

St Oswald's Newsletter 9.10.26

'Love Jesus, Love Learning, Love Each Other'



This week's Wednesday Word is: 'Invitation'

Dear Lord Jesus, please help us to remember that every moment of the day you are **inviting** us into your love, to share in your love, the share in your happiness and peace. Amen.

"Jesus invites us to build civilization of love together!"

Pope Francis (2013-2025)

Every moment God is inviting us into a loving relationship. We accept God's invitation through loving him and all those within our world. When we put our faith in Jesus and invite him into our lives, he can help us. We also discover the happiness that comes from knowing that God is our Father and that we are God's children.



AWARD WINNERS



	Ozzie's Champ	Top-Table Winner
Reception	Ezra W	Grace S
Sparrows	Sonny H	Florence W
Robins	Calluna A	Hallie C
Starlings	Matilda J	Lucas R
Magpies	George D-N	Joshua T
Seagulls	Francis C	Mercy B
Owls	Lawrence McN	Sophia Call
Eagles	Freya A	Hailey L

Mass Times

Saturday
St Wilfrid's 6pm

Sunday
Our Lady's
9:30am & 6:30pm
St Oswald's
11am



Attendance Matters

Every school day is an opportunity for children to learn, grow and make happy memories with their friends. Regular attendance helps children feel confident, settled and able to make the most of every learning opportunity. Thank you for your continued support in ensuring your child attends school every day and arrives on time. Together, we can help every child thrive at St Oswald's.

	Attendance
Reception	98.2%
Sparrows	92.6%
Robins	93%
Starlings	90.5%
Magpies	98.6%
Seagulls	94.6%
Owls	97.8%
Eagles	93.0%

Every day in school counts...



and every minute counts...



Competition

This week has been another busy one at St Oswald's! On Monday, some of our Year 6's took part in a football tournament at Laithwaite Park. As always, all the children involved represented St Oswald's well and showed good competitive spirit.



World Mental Health Day

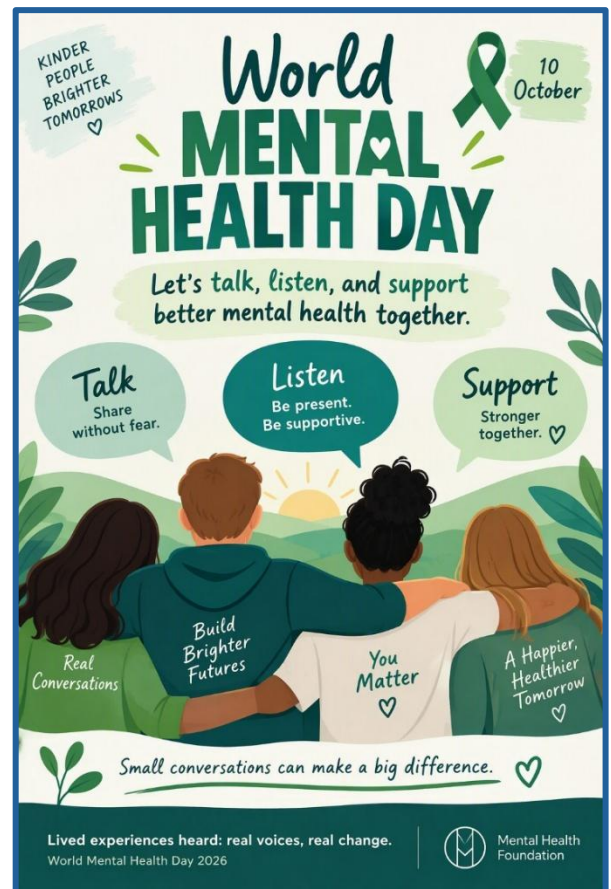
This World Mental Health Day, let's talk, listen, and support better mental health together.

World Mental Health Day takes place every year on 10th October.

It reminds us why good mental health is so important, and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.

The theme for 2026 is "Lived experiences heard: real voices, real change" (World Federation for Mental Health).

Conversations about mental health make a difference. And they matter most when we listen to people's experiences.



Holy Communion Meeting

The next Holy Communion preparation session is due to take place on **Monday 19th October at 6.30pm in St Oswald's Church.** This meeting is for parents and children.

Uniforms

Please could you ensure that your child's name is in their hoodies, jumpers/cardigans and coats. We have a large number of jumpers/cardigans/hoodies with no names in. This makes it an impossible job to return to their owner.

Allergens and Anaphylaxis

In line with Benedict's Law and due to having a number of children in school, who have epi-pens due to a nut allergy, a reminder that we are a 'Nut Free School'. Thank you for your co-operation.



stay & play

EYFS Stay and Play

This morning, parents/carers came to visit our EYFS to work with their children. The focus of this session was Phonics. Our visitors enjoyed a Monster Phonics lesson and they went away with lots of ideas on how they could help in their children at home. Thank you to all for attending and showing your support.

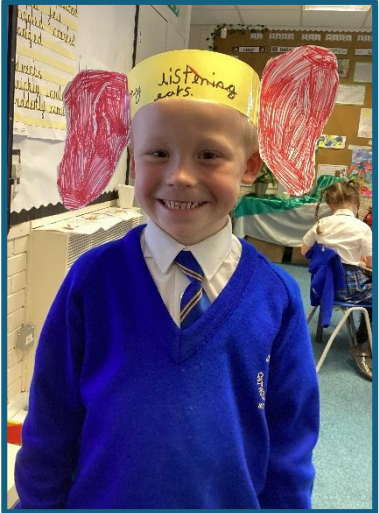


#HelloYellow

YOUNGmINDS

Happiness is...

being at home
 being in my bedroom
 being in my room
 being in my tent
 being on a football pitch
 being on my rugby pitch
 being on my bike
 being in school
 being in the forest
 being in nature
 being on my bike
 reading my book
 reading on my bed
 being at the boxing arena
 being in my motorhome
 playing in my garden
 being at the beach
 being at my caravan
 being with my family
 playing with puppies
 playing with my little brother
 playing with my friend
 being with my dog and family
 playing games with my brother
 being in my bed
 being on a plane
 being with my family
 being with my mum
 being on holiday
 playing with my sister
 colouring peacefully
 having a movie night
 being at the ice rink





World Mental Health Day 2026

A kinder mind. A brighter tomorrow.



A Little Bit of Sunshine

Some days I feel happy,
Some days I feel sad,
Some days I feel wiggly,
Or worried, or mad.

My feelings are important,
Each one has a place,
They help me understand myself
And how I face each day.

I can talk to someone I trust,
A grown-up, friend or teacher too,
Sharing thoughts and feelings
Is a brave thing we can do.

I can breathe, play, laugh and rest,
And take good care of me,
Because a healthy mind and heart
Help me be the best I can be.

So on World Mental Health Day,
Let's remember this is true:
It's okay to have feelings,
And you're loved just being you.



A Message for Families

World Mental Health Day reminds us that everyone's mental health matters. By talking, listening, spending time together and showing kindness, we help children develop confidence, resilience and emotional wellbeing.

➤ Stronger Together ♥ Happier Tomorrows ➤



World Mental Health Day 2026

A kinder mind. A brighter tomorrow.

YOU
MATTER

You Matter

There will be days when the sky feels bright,
And days when clouds block out the light,
There will be moments full of cheer,
And times when worries seem too near.

But feelings come and feelings go,
Like rivers that continue to flow,
And every thought that fills your mind
Is part of being humankind.

You do not have to stand alone,
Or carry every weight unknown,
A trusted voice, a listening ear,
Can help when challenges appear.

Being strong is not pretending,
That every problem has an ending;
Being strong is reaching out,
Talking through your fear and doubt.

So take a breath and take your time,
You don't have to always climb.
Rest, reflect, draw, read or play,
And care for your wellbeing every day.

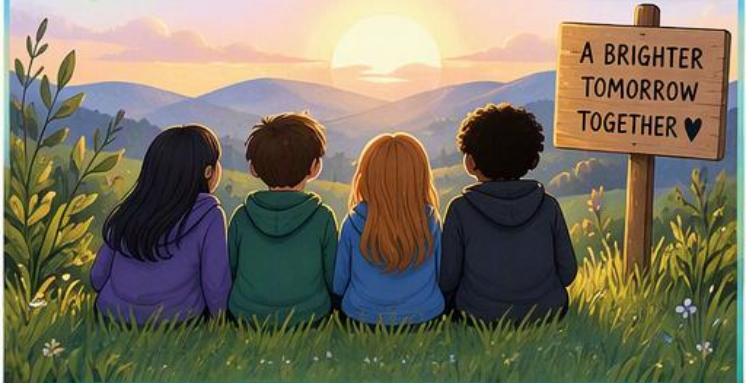
Remember this, both near and far:
You are valued as you are.
No matter what you think or do,
The world is better because of you.

Brighter
Minds
Kinder
Communities
♥

Small
Steps
Make a
Big
Difference
♥

A
HEALTHIER
HAPPIER
KINDER
TOMORROW
♥

A BRIGHTER
TOMORROW
TOGETHER ♥



A Message for Families

World Mental Health Day reminds us that everyone's mental health matters. By talking, listening, spending time together and showing kindness, we help children develop resilience, confidence and emotional wellbeing.

➤ Stronger Minds ♥ Brighter Futures ➤

World Mental Health Day

10 OCTOBER 2026

Lived experiences heard:
real voices, real change

Let's talk,
listen and
support better
mental health
together.



World Mental Health Day takes place every year on 10 October.

It reminds us why good mental health is so important, and how we can prioritise it in our lives and communities. It's also a moment to talk openly and listen to what others are experiencing.



Talk

Start a conversation.
A small chat can
make a big difference.



Listen

Take time to really
hear what someone
is saying.



Support

Be there for others
and let them know
they're not alone.



Change

Together we can
create a more open,
understanding and
mentally healthy community.

Need support?

There are people who care and
services that can help. You're not alone.

SAMARITANS

Whatever you're going through,
a Samaritan will listen.

☎ **116 123**
(free, 24/7)

🌐 www.samaritans.org



Information and support
for your mental health.

☎ **0300 123 3393**
(Mon–Fri, 9am–6pm)

🌐 www.mind.org.uk

shout 85258

Text **SHOUT** to **85258**
for free, confidential
support, 24/7.

💬 Text **85258**

🌐 www.giveusashout.org



Mental health support
and advice.

🌐 [www.nhs.uk/
mental-health](http://www.nhs.uk/mental-health)

☎ **Call 111**
(for urgent mental
health support)



Support for young people
struggling with thoughts
of suicide.

☎ **0800 068 4141**
(24/7)

🌐 www.papyrus-uk.org



Support for men who
need to talk.

☎ **0800 58 58 58**
(5pm–midnight, daily)

🌐 www.thecalmzone.net



Information and support
for anyone affected by
mental illness.

🌐 www.rethink.org

☎ **0300 5000 927**
(Mon–Fri, 9.30am–4pm)



Talk to someone in your local area

You can also speak to your
GP, school/college, workplace
wellbeing team or local
community services.

*Help is closer
than you think.*

Your mental health
matters ♥

Real conversations
lead to real change.

AUTUMN TERM DATES

St Oswald's Catholic Primary School

SEPTEMBER

22nd
September



Before school judo Club Y1-Y6

24th
September



Open morning for prospective new starters
5pm – Open evening for prospective new starters

25th
September



Wear green for McMillan Cancer Research Charity

OCTOBER

9th
October



Eaglets – Stay and Play – further details to follow

16th
October



Tempest School photographer in school

23rd
October



School closes for half-term

NOVEMBER

6th
November



PTFA – wear bright colours for a £1 donation

6th
November



Christmas Card designs to go home today

10th
November



Christmas Card designs back to school today

11th
November



Remembrance Garden Visit
Children who belong to a uniformed organisation e.g. Brownies, cubs, can wear their uniform to school

13th
November



Children in Need – more details to follow

16th
November



Donations for food and toiletries hamper for senior citizens

23rd
November



EYFS, Year 1 and Year 2 – Parent Interviews – PM

24th
November



Year 3-6 Parent Interviews – PM

26th
November



Rock Kidz – Anti-Bullying

27th
November



Bring a Christmas decoration in for the Christmas tree – Peace theme

DECEMBER

4th
December



PTFA Own clothes day – bring in chocolate or tombola donation
1.30-3.30pm – Sing a long bingo

W/C
7th
December



Christmas Performance Dress Rehearsals week – Costumes to be in school

8th
December



Christmas Fair

10th
December



Christmas Jumper Day
Christmas Lunch – whole school

11th
December



Eaglets Christmas Performance – Doors open 2.15pm

14th
December



KS1 Christmas Performance – Doors open 1.45pm

15th
December



Y3 and Y4 Christmas Performance – Doors open 1.45pm

16th
December



Y5 Christmas Performance – Doors open 1.45pm

17th
December



Y6 Christmas Performance – Doors open 1.45pm

17th
December



Y5 and Y6 Choir performing at the St Edmund Arrowsmith High School Christmas Carol Concert – more details to follow

18th
December



Christmas Party Day – Own clothes – more details to follow

18th
December



Schools closes for Christmas



St Oswald's PTFA



Due to low numbers at the AGM,
the PTFA need to hold an EGM
to increase our membership.

Please come along
and support your PTFA.



Monday
12th October
2026



Robin Hood
Pub



6:30pm

Together we can make a difference!