

St Vincent's Catholic Primary School



Newsletter
16 June 2023

Dear parents and families,

As we embrace the summer season and enjoy the warm weather, it is essential to remember the importance of sun safety. Protecting ourselves from the harmful effects of the sun is crucial for maintaining our health and well-being. In this newsletter, we would like to provide some valuable tips and reminders to help everyone stay safe in the sun.

Apply Sunscreen:

Sunscreen is a vital defence against the sun's harmful ultraviolet (UV) rays. Apply a broad-spectrum sunscreen, with an SPF (Sun Protection Factor) of 30 or higher, generously to all exposed skin.

Seek Shade:

When the sun is at its peak, typically between 10 am and 4 pm, seek shade whenever possible. This will help reduce direct exposure to the sun's intense rays and decrease the risk of sunburn and heat-related illnesses.

Wear Protective Clothing:

Covering up is an excellent way to shield your skin from the sun. Opt for lightweight and loose-fitting clothing that covers your arms and legs. Additionally, wear a wide-brimmed hat to protect your face, ears, and neck. It is also advisable to wear sunglasses to safeguard your eyes from UV damage.

Stay Hydrated:

Drinking plenty of water is essential, especially when spending time outdoors in the sun. Dehydration can occur quickly in hot weather, so make sure to stay hydrated by drinking water regularly. Avoid excessive consumption of sugary or caffeinated beverages, as they can contribute to dehydration.

Be Mindful of Outdoor Activities:

Participating in outdoor activities is a fantastic way to enjoy the summer. However, be mindful of the intensity of the sun during these activities. Encourage breaks in shaded areas and provide ample water for participants.

Check the UV Index:

Keep an eye on the UV Index in your area. The UV Index provides information about the strength of the sun's rays on any given day. Higher UV Index values indicate a greater risk of sunburn and skin damage. You can find the UV Index in weather forecasts or use smartphone apps designed for this purpose.

Let's work together to educate our children about sun safety. Teach them the importance of wearing sunscreen, protective clothing, and sunglasses. Encourage them to seek shade during playtimes and outdoor activities. By instilling these habits early on, we can help protect their skin for years to come.

Remember, staying safe in the sun is a shared responsibility. By following these sun safety tips and encouraging others to do the same, we can all enjoy a fun and healthy summer season!

Have a lovely weekend.

Mrs Gonzalez

Stars of the Week



Reception – Adaure for always sitting beautifully and listening well during carpet time.
 Year 1 – Ezinne for being a wonderful friend to others and for excellent maths work.
 Year 2 – Benedictus for a super first week and contributing good ideas to class.
 Year 3 – Elena for showing resilience in all areas of the curriculum.
 Year 4 – Julian for good learning behaviour and effort in his work.
 Year 5 – Lena for a consistent work ethic.
 Year 6 – Naasei for showing great determination playing the violin.

Dates for your Diary

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|--------------------|--|
| Tuesday 27 June | KS1 Sports Afternoon at 1.30pm |
| Wednesday 28 June | Class photographs |
| Wednesday 28 June | KS2 Sports Afternoon at 1.30pm |
| Thursday 29 June | Years 2 – 6 visit to Mass <i>(leaving school at 09:00)</i> |
| Tuesday 4 July | Years 4 & 5 trip to Eagle Heights |
| Friday 7 July | Spanish Day |
| Saturday 8 July | Summer Fair 11am – 3pm |
| Monday 10 July | Year 1 trip to Hall Place |
| Tuesday 11 July | Year 3 trip to Lullingstone Villa |
| Thursday 13 July | Year 2 trip to National Maritime Museum |
| Thursday 13 July | Reception trip to Godstone Farm |
| Tuesday 18 July | Leavers' Mass |
| Friday 21 July | Last day of Summer Term |
| Monday 4 September | First day of Autumn Term |

This Week's Attendance

| 12-16 June 2023 | |
|-----------------|-------|
| Reception | 97.3% |
| Year 1 | 98.7% |
| Year 2 | 99.3% |
| Year 3 | 96.4% |
| Year 4 | 98.8% |
| Year 5 | 97.7% |
| Year 6 | 90.6% |
| Whole school | 97.0% |



Summer Fair

We would be grateful to any parents who are able to help with the fair. If you can help set up from 10am, work on a stall or clear up afterwards, please let us know. Thank you.

We would also appreciate donations for the stalls, from Monday 19th June. Thank you.

- Bottles - for the bottle tombola
- Books/toys etc - for the toy tombola
- Empty Jam Jars
- Raffle prizes

Lost Property

A watch has been found. If you believe it belongs to you, please enquire at the office.

Safe in the sun

Remember you can now purchase our school sun hats from the school office.
They are suitable for every year group; the cost is £5.



Gospel Reflection

Matthew 9:36 - 10:8

Today we hear how Jesus was moved with compassion for people who were worried and who were looking for help. He sent the disciples out to care for them and he asks us to carry on this work today.

Jesus can see that the people are worried, that they are struggling and that they are looking for some help.

He is filled with compassion for them. But he doesn't just feel sorry for them, he is also moved to action.

He gathers together his twelve disciples, his closest friends, and sends them out with instructions, not only to preach and share his message with the people, but also to care for them. Jesus sends the disciples to help, support and heal the people. And to do it all for free, without asking for anything in return.

Jesus talks to the disciples about the harvest, and how there are not enough workers to gather it in.

Jesus knows that everywhere there are people who are looking for comfort and help. There are people who need to hear his message of love. But that there is only so much that he and the twelve disciples can do themselves.

He asks the disciples to pray to the owner of the harvest to send more workers.

Jesus is telling the disciples to pray to God to send them more people to join in with their work, to follow Jesus and to share his love with others.

We are followers of Jesus and so we are called to do what we can to love and help other people. This might be a member of our family or a friend, someone at school or church or in our local community. It could be someone further away who we know, or even who we don't.

When we see a problem, we are asked not just to feel sorry for the person who is sad, worried, ill or struggling, but like Jesus, we are called to take some action to help.

So this week, let us see what we can do to help others. Let us share God's love with one another and act with compassion when others are looking for support.

We know that God loves and cares for each one of us and so we have the courage to pray:

Prayer

God of mercy, fill us with compassion for our brothers and sisters, who are all loved by you. Lead us to take action and bring comfort and help where we can.

Amen.