



# St Robert Southwell School Newsletter



No. 5 – February 2026

Aiming for Excellence - Being the Best We Can Be

<p><b><u>Wellbeing &amp; Mental Health Vision</u></b></p> <p>To support everyone’s wellbeing and mental health, so that they can be the ‘Best they can Be’, are happy together, resilient, ready to learn and succeed.</p>	<p><b><u>Mission Statement</u></b></p> <p>Following Jesus’ footsteps and inspired by St Robert Southwell, we work hard, aim high and treat everyone with honesty and gentleness.</p>	<p><b><u>Vision Statement</u></b></p> <p>Vision: Aiming for Excellence: <b>Being The Best We Can Be.</b></p>
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## Catholic Life



The Most Reverend Richard Moth was installed as the Twelfth Archbishop of Westminster during a Mass of Installation at Westminster Cathedral at 12 noon on Saturday, 14 February 2026.

### Prayer:

Heavenly Father, you have called Bishop Richard Moth to lead your Church in Westminster. Grant him wisdom, strength, and holiness of life. May he be a faithful shepherd, uphold Your truth, and lead your people with compassion and courage. Amen.

## St Robert Southwell



St Robert Southwell’s Feast Day takes place on 21<sup>st</sup> February, which is in half term this year. We marked this special day in school yesterday, with a non-uniform day, some poetry and a sweet treat.

### Prayer:

Inspired by **St Robert Southwell** we **pray** for the gift of courage and to never give in to despair. May we dare to stand up for the truth when those that surround us are full of fear.

Lord, in your mercy.... Hear our prayer.

## Poem for Our Feast Day

Saint Robert Southwell loved Jesus with all of his heart. He prayed and he trusted right from the start. He helped other people with kindness and care, and showed God’s love everywhere. He was brave when things were tough. He loved God more than enough. Saint Robert Southwell, help us every day to love like Jesus in every way.

## The Year of St Francis:



Pope Leo XIV has proclaimed a Special Jubilee Year of St. Francis from January 10, 2026, to January 10, 2027, commemorating the 800th anniversary of the saint’s death. The year focuses on peace, mercy, and ecological care, offering a plenary indulgence to the faithful who visit Franciscan churches and fulfil specific conditions.

Key details of the Franciscan Jubilee Year:

**Purpose:** The year honours the 800th anniversary of the death of St. Francis of Assisi (1226–2026).

**Theme:** Pope Leo XIV highlighted the saint's witness as a "man of peace" in a world marked by conflict, encouraging the faithful to seek reconciliation and follow his example of holiness.

**Plenary Indulgence:** A plenary indulgence is available to the faithful who, between January 10, 2026, and January 10, 2027, visit a Franciscan church or shrine, participate in Jubilee celebrations, or spend time in prayer.

**Requirements:** The indulgence is obtained through the usual conditions: sacramental confession, Holy Communion, and prayer for the Pope's intentions.

Prayer:

The Lord bless you and keep you. May He show His face to you and have mercy. May He turn His countenance to you and give you peace. The Lord bless you! Amen.

February is dedicated to the Holy Family



The Holy Family Prayer:

Holy Family of Nazareth, make our family one with you. Help us to be instruments of peace. Grant that love, strengthened by grace, may prove mightier than all the weaknesses and trials through which our families sometimes pass. May we always have God at the centre of our hearts and homes until we are all one family, happy and at peace in our true home with you. Amen.

Ash Wednesday and Lent

Next Wednesday, 18<sup>th</sup> February, marks the beginning of Lent and the 40 days building up to Easter. Please talk to your children about giving-up, cutting back or doing something extra during Lent, as we move towards our most important celebration in the Church Year.

Message

Dear All

It has been a typically busy half term in school. Last week in particular:

- Year 5 were away at Gordon Brown Residential Centre for the week
- It was children's Mental Health Week – Theme "This is My Place"
- Tuesday was National Safer Internet Day - Theme "Smart tech, safe choices"
- We took part in the Kingsbury Schools Cluster 'Poetry by Heart' finals at Kingsbury Green on Wednesday
- We had our school celebration of the Feast of St Robert Southwell, in school on Friday

The children and staff should be very proud of the rich curriculum offer and all they have achieved so far this year. I hope all our families have an enjoyable half term break.

Poetry by Heart

Congratulations to all the children who took part in the school heat and those who got to the finals. Your hard work, willingness to practice and fulfilment of our vision "Being the Best You can Be", was evident in all your performances. Well done!

## **Children's Mental Health Week**



The Theme this year was: - "**This is My Place**": The 2026 theme highlights that fostering a sense of belonging in schools, communities, and at home is crucial for children's mental well-being.

We know that our sense of belonging as individuals, in our friendships, in school, and in communities plays a vital role in our mental health and wellbeing. To know our place and really feel part of our environment is a basic human need. It can have powerful and long-lasting impacts in lots of areas of our lives, including our physical and mental health, education, employment and relationships. When we feel that we belong, it empowers us to contribute to the world and make a real difference.

We started the week with music on the playground on Monday morning and finished with our feast day celebrations.

Following this week's Children's Mental Health week Mrs Egan is looking at opportunities and activities which can be offered across the year to embed a varied well-being offer.

### **Feedback and On-going School Improvement**

We continually review our provision, policies and routines. As a school we are always aiming to fulfill our Vision and Mission. Each school year we identify key areas for development and the staff meet and have training to embed improvements.

This year we are working on the following:

- Development of RE and the Catholic Life of the School and Embedding Catholic Social Teaching
- Developing clear and effective Line Management for all staff
- Continuing Social Impact and Super Kind Programme
- Continuing Improving awareness of Sustainability, Stewardship of Creation across the curriculum
- Increasing awareness of ethnicity, diversity and disability and recognising and challenging inequality

We also offer termly Headteacher information sessions and invite parents and wider communities views via questionnaires and surveys.

We are open to feedback form parents and the community and consider suggestions in our planning and review meetings.

Thank you to those who share suggestions and concerns so we can continue to improve and provide our very best.

### **Friends' Association**

Well done to the Friends' Association for another successful event. The Quiz night sponsored by K&H Power Solutions, as well as Year 1 families and Bang Bang Oriental Foodhall was a great success. Thank you to everyone for their support.

### **SRS Charity – Keeping our Buildings and Provision to its Best**

A big thank you to all those parents and family members who have contributed to the charity. As a Catholic school we need to provide additional funds to maintain the building, which is 10% of all premises and build costs. We need to raise at least £20,000 per year in donations to maintain the building to a good standard. So far this year we have had £6950 contributions.

In the last three years we have had funding from the diocese for boilers, a new fire alarm and our new office and fencing works which are currently taking place, we will have drained the funds from parent contributions in our charity by the end of this school year. To be eligible for further grant works we will need to build funds from your contributions. We all want to keep the school in a good state and ensure it is maintained for future generations.

Please do consider contributing to help us keep our building in a good condition. All donations are very gratefully received. The £90 annual payment per family has been added to your youngest (or only) child's Scopay account.

### **Behaviour**

We are regularly complimented on how well the children behave and their excellent attitude to learning.

We have agreed rules and clear expectations of what is acceptable and unacceptable behaviour in school.

As a community we support children in following the rules and meeting expectations, so school is a happy and safe place to learn. We also support children to resolve conflicts on the playground and to learn from their mistakes. It is very important that they learn to take responsibility for their actions even when they make a mistake, rather than making excuses.

We need to work with parents to ensure children get the best from school each day. Our children are expected to be part of a positive community and to fulfil the vision "Being the Best They Can Be", and our Mission Statement.

Unfortunately, the number of children with internet devices who are allowed to play games and use apps which are not age appropriate at home, has led to problems between children in school. Please use parental controls to help you keep your child safe when using mobile devices and internet linked devices at home.

When we work together we provide the best models for the children and help them to understand rules and expectations.

## Upcoming Dates

<b>Date</b>	<b>Time</b>	<b>Event</b>
Tuesday, 17 <sup>th</sup> February		Shove Tuesday
Wednesday, 18 <sup>th</sup> February		Ash Wednesday
Saturday, 21 <sup>st</sup> February		Feast of St. Robert Southwell
Sunday, 22 <sup>nd</sup> February		First Sunday of Lent
Monday 23 <sup>rd</sup> February		Back to School
Tuesday, 24 <sup>th</sup> February		Year 3 Egyptian Workshop
Thursday 26 <sup>th</sup> February	7.00pm	Friends' Association Meeting
Friday 27 <sup>th</sup> February	9.00am	Eco refill shop (before & after Celebration Assembly)
Friday, 27 <sup>th</sup> February		Year 3 to Parish Mass at SS. Sebastian & Pancras
<b>March</b>		Women's History month & the month of St. Joseph
Sunday, 1 <sup>st</sup> March		St David's Day & Second Sunday of Lent
Thursday, 5 <sup>th</sup> March		World Book Day & Friends' Association Disco (Y1-6)
Friday, 6 <sup>th</sup> March		International Day of Prayer
Sunday, 8 <sup>th</sup> March		International Women's Day & Third Sunday of Lent
Monday, 9 <sup>th</sup> March	2.30pm	Year 1 Trip RAF Museum 5S Class Assembly
Thursday, 12 <sup>th</sup> March	2.00pm 6.00pm	St Patricks Day Assembly for Year 2&3 Musicians Ticketed St. Patrick's Day fundraiser music concert – foundation musicians in Year 4-6.
Sunday, 15 <sup>th</sup> March		Mother's Day & 4 <sup>th</sup> Sunday of Lent (Laetare Sunday)
Tuesday, 17 <sup>th</sup> March		St Patrick's Day Year 6 Imperial War Museum – further details to follow
Wednesday, 18 <sup>th</sup> March		Reception to visit Parish Church St. Sebastian & St. Pancras, Hay Lane.
Thursday, 19 <sup>th</sup> March		Feast of St Joseph Year 5 Theatre trip – further details to follow
Friday, 20 <sup>th</sup> March		Year 5 to St. James for drama performance
Sunday, 22 <sup>nd</sup> March		Fifth Sunday of Lent
Tuesday, 24 <sup>th</sup> March	3.30pm – 6.00pm	Parental consultations – Nursery – Year 6 (also see Easter Liturgy dates below)
Wednesday, 25 <sup>th</sup> March		Feast of the Annunciation

<b>Date</b>	<b>Time</b>	<b>Event</b>
Thursday, 26 <sup>th</sup> March	3.30 pm – 6.00pm	Parental consultations – Nursery – Year 6 (also see Easter Liturgy dates below).
Friday, 27 <sup>th</sup> March	9.00am	Friends' Easter raffle & bonnet parade School closes at 2.00pm for the Easter break – no ASC on this day.

### **Easter Liturgies – main school hall**

Year 1 – Palm Sunday	23 <sup>rd</sup> March	2.40pm
Year 2 – Last Supper	24 <sup>th</sup> March	9.00am
Year 4 – The Way of the Cross	26 <sup>th</sup> March	9.00am
Easter Raffle Draw and Easter Bonnets	27 <sup>th</sup> March	9.00am

### **Competitive Sport and Sport for Well Being and Fun**

We have been blessed to continue to provide team and competitive opportunities so far this year and I thank our staff for their commitment and parents for their support.

It is important that participation and enjoyment of sport are acknowledged and that children understand not everyone can be picked for a team.

Increasingly parents and children have expressed they believe it is a right and entitlement to play in the schools' competitive teams because they take part in school clubs or PE. Competitive games by their nature are for the most skilled or best at the sport. If 40 children attend netball or football club they are not all going to be selected for competitive games. Where possible we also take up participatory and friendly opportunities with other schools to allow more children opportunities to play against other teams.

In the current climate with staff cuts and budget issues, all schools are struggling and do not have the funds or staff to regularly take part in friendly games. Several schools no longer take part in competitions at all. We are keeping our participation under review and will only be able to continue if we have the funds and staff to offer competitive opportunities.

### **Subject in Focus PE**

Mr Thorogood is our PE leader. He is passionate about improving the children's stamina and wellbeing. He has an overview of PE across the school and co leads Netball Club with Miss Shah each Monday. We are also fortunate to have Mr Pascoe who coaches our football teams and runs a range of before-school sports clubs attended by 100 children each week.

### **Intent**

At St Robert Southwell we recognise the importance of Physical Education to a child's physical, cognitive, social and emotional development, as well as the role it can play in a child's spiritual, moral and cultural development. We are committed to supporting the health and wellbeing of our children and understand the impact physical activity and sport has on this. We aim to provide a broad and balanced P.E. curriculum, to aid children's increasing self-confidence in their ability to manage themselves and their bodies, within a variety of movement situations. Our children will have opportunities to compete in sport and other activities that build character and help to embed the key values of sport, such as fairness and respect. A balance of individual, team, co-operative and competitive activities aims to cater to individual pupil's needs and abilities.

Our curriculum is based on progressive learning objectives which, combined with varied and flexible teaching styles, endeavour to provide appropriate, stimulating, challenging and enjoyable learning situations for all pupils. PE at St Robert Southwell is an imperative part of the curriculum which develops a need for healthy lifestyles, a balanced diet, a positive growth mind set and resilience. We are passionate about the need to teach children how to co-operate and collaborate with others, as part of a team, understanding fairness and equity of play to embed life-long values.

In addition to the importance placed on PE lessons, we also have a wider curriculum offer which includes the opportunities for pupils to take part in extra-curricular sports and activity clubs and competitions. Daily physical activity and health-enhancing activities also play a crucial role in our offer to pupils including active lessons, active breaks and lunchtimes and extra-curricular activities.

### **Implementation**

We aim to embed 30 minutes of physical activity throughout the school day in addition to the twice-weekly PE sessions. Children are provided with opportunities over the school day to become physically active within the curriculum. Lessons include elements of physical activity, including active times tables sessions, and children are provided with opportunities to have “brain breaks” throughout the school day, through the use of initiatives such as skipping, mindfulness and dance activities.

Our active lunchtime initiative enables children to become physically active through various zones, including the following: sporting activities in our Sports Zone, and Target Zones; dance and artistic activities in our Creative Zones; personal best and team-building challenges in our Challenge and Hop, Skip, Jump Zones; and other activities such as board games, music and role-play activities for our less sporty children in our Quiet Zones. Pupils in EYFS undertake daily physical exercise, through continuous provision and weekly Forest School activities. In KS1 the curriculum focuses on fundamental key skills to develop early stages of tactical awareness and physical fitness, elements of agility, balance and coordination.

Curriculum content includes ball skills and team games, gymnastics and dance activities. Children are introduced to early stages of games, gymnastics, dance and athletics. At Key Stage 2 pupils continue to apply and develop a range of skills to enable them to become successful games players, dancers, gymnasts and athletes. Lower Key Stage 2 develop the skills required for a range of games, while upper Key Stage 2 takes this further to allow access to varied games. We also enrich children’s experiences through opportunities for swimming and outdoor and adventurous activities.

We provide opportunities for all children to engage in extra-curricular activities before, during and after school. Children are given the opportunity to compete at various levels, including personal best challenges in school, and other intra school challenges between houses, year groups and classes. We take part in many School Games events through our links with the Kingsbury Schools Sports Partnership, and hold the Silver Level School Games Mark for our participation in competitive sports. This is an inclusive approach that aims to encourage not only physical development but also well-being for all pupils.

### **Impact**

As a result of a strong Physical Education curriculum, and wider curriculum offer, pupils at St Robert Southwell will;

- Acquire and develop skills, performing with increasing physical awareness
- Become skilful and intelligent performers

- Learn how to select and apply skills, tactics and compositional ideas to suit activities that need different approaches and ways of thinking
- Develop their ideas in different ways
- Set targets for themselves and compete against others
- Understand what it takes to persevere, succeed and acknowledge others' success
- Respond to a variety of challenges
- Take the initiative, lead activity and focus on improving performances
- Develop competence to excel in a broad range of physical activities
- Lead healthy, active lives
- Develop positive attitudes to participation in physical activity
- Engage in competitive sports and activities –
- Embed values, such as fairness and respect

For the last few years, at the end of the year, we have had a special sports celebration assembly showcasing the sports in school and the range of extra-curricular sports the children take part in.

#### **Closing Prayer**

Dear God help our whole community to be strong in body and mind. Bring comfort and enable us to lead vibrant, caring and energetic lives. Amen