



Key Dates

Mon 27th Jan	Holocaust Memorial Day
Mon 3rd Feb	Children's Mental Health Week
Wed 5th Feb	Mass in the school hall - led by Y4 all welcome - 9am
Frid 14th February	Break up for Half Term
Mon 24th February	INSET Day- School closed to all pupils



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

First and foremost, a heartfelt thank you to all the parents who joined us for our school meals tasting session on Tuesday. Your enthusiasm and feedback are invaluable as we strive to provide nutritious and delicious meals for our pupils. Your participation not only helps us refine our offerings but also strengthens the bond between home and school.

This week, we experienced a truly special moment as our entire school community joined a Jubilee live stream alongside every Catholic school in the Birmingham Diocese. This event marked the official launch of the Year of Jubilee in all our schools, uniting us in faith and celebration. It was a powerful reminder of our shared values and the wider community to which we belong.

Looking ahead to this Sunday, we celebrate the Sunday of the Word of God. We warmly invite all our pupils to bring their Bibles to the 11am Mass, where Fr Paul will bless them along with our school Bibles. This beautiful tradition underscores the importance of scripture in our lives and education.

As always, your support and engagement are the cornerstones of our school's success. Together, we create an environment where every child can thrive, learn, and grow in faith and knowledge.



This Week's Gospel



Today we hear Jesus telling people what it is he has come to do. One of the things he says is that he has come to bring good news to people who are poor. Our faith calls us to do the same.

Luke 1:1-4, 4:14-21

Dear Theophilus:

Many people have done their best to write a report of the things that have taken place among us. They wrote what we have been told by those who saw these things from the beginning and who proclaimed the message. And so, Your Excellency, because I have carefully studied all these matters from their beginning, I thought it would be good to write an orderly account for you. I do this so that you will know the full truth about everything which you have been taught.

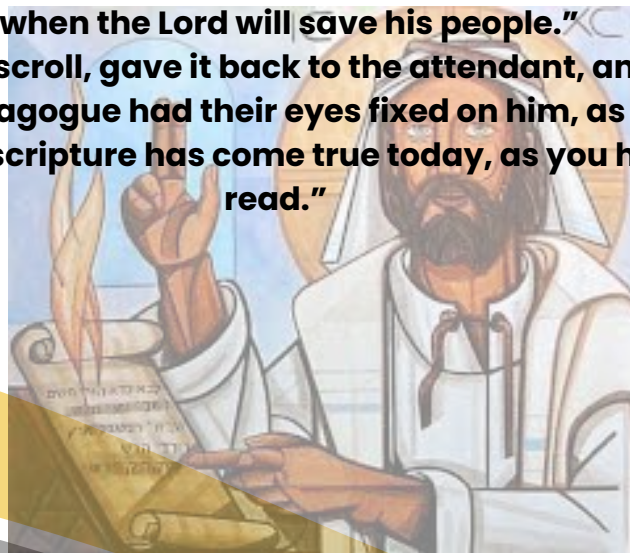
Then Jesus returned to Galilee, and the power of the Holy Spirit was with him. The news about him spread throughout all that territory. He taught in the synagogues and was praised by everyone.

Then Jesus went to Nazareth, where he had been brought up, and on the Sabbath he went as usual to the synagogue. He stood up to read the Scriptures and was handed the book of the prophet Isaiah. He unrolled the scroll and found the place where it is written,

**“The Spirit of the Lord is upon me,
because he has chosen me to bring good news to the poor.**

**He has sent me to proclaim liberty to the captives
and recovery of sight to the blind,
to set free the oppressed
and announce that the time has come
when the Lord will save his people.”**

**Jesus rolled up the scroll, gave it back to the attendant, and sat down. All the people in the synagogue had their eyes fixed on him, as he said to them,
“This passage of scripture has come true today, as you heard it being read.”**



This Week's Awards



Virtues Award

EYFS - Joshua
Year 1 - Baby-Queenie
Year 2 - Isla
Year 3 - Ava
Year 4 - Kyle
Year 5 - Amelia N
Year 6 - Blake



Reader of the Week

EYFS - Lily-Mae
Year 1 - Sophia
Year 2 - Layla-Mai
Year 3 - Oscar
Year 4 - Chae
Year 5 - Mateo
Year 6 - Lilly



PE Star of the Week

EYFS - Carson
Year 1 - Aiyza
Year 2 - Alicja
Year 3 - Ella B
Year 4 - Toby
Year 5 - Amelia B
Year 6 - Lucas

Star Pupils

EYFS

Lexie and Medley

Year 3

Inioluwa and Lexi

Year 1

Naemi and Joshua

Year 4

Jude c and Summer

Year 2

Charlie and Hunter

Year 5

Parker and Frankie

Year 6

Francesca and Emmie-Rose

This Week's Attendance



Attendance Counts

Year Group	
EYFS	91.5
Year 1	91.3
Year 2	94.1
Year 3	94.8
Year 4	90.3
Year 5	96.9
Year 6	89.9

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

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 25 families following Birmingham City Council guidelines

If issued with a penalty notice, both 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 parents.

Minor sickness and school attendance

There has been a steady increase in the number of children missing school on account of assumed illness. We need the support of all parents and carers to tackle this trend.

Is my child well enough?

High temperature

If your child looks or feels shivery or is unusually cold or hot, he or she may have a high temperature. There may be various reasons for this. A child with a high temperature should not be in school. However after feeling and looking better for 24 hours, a child should be able to return to school.

Cold and cough

A cold and a cough does not disable a child from attending school. However children with heavy colds or persistent coughs should stay at home. A child whose cough is disappearing and who is feeling better should return to school.

Rashes

A rash could be the first sign of one of childhood's many illnesses, such as chicken pox or measles. The rash or spots may cover the entire body or appear in only one area. Do not send a child to school with an unexplained rash or skin eruption until you have contacted NHS 111 or your GP surgery for advice.

Minor aches and pains

A child whose complaint is a minor headache, aches or pains does not usually need to be kept at home. Keep the school informed and the staff can monitor your child.

Vomiting and diarrhoea

If vomiting occurs, your child should stay at home for 48 hours and until he or she can keep food down. A child with diarrhoea should also be kept at home for 48 hours after the last episode. If your child does not improve as you expect, contact NHS 111 or your GP surgery for advice.

Common sense

Use this when deciding whether your child needs to stay at home. Work on the basis that an extremely sick children belong at home and well children belong in class!

Please remember that early morning aches often pass, so don't keep your child at home "just in case" when he or she could be learning in class. For further advice, you could talk to a member of the school staff, your local pharmacy, GP surgery or NHS 111.



Safeguarding Tip of the Week

Talking To Strangers

This week our safeguarding focus is on danger from strangers.. Evidence shows that children are in fact often in greater danger from people they know, from other children, or on the internet, but abuse and dangerous situations do continue to happen outside the home and it is important to teach your child how to stay safe. It helps to teach your children how to identify and respond to threatening situations. Children need to understand the difference between strangers who could hurt them and strangers who may help them. Let them know who they can trust if they need help. Explain that they must tell a trusted adult if they have been approached by someone they do not know or if they feel uncomfortable about a situation. Ensure your child is aware of their surroundings, and alert to potential danger when walking or playing outside.

E- Safety Tip

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

- WHAT ARE THE RISKS?**
- LACK OF PERSONALISATION**
 - Many apps take a one-size-fits-all approach which is not ideal for the varying fitness abilities of children. It's generally best to consult with a professional to get advice on the best app for your child's needs.
- NOT DEVELOPED BY EXPERTS**
 - Many fitness and wellbeing apps are developed by hobbyists or fitness enthusiasts, not experts. Some of these apps may not be based on sound scientific principles or may even be harmful to your child's health.
- REDUCED INTERACTION WITH OTHERS**
 - Physical wellbeing apps can reduce the social and emotional benefits of physical activity. Children may become overly reliant on the app for feedback and motivation, rather than enjoying the social aspects of physical activity.
- EXERCISE AND SOCIALISE**
 - Highlight the importance of children enjoying fitness activities with family and friends. Encourage them to talk to their parents about any concerns they have about using apps to track their fitness.
- PROMOTE POSITIVE BODY IMAGE**
 - While we want children to be healthy and healthy, we must also ensure they don't become fixated on how they look. Encourage them to focus on feeling good and achieving their goals, rather than just on the number on the scale.
- MEET OUR EXPERT**
 - Dr. Claire Buchanan is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various educational programs and carried out research for the National College on the use of social media and the reporting of online abuse.
- DATA AND PRIVACY CONCERNS**
 - Apps and wellbeing apps benefit children by tracking their health and fitness data. However, this data is often shared with third parties, who may use it for marketing purposes. It's important to check the app's privacy policy and to ensure that the app is secure.
- ADDITIONAL COSTS**
 - While many fitness apps are free to download, the initial content is often basic. Users will only get the most out of the app if they are willing to pay for additional content or features.
- DEPENDENCY ON THE APP**
 - While physical wellbeing apps can help motivate young users to manage their fitness, they can also become a crutch. Encourage children to use the app as a tool to help them reach their goals, rather than as a crutch.

Advice for Parents & Educators

- REVIEW THE APP FIRST**
 - Before allowing someone under 18 to install a fitness and wellbeing app, check for age rating, user reviews and any reports of misuse. It's also a good idea to check the app's privacy policy and to ensure that the app is secure.
- USE PARENTAL CONTROLS**
 - As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use them to ensure their child's privacy. These controls will vary by app, but may include options to restrict access to certain features or to limit the amount of data that is shared.

Wake Up Wednesday | The National College

@wake_up_weds | www.thenationalcollege | @wake.up.wednesday | @wake.up.weds

Parents Evening

We'd like to remind you that Parents' Evening is scheduled for March 19th. To ensure a smooth booking process, please make sure you have the My Child at School APP installed on your device. This will be essential for booking your appointments. If you encounter any difficulties or have questions, please don't hesitate to contact our school office. We're here to help and want to make this process as straightforward as possible for you.





Virtues of the Half Term

Grateful and Generous



Pupils in our school are **Grateful**: We are grateful for the gifts God has given to us, for the gifts of other people and the blessings of each new day. We are thankful for what we have and for the people around us. **Generous**: We are generous with our gifts and use them in the service of others. We are generous with our time and give of ourselves to serve others as God wants us to. We are generous with our actions, doing things to help other people and make a difference in the world.

Birthday Celebrations

**Harley (EYFS), Larna (Year 1), Ella B (Year 3)
Ella L (Year 4) and Lucas (Year 6)**

Best Wishes from your Guardian Angels Family



God of life, you call us all to share your good news. May we do all that we can to answer that call. We ask this through Christ our Lord, Amen

Have a lovely weekend and God Bless,

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

Composer of the Week

Anna Clyne



Anna Clyne was born in London but is now based in New York
Anna's talent for music was obvious early on- she completed her first composition at just 11 years old

Since then she has gone on to create a whole range of orchestral and chamber pieces as well as concertos, solo and vocal arrangements and has become one of the best-known female composers of the day.

Night Ferry took Anna much longer to compose than she originally imagined, because she struggled with coming up with the initial concept
When she settled on the idea of creating a piece about crossing a stormy ocean, Anna picked up a paint brush instead of writing music notes on paper. She stuck up 7 large sheets of paper on the wall of her studio and created a graphic score, laying out how she wanted her piece to sound by using swirls and sweeps of dark, violent colours

Other News



January 2025

Dear Parents / Parishioners,

First of all, thank you so much to everyone who filled in the survey regarding the 'Future of our Faith'. On behalf of the steering group (consisting of representatives from all the parishes) we wanted to feedback to you on the findings.

The information that we gathered was vital in supporting us to begin to plan for the future; ensuring we are taking into account the needs and views of parishioners, pupils and parents across our area of the Diocese.

Whilst all parishes and deaneries have been called to review what the future of their local Church looks like, this was the first time that a deanery had conducted research in this way. The response was overwhelming: collectively across all groups we were able to ascertain the views of nearly 1600 people. This gives us a wonderful foundation on which to begin to plan what the future needs to hold for our local Church over the coming years.

As with any survey, the results have highlighted causes for concern but also rays of hope and has reminded us of lots of things that we can be proud of. It is common knowledge that across our local diocese – and indeed the whole country and wider – we are faced with smaller numbers of people attending Mass but we are confident that if we make the right steps forward, there is much hope for the future of our faith.

What do people want from the Church moving forward?

- Music
 - More up to date hymns
 - Live music
- More involvement of children in Mass
- Children's Liturgy groups / Activities for children
- Social events – enabling the church to be the heart of the community through gatherings, charity events and social action
- Homilies and teachings with more relevance to 'now' / to the congregation /and the struggles the community face
- More interaction from priests, schools and across / between parishes.
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Are you Proud to be a Catholic?

Despite falling numbers at weekly Mass it was amazing to how much pride people had to be Catholic seen in all groups surveyed.

<i>Group</i>	<i>% of group who are proud to be Catholic</i>
Parishioners	96%
Parents	94%
Primary pupils	96%
Secondary pupils	95%

Taking action

Again another overwhelmingly positive aspect was how many people were interested in taking action on some of the areas highlighted around Catholic Social Teaching.

Over 60% of those who completed the survey said they would consider being part of a group to tackle some of the issues pertinent to them – what scope for change!

Other News



Finally, as we have entered the Holy Jubilee year as 'Pilgrims of Hope', we need to remain hopeful and optimistic that the Holy Spirit is alive in our part of the Diocese. It is easy to be negative and focus our attention on dwindling numbers attending Mass at our churches. However, we must remain positive and see that in isolation we may seem vulnerable but collectively we remain strong in faith.

What next?

In the coming months and years, we will continue to press forward with our work in the steering groups in order to review and implement ideas and information gathered through the survey.

We leave you with this question.....

What does being a Catholic mean to you?

Take a moment to reflect on how you would answer this before reading some of the responses below – which have been taken from the survey results:

'It means having a relationship with God. He is someone I can turn to when troubled instead of keeping things to myself. I can clear my mind'

'Showing devotion to God by reflecting on the teaching and life lessons presented by Jesus in the Bible, living a morally good life and being kind enough to show empathy towards others'

'Being a Catholic means to have faith in God and follow his teachings and to be the best version of ourselves and even though if someone needs help that we don't like, we still help them and this links to the story of the Good Samaritan'

'It means that I can spread the word of God and I can have a relationship with a power much greater than me. Someone that I can put my trust in and confide in at my lowest'

'Being a Catholic means love and compassion for other people, kindness and loyalty, spreading the word of God and being a proud Catholic'

'Believing in God and treating everyone with love, respect and dignity – no matter who they are'

'Belief in God and to know he has a plan for me and that if I follow his teachings and the right path, I know I can have eternal life with God in my afterlife'

All of the above statements were written independently by pupils at John Henry Newman. This proves that despite our worries and concerns about the future of our faith, it is very much alive in our young people.

Collectively we now need to work together to nurture this and keep our faith strong.

Yours sincerely,

Cluster steering group