



# ST JOHN VIANNEY CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 11<sup>th</sup> July 2025

## GOOD NEWS

Dear Parents

“We must not fail to help our neighbours, because in them we are serving Jesus”. Saint Rose of Lima

In this Sunday’s Gospel, Jesus teaches us that every person, without exception, is our neighbour – particularly anyone in need.

Through the parable of the Good Samaritan, Jesus is showing us how to be truly human and so change the world through serving our neighbour

## KEY DATES

11<sup>th</sup> July Rocksteady Assembly 2.30 pm

11<sup>th</sup> July Reports home

14<sup>th</sup> and 15<sup>th</sup> July 6pm KS2 Performance

18<sup>th</sup> July Break up for Summer Holiday

1<sup>st</sup> and 2<sup>nd</sup> September – Training days – School closed to children

3<sup>rd</sup> September – Children return to school

## News of the week

Thank you to Bishop Walker and Fr Des for leading us in Confirmation this week. We were so lucky with the weather. The children were so well prepared, they were fortunate to have Bishop Walker visit them in the morning to talk to them about the Sacrament. Thank you to Mrs Holmes and Mrs Cook for all your hard work in making this sacrament such a special day in their faith journey.

## Car parking

Please be considerate and respectful to our neighbours when parking while you are picking up and dropping your children at school. Please avoid blocking people's driveways and dropped curbs, can you also avoid parking on the bend. Thank you for your co-operation.





We had an Ice-cream van visit school yesterday as a thank you to the children for all the hard work and great behaviour we have had this year. The children thoroughly enjoyed their ice-creams and lollipops especially as it was such a hot afternoon.

Our children attended the MAC ECO conference this week and shared all the amazing things that they have done to help save our environment. The children made bug hotels, planted seeds and completed art activities.

We are getting very excited for the children who are preparing to perform High School Musical next week. Have your tickets ready for this exciting production

**School Meals** – The price of school meals will be increasing in September to £2.30. The catering company is changing in September, so any outstanding balances need to be cleared by the end of term.



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## SAFEGUARDING AT SJV



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

### 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 lifelong 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 reduce 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 professional. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

#### Meet Our Expert

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



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## ENRICHMENT CLUBS BEFORE AND AFTER SCHOOL DIARY DATES FOR SUMMER 2025

*Dates may be subject to change – please check your emails regularly*

### **Monday, 14<sup>th</sup> July**

Cricket – Years 1 & 2 – 3.15-4.15 p.m.

### **Tuesday, 15<sup>th</sup> July**

**NO AFTERSCHOOL SESSIONS**

### **Wednesday, 16<sup>th</sup> July**

Guitar Tuition

3.30 Netball Match – St John Vianney V Cannon Park (Home match)

### **Thursday, 17<sup>th</sup> July**

Piano Tuition

Creative Flair Dance - Year 3 & 4 - 12.00-12.30 p.m.

Creative Flair Dance - Year 1 & 2 - 12.30-1.00 p.m.





Cricket – Key Stage 2 – 3.15-4.15 p.m.



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## ATTENDANCE SJV

EYFS and KS1		KS2	
Class Name	Weekly Attendance	Class Name	Weekly Attendance
Nursery	85.7%	Year 3	98.7% 
Reception	93.6%	Year 4	99.3% 
Year 1	92%	Year 5	93.4%
Year 2	97.4% 	Year 6	97.6% 

**Children arriving late to school:**

Please be advised that if your child is late to school, children must be signed in by a parent/carer.



WE  MUSIC

PIANO AND GUITAR  
LESSONS  
AT SCHOOL IN  
SEPTEMBER



Lessons tailored to suit  
your requirements  
A reliable and friendly  
Service  
Qualified and inspiring  
Teachers  
All DBS checked  
Free school performances  
and the opportunity to  
take ABRSM exams

For more information and to sign your child up  
please get in touch:

[manhattanmusic.coventry@gmail.com](mailto:manhattanmusic.coventry@gmail.com)  
[www.manhattanmusiccoventry.com](http://www.manhattanmusiccoventry.com)

*Music the Manhattan Way*



There are still spaces available for children to join the piano and guitar lessons at school in September. If you are interested, please email Manhattan Music to secure a place.

[Manhattanmusic.coventry@gmail.com](mailto:Manhattanmusic.coventry@gmail.com)

