiveness. It's also about repenting (turning away from our sins) and receiving God's mercy and love.



LENT

Lent is a season of forty day not counting Sundays, which begin on a and ends on Holy Saturdays in Lent are not counted in the forty day.

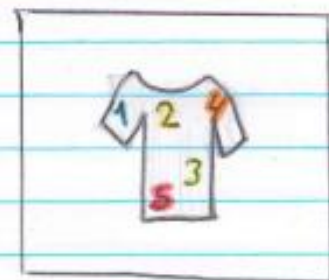
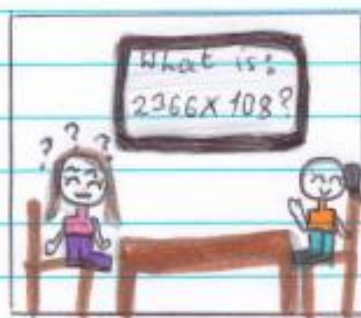


# Number Day!

Melissa  
5D

Number day was amazing! We had to wear numbers on our clothes and we only did Maths as our lesson. We also went into different classrooms in different groups, and we did some really fun and interesting activities, for example, we went in year 6's class and we had a white drawing and we had to colour by numbers.

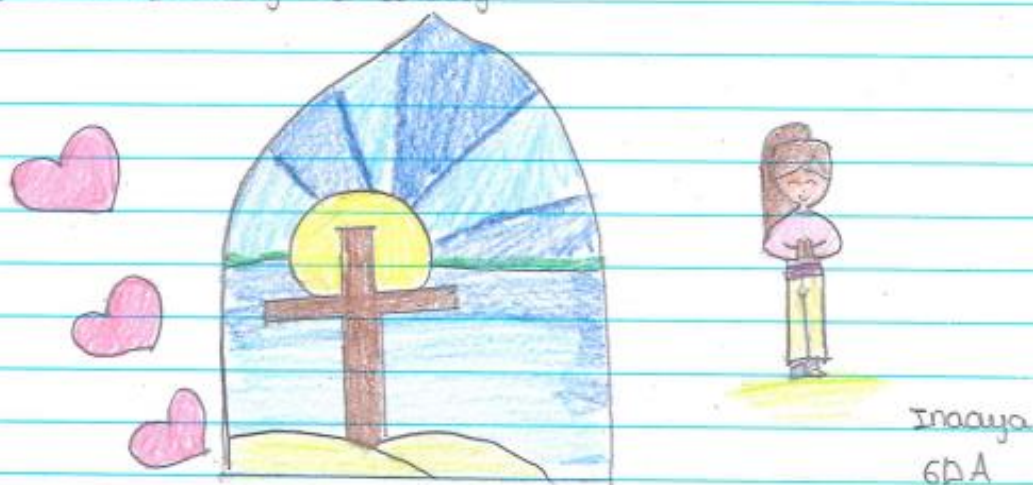
I think that Number day was really fun, and I really enjoyed it! We also played in a times tables quiz and if we got the question right we would get points, and we also played a teamwork game where we had to help each other.



# LENT AND PROMISES

Lent began on the 14<sup>th</sup> February which was Ash Wednesday. We had an Ash Wednesday service with Father Marek. In our classes, we made our Lent promises to God. We linked these to the Catholic social teachings. We also made promises about sacrifice and giving something up for the greater good. My Lenten promise to God was 'I promise to promote peace on the playground like Daisy the Dove.' Another promise is 'I promise to stop watching television so I can spend more time with my family.' Everyone's promise is displayed in the office.

As a school we had Collective Worship about Lent. We talked about the three words Mrs Campbell mentioned in assembly: Prayer, Fasting and Almsgiving. Prayer is about praying to God and forgiving others. Fasting is giving up something or making a sacrifice for the season of Lent. Almsgiving is about giving to the poor and needy. We also learned the word Covenant. It is about making a promise. This Lent, we can all try to make a promise to help our community and society.



**Inaaya (6Da)**



# Lent & Promises

Lent began on 14 February and it starts from Ash Wednesday till the day Jesus was crucified on March 31st, the day when it is Easter. During Lent Christians have to give up something. Some people give up meat, while others give up the thing they love the most.

During Lent we also make Lenten promises linked to the Catholic social teaching. It is also known as the season of forgiveness and this means that we need to forgive others as Jesus forgave us. We also did a collective worship about Lent, where we learnt about what Lent is all about. We learnt about three things:

- Prayer
- Fasting
- Almsgiving



Prayer is all about worshipping God and following his path. Fasting is all about giving up something that you love for God. Almsgiving is all about helping the poor and helping them in need, like giving them water, food and clothes.

We all can make a promise to God, to help our society and our family and friends. This Lent I promise to help other people in need. Let us all make something different this Lent.

Sanaya 6DA

# LONDON YOUTH GAMES NEWSLETTER

On Tuesday, 21<sup>st</sup> of February, a group of us ~~was~~ visited the London Youth Games. We ~~managed~~ managed to take part in all the different sports like hockey and boxing. I particularly enjoyed the dancing. I liked it because it had a lot of movements and creativity. The boxing included a lot of strength but it gave me confidence and I really enjoyed it. We had a really nice lunch and were ready for the next sports. I hope I get to go again.

**Margaret (4W)**

