

Dear parents,

“The invitation at the Transfiguration is to listen to Jesus and to follow him.”
Pope Francis (Pope from 2013 - 2025)

FUTURE DATES

- 2nd Mar** – Wear Something Yellow or red (with school uniform) For St Davids Day.
- 4th Mar** – Station of the Cross Y2 & Y5
- 5th Mar** – World Book Day
- 6th Mar** – Whole School Lenten Liturgy in church lead by Y5
- 9th Mar** – Y2 Phonics Workshop - 9am
- 10th Mar** – Nursery Reading Café – 9am
- 12th Mar** – Nursery Open Day – 3.15-4.00pm
- 14th Mar** – Laetare/Mothering Sunday Mass – 6pm

Well done to the Stars of the week

Nursery	Whole Class
Reception	Whole Class
Year 1	Zuzanna & Willow
Year 2	Tommy & Jude
Year 3	Zachary & Franciszek
Year 4	Alfie & Kayden
Year 5	Eva & Evelyn
Year 6	Niamh & Millie

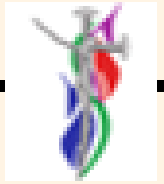
OUR MISSION THIS WEEK

Go up the mountain again, tonight. Find a quiet place away from noise and distractions and meet with Jesus there. On the mountain with Jesus, speak with him honestly. What’s made you happy? Has anything worried you or made you sad? Don’t forget to give Jesus a chance to speak. Even if you can’t hear his voice straight away, know that he is with you, loving you and filling you with his peace. Go back to this mountaintop whenever you choose. It’s a place in your heart where heaven touches earth.

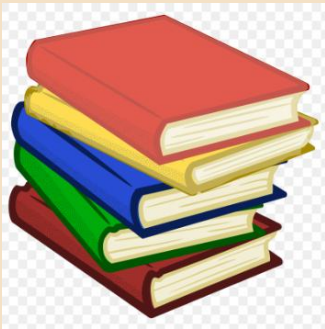




ST JOHN VIANNEY CATHOLIC PRIMARY



Yesterday some of the children from year 6 and year 5 sang at the funeral of Madeleine Carter. Madeleine has a long history with St John Vianney School. She was a parent and a PTA member and then helped at the Parish Christmas Bazaar and Summer Gala. She also heard many children read in school. It was a great privilege to sing and bring comfort to the family.

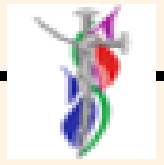


We are working on gaining our School of Sanctuary Award and have purchased some lovely books with dual language texts. We would like to promote the many languages our children read at home.

This week we have had a wonderful reading café led by reception. Thank you to all the parents and grandparents who were able to attend it was a pleasure to see them read with the children and share the joy of reading. Thank you to Mrs Ryan for leading the reading session.

Today some of our children from Year 5 and Year 6 were invited to take part in The Kevin Shakespeare memorial Football match. There was a girls and boys football match and after school there is a staff match. We wish Mr Gormley, Mr Chatland and Mr Allen all the best who are taking part.





As we start our journey through Lent we are learning about the importance of Pray Fast and Share. Thank you for the wonderful donations of cakes and we look forward to seeing how much money we have raised.

On Monday we are celebrating St David's day with Mass. If you can please wear something yellow with the rest of your school uniform, but if you have nothing yellow, red is another option (both colours from the Welsh flag.) We encourage you to bring a £1 donation to support a great charity - Mary's Meals.



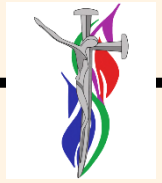
Job vacancies in the Diocese

Cathedral Manager at St Chad's

Lead Trustee for the Property sub-committee

Lead Trust for the Safeguarding sub-committee.

Please see our website for full details. [St John Vianney Catholic Primary School - 2025-2026](#)



WEEKLY DIARY

Date's may be subject to change – please check your emails regularly

Monday 2nd March 2026

Choir – KS2 – Lunchtime
Dance – KS2 – 3.15pm-4.00pm
Netball Training – Yr 5 & 6 – 3.15pm-4.15pm
St Davids Day – Wear something yellow/red with your school uniform

Tuesday 3rd March 2026

Recorder Club KS2 – 3.15-4.00 p.m.
Boys Football Training – 3.15-4.15pm
Multi-Skills – 3.15pm-4.15pm - **FINISHED**
Reception Music – Lunchtime

Wednesday 4th March 2026

Mini Tennis Years 3 and 4 – 7.45-8.30 a.m.
Running Club Key Stage 2 – 8.00 – 8.30 a.m.
Guitar Tuition
Dance Year 1 and 2 – 3.15-4.00 p.m.
Girls Football Training – 3.15 -4.15 p.m.

Thursday 5th March 2026

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.
Piano Tuition
Creative Flair Dance Year 1 - 4 – Lunchtime
Boy's Football Match against St Mary & Bens (Home)
World Book Day

Friday 6th March 2026









Gaelic Football Training Y5 & Y6 - Lunchtime



ST JOHN VIANNEY CATHOLIC PRIMARY



ATTENDANCE SJV

EYFS and KS1		KS2	
Class Name	Weekly Attendance	Class Name	Weekly Attendance
Nursery	97.16% 	Year 3	95.19% 
Reception	95.56% 	Year 4	99.65% 
Year 1	97.78% 	Year 5	97.78% 
Year 2	99.26% 	Year 6	95.83% 



St John Vianney Nursery

Nursery Admissions 26/27 now open

St John Vianney Nursery offers a nurturing start within a close-knit, one form entry school where every child is truly known and valued.

Guided by a strong Catholic ethos and a caring team, we create an Inclusive community where children feel safe, happy, and inspired to grow.

Why choose our Nursery?



We offer the perfect setting for learning, exploration and fun.

- Creative, engaging curriculum
- Dedicated Forest School
- Generous outdoor learning space
- Nurturing and experienced staff
- Inclusive, faith-guided environment



We welcome children age 3 and above, We offer 15 & 30 hour funded places .

Wraparound care is available from 7.30 am–8.45 am and 2.45—5.30 pm

*Application forms are available from the school office or via our website
www.sjv.hccmac.co.uk*

To arrange a visit please contact the school on 02476464088

St John Vianney School, Mount Nod Way, Coventry CV5 7GX



St. John Vianney Purple Shop



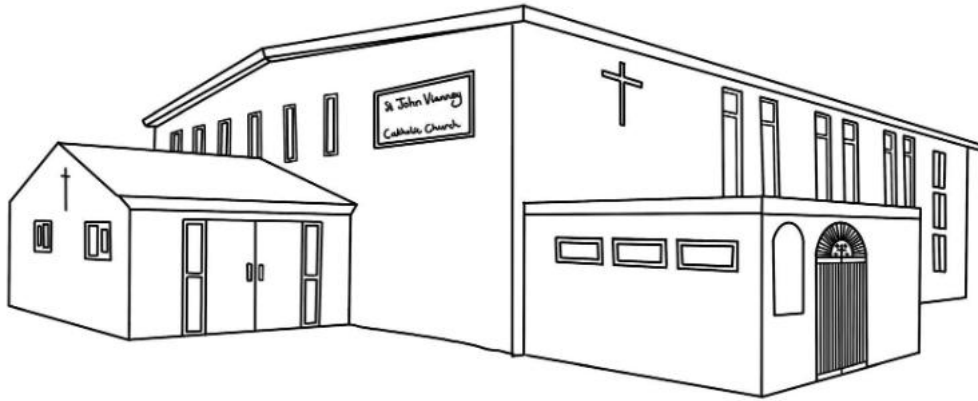
£1 per item!

Money made from the purple shop
will contribute towards school
equipment for the children & to
help with travel costs for school
trips.



Please email:
sjvcoventrypta@gmail.com or scan
the QR code to join our FB page!





St John Vianney Parish Weekly Schedule 2026

Holy Mass

Tuesday - 9.00am

Wednesday - 9.00am

Thursday - 10.00am

Friday - 9.00am (with School during
term time)

Saturday - 10.00am

Saturday - 6pm (Vigil Mass of
Sunday)

Sunday - 9.30am (Sunday Mass)

*Times of liturgies may change due
to funerals or other parish events.
Please always check the latest parish
newsletter.*

What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lasting impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gilbert is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



#WakeUpWednesday

The National College