



Welcome Back to School

Key Dates

Mon 9th Sept	New Reception class stay and play starts
Mon 16th Sept	New Reception class start full time
Tues 1st Oct	Individual school photos
Wed 2nd - Frid 4th Oct	Year 6 Alton Castle residential trip
Wed 2nd Oct	Year 3 Kingsbury Waterpark trip



Guided by the teachings of the Church we pray, work, celebrate, and care for each other and other people using the gifts we have been given by God the Father, Son and Spirit.

Mrs Milligan and Mr Spindlow's Message

Welcome back! It has been a pleasure to see all of our children from years 1-6 returning from the summer break with smiles on their faces and settling into their new year groups so well.

On behalf of all of the staff at Guardian Angels, a heartfelt thank you for the thank you cards and gifts received at the end of the academic year. Our children have made an excellent start to the new school year. The first week of term has been oozing with successes; behaviour has been outstanding - all pupils have come back to school with a positive frame of mind and ready for a fresh start.

As many of you are aware, we now have a new catering supplier. This means all food is now freshly cooked and not cooked from frozen as in the past. In order to ensure your child receives the meal that they want each day, it is vital that parents make meal selections on ParentPay. Please follow the link for further information about our new catering and allergy information:

<https://grdangel.ovw6.devwebsite.co.uk/page/?title=School+Meals&pid=42>

Congratulations House Captains and Vice Captains

St Luigi (Red House) Captain - Finn Vice Captain - Emily S
 St Agnes (Green House) Captain - Erin Vice Captain - Poppy
 St Carlo Acutis (Blue House) Captain - Emmie Vice Captain - Ava - Tia
 St Josephine Bakita (Yellow House) Captain - Olivia Vice Captain - Cassius

This Week's Gospel



Today we hear how Jesus helps a man who is deaf to hear and to speak more clearly. Let's think a bit more about listening and speaking out today...

Mark 7:31-37

Jesus then left the neighborhood of Tyre and went on through Sidon to Lake Galilee, going by way of the territory of the Ten Towns. Some people brought him a man who was deaf and could hardly speak, and they begged Jesus to place his hands on him. So Jesus took him off alone, away from the crowd, put his fingers in the man's ears, spat, and touched the man's tongue. Then Jesus looked up to heaven, gave a deep groan, and said to the man, "Ephphatha," which means, "Open up!"

At once the man was able to hear, his speech impediment was removed, and he began to talk without any trouble. Then Jesus ordered the people not to speak of it to anyone; but the more he ordered them not to, the more they told it. And all who heard were completely amazed. "How well he does everything!" they exclaimed. "He even causes the deaf to hear and the dumb to speak!"



New Initiative



Building the Kingdom

At Guardian Angels, we are very proud to be a part of the Building the Kingdom programme, the aim of which is to embed distinctive Catholic curriculum design for the transformation of society.

Through Building the Kingdom, we explore the big questions of purpose and meaning that arise throughout the Liturgical year, and then create lessons and events which engage students with the skills needed to be agents for a Spirit-fueled transformation of society.

Children at Guardian Angels are being formed to be the 'leaders of tomorrow' and they will leave here with a greater sense that they can make a difference.

As part of our 'Building the Kingdom' curriculum design, children will have the opportunity to deepen their understanding by asking 'big questions'. These big questions are whole school and class based and monthly homework will be set to help children explore these questions further

September Building the Kingdom Homework

Building the Kingdom Homework

September's Big Question - Who are the important women in our lives?

Research TWO great women, one from the past and one from the present.

The Church celebrates Mary's birthday on September 8. This feast day is exactly nine months after the Solemnity of the Immaculate Conception on December 8th.

Homework to be handed in by September 30th

Children will be awarded Saints Points for completion of their building the kingdom homework and prizes will be given to the best homework and for those children who go above and beyond in each class.

This Week's Attendance



Attendance Counts

Year Group	
EYFS	88.7
Year 1	88.5
Year 2	84.3
Year 3	91.7
Year 4	92.3
Year 5	88.7
Year 6	97.9

Attendance Update

Schools can fine parents for the unauthorised absence of their child from school, where the child is of compulsory school age.

Guardian Angels have now had to fine 15 families following Birmingham City Council guidelines

If issued with a penalty notice, parents must pay £80 within 21 days or £160 within 28 days. The payment must be made directly to the local authority..

If the payment has not been made after 28 days, the local authority can decide whether to prosecute the parent.

Attendance Support

Mrs Tennant and the attendance team are always available to offer advice and support to help ensure your child is able to attend every day and reach their full potential. To book an appointment, please call the office on: 0121 747 2782

Every Day Counts

Just before the holiday, all schools in England received a message from the Secretary of State for Education, outlining the concerns linked to attendance nationwide. Whilst our attendance has improved and the number of children below 90% attendance has decreased, there is still work to be done. Our teachers are providing an excellent education in every classroom, everyday - every day missed is a missed learning opportunity. Attendance will remain a huge focus for the whole school this year.

Attendance Ladder





Safeguarding Tip of the Week

Self Esteem

Self-esteem is about valuing yourself as a whole person. Here's how you can support yourselves and your children in this journey. Celebrate strengths and uniqueness – we need to ensure we focus on what makes each person special, their talents, and their positive qualities. Practise positive reinforcement – celebrate their effort, progress, and achievements in all areas of their lives, focusing on growth, development and effort – not just outcomes. Set realistic goals and celebrate milestones – setting achievable goals builds confidence. Celebrate even small successes along the way. Practice self-compassion – we all have flaws, and that's okay! Treat yourself and others with kindness and understanding. How can we expect others to listen to our affirming words if we don't take heed ourselves?

E- Safety Tip

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

- 1 LEARN WHAT EQUIPMENT YOU NEED**
Figure out a list of all equipment required for the start of the new school year. This can include uniforms, school bags, stationery, and other items. Check the school website for a list of items and ensure you have everything you need before the start of the school year.
- 2 COMMUNICATE WITH THE SCHOOL**
If you notice that a child is feeling unwell about the start of the school year, contact the school. A teacher or school counselor can provide support and advice. They can also help you to understand the school's policies and procedures.
- 3 CHECK THE SCHOOL WEBSITE**
The school website will provide you with the most up-to-date information on the school's website. It will also provide you with information on the school's policies and procedures. Check the website regularly to stay up-to-date on the latest news and events.
- 4 HELP TO MANAGE FRIENDSHIPS**
A good friendship can help a child to feel confident and happy at school. Encourage your child to make friends with children who have similar interests. Encourage your child to be kind and helpful to others. Encourage your child to be a good listener and to share their own experiences.
- 5 PLAN SELF-CARE**
Taking a break from school can be a good way to recharge your batteries. Encourage your child to take a break from schoolwork and to spend time with family and friends. Encourage your child to get enough sleep and to eat a healthy diet. Encourage your child to exercise regularly.
- 6 MANAGE TRICKY FEELINGS**
Expressing your feelings is a good way to deal with difficult feelings. Encourage your child to talk to a trusted adult about their feelings. Encourage your child to write in a journal or to draw their feelings. Encourage your child to be honest about their feelings.
- 7 SECURE A SCHOOL UNIFORM**
Parents and carers should try to buy school uniforms that are comfortable and practical. Encourage your child to take care of their uniform. Encourage your child to wash their uniform regularly and to iron it when necessary.
- 8 PREPARE FOR TRANSITION DAYS**
Transition days can be a challenging time for children. Encourage your child to be prepared for transition days. Encourage your child to bring a special item to school, such as a drawing or a letter from home. Encourage your child to be confident and happy on their first day of school.
- 9 READ THE MENTAL HEALTH POLICY**
A school's mental health policy is a document that outlines the school's approach to mental health. Encourage your child to read the school's mental health policy. Encourage your child to talk to a trusted adult if they have any questions about the school's mental health policy.
- 10 LEARN ABOUT SEN SUPPORT**
A child with special educational needs (SEN) may need extra support at school. Encourage your child to learn about the school's SEN support. Encourage your child to talk to a trusted adult if they have any questions about the school's SEN support.

Meet Our Expert
Dr. Sarah Jones is a specialist in mental health support for schools, an author and a speaker. She is an Associate for Thomas Education, a fellow of the Chartered College of Teaching and a member of the National Association of Schoolmasters/Union of Educationists. She has published several books and a regular column in the National Association of Schoolmasters/Union of Educationists journal. She is also a frequent speaker at national and international conferences.

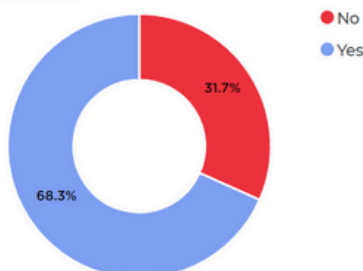
#WakeUpWednesday The National College

Twitter: @wake_up_weds Facebook: /www.thenationalcollege Instagram: @wake_up_wednesday TikTok: @wake_up_weds

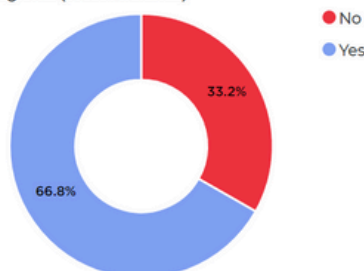
VOTES FOR SCHOOLS

This week's vote:
Were you proud of your community this summer?

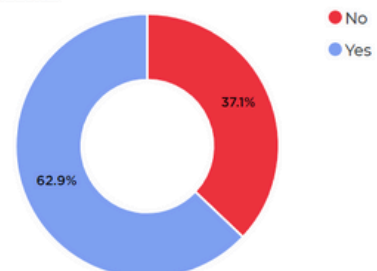
Your School



Regional (West Midlands)



National





Right of the Week

Article 24 - Health and Health Services

Every child has the right to the best possible health. Governments must provide good quality health care, clean water, nutritious food, and a clean environment and education on health and well-being so that children can stay health



Virtues of the Half Term

Curious and Active



Pupils in our school are growing to be Curious about everything; and active in their engagement with the world, changing what they can for the better.

Our school helps our pupils to grow By leading pupils to be curious about the universe and all human activity, and to take increasing responsibility for their own learning, and by providing opportunities for them to be active in the life of the school, the Church, and the wider community.

Birthday Celebrations

Layla-Mai (Year 1) George (Year 2) Nadia and Maisie (Year 5)



Best Wishes from your Guardian Angels Family

Weekly Prayer



God of all, give us the courage to stand up and make our voices heard, to speak out for a world where all people have the chance to live free from poverty.
Amen.

Have a lovely weekend and God Bless,

Mrs Helen Milligan, Mr Spindlow and all the staff at Guardian Angels

Composer of the Week

Benjamin Britten



Interesting facts:

- He was one of the greatest opera composers of the last century
- Britten brought British opera back to life
- He went to America at the beginning of World War Two. When he returned to England in 1942, he became a 'conscientious objector' (someone who refused to fight because he believed fighting was very wrong)
- After contracting pneumonia when he was three months old, Britten struggled with his health throughout his life
- In 2013, 100 years since Britten's birth, concerts and events were held around the world to celebrate the composer's life and music. He's even featuring on a special stamp commemorating 'Great Britons', and a new 50 pence piece

LUNCH TIME

Autumn Winter
2024-25:



THE MAIN EVENT

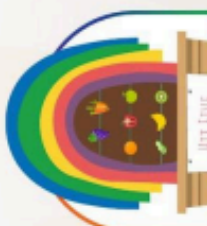
- Margherita Pizza Slice and Wedges
- BBQ Cheesy Chicken
- Roast Gammon, Roast Potatoes and Gravy
- Lasagne
- Golden Fish Fingers or Salmon Fingers and Chips



MEAT-FREE MAGIC

veggie Dish

- Veggie Pepper and Sweetcorn Pizza Slice with Wedges
- Butterbean Ratatouille
- Quorn Sausage, Roast Potatoes and Gravy
- Vegetable Lasagne
- Veggie Burger and Chips



RAINBOW ALLEY

Vegetables and Salads

- Sweetcorn
- Apple Slaw and Wholegrain Rice
- Peas and Carrots
- Green Beans
- Baked Beans



BIG TOPPING

Filled Jackets

- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo
- Beans, Cheese or Tuna Mayo



DESSERT TROLLEY

- Toffee Frozen Yoghurt
- Sweet Potato Brownie
- Forest Fruits Jelly Pots
- Cookie Dough Apple Crumble
- Jammy Thumbprint Biscuits

DAILY SALAD BOWL,
FRESHLY BAKED BREAD,
YOGHURTS AND
CUT FRUIT
AVAILABLE DAILY

PASTA TWIRLER
AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce and Cheese

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Autumn Winter
2024-25:
19/

LUNCH TIME



THE MAIN EVENT

Cheesy Tomato
Pizza Muffins

Chicken and
Sweetcorn
Cobbler

Roast Pork,
Roast Potatoes
and Gravy

Classic
Cottage
Pie

Battered Fish
and Chips



MEAT-FREE MAGIC Veggie Dish

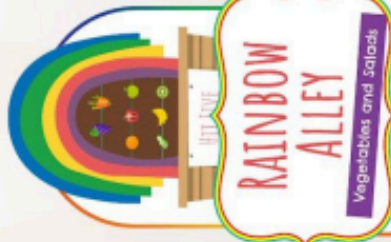
BBQ and
Sweetcorn
Pizza Slice

Winter
Vegetable
Crumble

Cauliflower Cheese,
Crispy Onion Topping
& Roast Potatoes
(You don't have to have
the onions!)

Roasted Sweet
Potato Pastry Roll
and Mash

Cheese and
Tomato Toasted
Wrap with Chips



RAINBOW ALLEY Vegetables and Salads

Wholegrain
Pasta Salad and
Green salad

Herby Diced
Potato and
Carrots

Mixed
Greens

Peas

Baked
Beans



BIG TOPPING Filled Jockies

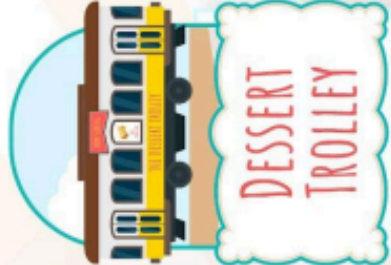
Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo

Beans,
Cheese or
Tuna Mayo



DESSERT TROLLEY

Toffee Apple
Sponge and
Custard

Chocolate
Sprinkle Iced
Cake

Raspberry
Coconut Jelly

Fresh Fruit
Salad

Anzac
Biscuits

DAILY SALAD BOWL,
FRESHLY BAKED BREAD,
YOGHURTS AND
CUT FRUIT
AVAILABLE DAILY

PASTA TWIRLER
AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta
topped with
Homemade
Tomato Sauce &
Cheese

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Autumn Winter
2024-25:
19/

LUNCH TIME



THE MAIN EVENT

American Style Mac Cheese

Sausage Casserole and Mash

Roast Chicken, Stuffing, Roast Potatoes and Gravy

Meatballs in Tomato Sauce with Rice

Golden Fish Fingers and Chips



MEAT-FREE MAGIC

veggie Dish

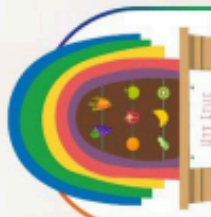
Veggie Wholegrain Pasta Bolognese

Vegetable Pot Pie and Mash

Carrot and Stuffing Pastry Plait

Mild Veggie Bean Chilli Loaded Wedges with Cheese

Vegetable Fingers and Chips



RAINBOW ALLEY

Vegetables and Salads

Carrots

Roast Root Veggies

Peas and Sweetcorn

Broccoli

Baked Beans



BIG TOPPING

Filled Jackets

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo

Beans, Cheese or Tuna Mayo



DESSERT TROLLEY

Marble Cake

Apple, Cinnamon Raisin Flapjacks

Orange and Mango Jelly

Banana Bread Muffins

Gingerbread Cookies

DAILY SALAD BOWL, FRESHLY BAKED BREAD, YOGHURTS AND CUT FRUIT
AVAILABLE DAILY

PASTA TWIRLER
AVAILABLE EVERY DAY
Topped Pasta
Hot Pasta topped with Homemade Tomato Sauce & Cheese

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY