



Matthew 17, 1-9



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.

Key Dates

Wed 4th March	Mass-led by Year 6. All welcome
Thurs 5th March	World Book Day
Mon 9th March	Science Boffins workshop - amazing opportunity for children during school time- £3.50 per family - please pay on ParentPay
Wed 11th March	Y3 Sacramental preparation parent meeting at 2:45pm
Thurs 12th March	EYFS Mother's Day afternoon tea - (for parents who have purchased a ticket on ParentPay) - followed by Stay and Pray (for all parents and children in EYFS)

WORLD BOOK DAY

On Thursday 5th March, we will be celebrating everything READING!

Children are invited to dress up as their favourite book character or wear PJs to snuggle up with a good book! There will be non-stop fun activities and competitions in school for pupils to enjoy based on this year's theme: Traditional Fairytales. A payment of £1 is on ParentPay for children who wish to come to school in costumes or PJs.

Mrs Milligan and Mr Spindlow's Message

Welcome back to a new term at Guardian Angels Catholic Primary School! It's wonderful to have everyone back.

As we journey through Lent together, we focus on three meaningful practises: praying, fasting, and almsgiving – each offering us an opportunity to deepen our faith and grow in compassion. During this time, we will take part in the CAFOD Big Lent Walk. This is a wonderful opportunity for our children to engage physically whilst contemplating the season's message. Additionally, we are holding a Pledge a Pound non-uniform day, where children can wear their own clothes in exchange for a donation, available on ParentPay soon. This simple act of almsgiving demonstrates to our children that small contributions can make a real difference to those less fortunate than ourselves. These initiatives embody the values at the heart of Guardian Angels – faith, community, and service.

This week, our EYFS and Year 5 prayer partners enjoyed a local walk together. It was a lovely opportunity for our older pupils to support and spend time with our youngest children, strengthening the bonds across our school community and living out our Catholic values of care and compassion. We look forward to sharing more updates and celebrating the wonderful achievements of our children in the weeks ahead.

We wanted to keep you informed about some changes happening at school at the moment. Our gates are currently undergoing construction, and we appreciate your patience as we work through this period. Rest assured, our staff will be on hand each morning to guide both parents and pupils, ensuring a smooth start to the day for everyone. During this time, EYFS dismissal will take place from the hall, which we hope will streamline the end-of-day process for our youngest learners and their families. Thank you for your continued support and understanding as we navigate these changes.

This Week's Gospel



Today we hear about something very special that happened to Jesus while he was on a mountain with three of his friends.

Matthew 17:1-9

Six days later Jesus took with him Peter and the brothers James and John and led them up a high mountain where they were alone. As they looked on, a change came over Jesus: his face was shining like the sun, and his clothes were dazzling white. Then the three disciples saw Moses and Elijah talking with Jesus. So Peter spoke up and said to Jesus, "Lord, how good it is that we are here! If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was talking, a shining cloud came over them, and a voice from the cloud said, "This is my own dear Son, with whom I am pleased – listen to him!"

When the disciples heard the voice, they were so terrified that they threw themselves face downwards on the ground. Jesus came to them and touched them. "Get up," he said. "Don't be afraid!" So they looked up and saw no one there but Jesus.

As they came down the mountain, Jesus ordered them, "Don't tell anyone about this vision you have seen until the Son of Man has been raised from death."



This Week's Attendance



Attendance Counts

Year Group	
EYFS	93.3
Year 1	91.1
Year 2	91.4
Year 3	90.7
Year 4	87.3
Year 5	94.1
Year 6	93.5

Our school attendance target is 95%. The overall attendance for last week was 92.3%.

It is really important that we continue to work together to do all we can to prioritise the children's attendance at school.

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

SPOTLIGHT ON PERSISTENT ABSENCE

What is persistent absence?
If your child takes too much time off school they will become categorised as PA or persistently absent.
(Attendance below 90% = persistent absence).

Missing school will make your child fall behind in lessons and will impact on their academic progress and achievement. Don't allow your child to become a PA student.

This table shows how many days missed each half-term will make your child a PA student:

How many days will make my child a persistent absent student?	
Half-term 1	3 ½ days off school from September until October half-term holiday will make your child a PA student.
Half-term 1-2	7 days off school from September until the Christmas holiday will make your child a PA student.
Half term 1-3	10 days of absence from September until February half-term will make your child a PA student.
Half term 1-4	12 ½ days of absence from September until the Easter holidays will make your child a PA student.
Half-term 1-5	15 ½ days of absence from September until May half-term will make your child a PA student.
Half-term 1-6	19 days of absence for the full academic year (September to end of summer term in July) will make your child a PA student.



Safeguarding Tip of the Week

YOU MAY THINK YOUR CHILD DOESN'T KNOW ABOUT THE ABUSE... BUT THEY DO

You may believe your child doesn't see or hear what's happening. You may think you're protecting them by keeping incidents away from them. The truth is that children notice far more than adults expect. They're affected every time.



YOUR CHILD HEARS MORE THAN YOU REALISE

- Your child hears raised voices, crying and angry tones.
- They hear arguments through doors and walls.
- They hear long silences that follow a tense moment.
- Even if you whisper, they can pick up changes in mood.
- Even a baby reacts to stress in the home.

YOUR CHILD SEES MORE THAN YOU THINK

- Your child sees fear, stress and anger on the faces of adults.
- They see injuries, bruises or damage in the home.
- They see you avoiding each other or trying to keep the peace.
- They watch body language and small reactions very closely.
- They often work out something is wrong before a word is spoken.

YOUR CHILD FEELS THE ATMOSPHERE IN THE HOME

- Your child feels tension in the room even when no one is talking.
- They feel fear, pressure and uncertainty.
- They feel confused when adults act differently or hide things.
- They feel unsafe when the home feels unpredictable.
- They feel responsible when they can't understand what's happening.

HOW THIS AFFECTS YOUR CHILD

- Trouble sleeping, nightmares or bedwetting.
- Stomach aches, headaches or other stress symptoms.
- Clinginess, fear of being alone or sudden withdrawal.
- Anger, aggression or difficulty managing emotions.
- Struggles at school because their mind's focused on safety.
- Worry for you if you're the abused parent.
- Low confidence, guilt or self-blame.
- Copying abusive behaviour because it becomes familiar.
- Long term stress affecting their development and wellbeing.

WHY THIS MATTERS: Your child doesn't need to see an incident to be affected by it. The tension, fear and stress in the home reach them every time. **IF YOU FEEL IT, YOUR CHILD FEELS IT.**

Why it matters

- Children often *hear* raised voices, angry tones or silence after a conflict. They may pick up on tension, mood changes or signs of distress – even if adults believe noise or arguments are hidden.
- They *see* fear, stress, bruises or damage in the home. They notice when adults avoid each other, hide emotions, or act differently.
- They *feel* the atmosphere: fear, confusion, uncertainty, guilt, self-blame, and long-term stress. They may struggle to sleep, suffer physical symptoms (e.g. headaches, stomachaches), become clingy or withdrawn, or show emotional or behavioural difficulties.

E – Safety Tip

At the National College, our Wellbeing@Workshop 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 digital literacy. Primarily authored by Rebecca... For further guides, links and tips, please visit [nationalcollege.org.uk](https://www.nationalcollege.org.uk).

10 Top Tips for Parents and Educators

RECOGNISING & MANAGING STRESS

According to recent studies, over 60% of young people report feeling regularly overwhelmed – with stress impacting their learning, emotional wellbeing and social connections. If left unaddressed, stress can lead to more serious concerns such as anxiety, depression or disengagement. This guide offers ten practical, evidence-based strategies to help children and young people recognise, manage and recover from stress in healthy ways.

- SPOT THE SUBTLE SIGNS**
Look out for changes in mood, behaviour or energy levels, such as increasing withdrawal, clinginess, or frequent headaches. These may indicate that a child is being overwhelmed. By tuning into these cues early and offering a calm, non-judgemental space to talk, adults can help children feel heard and supported before issues escalate.
- KEEP CONVERSATIONS FLOWING**
Make time for open, informal check-ins – whether it's during car journeys, over dinner, or in quiet moments. Let children know it's okay to talk about what's bothering them. Regular, low-pressure conversations create a safe space where emotions are validated, not dismissed.
- MAKE MOVEMENT PART OF THE DAY**
Physical activity can dramatically reduce stress hormones while increasing mood and focus. Encourage movement through activities children genuinely enjoy – from family walks to dancing, gardening or yoga. Even light activity like stretching or working the dog right regularly can make a difference.
- SUPPORT HEALTHY SLEEP PATTERNS**
Poor sleep makes stress harder to manage. Establish a bedtime routine that includes calming activities like reading, listening to music, or using white noise. Consistent sleep helps regulate emotions and builds resilience.
- PRACTISE MINDFULNESS**
Mindfulness doesn't have to mean long periods of meditation. A few deep breathes before school, or short family meditation sessions before bed can make a real difference. These simple habits help children ground themselves, reduce anxiety, and build inner calm over time.
- SET DIGITAL BOUNDARIES**
Excessive screen time, especially before bed or in social media, is linked with higher stress levels. Set clear expectations for when and where devices can be used and supported. Encourage alternatives like crafts, nature walks, or board games to promote digital balance and reduce overstimulation.
- NURTURE SOCIAL CONNECTIONS**
Strong relationships act as a buffer against stress. Whether it's a trusted adult, a sibling, or a friend, encourage children to identify people who support them. They can talk to and spend quality time with, help them build stronger connections and meaningful interactions.
- PROGRESS OVER PERFECTION**
Set realistic goals and praise effort, not just outcomes. When children feel pressured to be perfect, stress naturally follows. Celebrate small wins and help them reframe setbacks as part of learning. This builds confidence and reduces the fear of failure.
- TEACH EVERYDAY PROBLEM-SOLVING**
Use real-life scenarios to build resilience. Encourage children to identify problems, brainstorm solutions, and choose a plan of action. Practising these steps builds a sense of control and reduces the helplessness that often accompanies stress.
- BE THE MODEL THEY NEED**
Children notice how adults respond to challenges. Model healthy coping strategies such as taking breaks, asking for help, or calmly expressing frustration. By showing how to manage stress constructively, you help them build these behaviours and encourage children to do the same.

Meet Our Expert
Anna Robinson is Director of Wellbeing Education UK, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in providing mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy and overall wellbeing for children across the UK.

#WakeUpWednesday The National College

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Being online can be fun – but it can also feel overwhelming. Here's how to recognise and manage stress while using the internet.

Spot online stress:

- Feeling pressured by messages or notifications
 - Comparing yourself to others
 - Worrying about likes or comments
 - Finding it hard to switch off
- Manage it in healthy ways:
- Take regular screen breaks
 - Mute or unfollow accounts that affect your mood
 - Set boundaries like no-phone time before bed
 - Balance online time with real-world activities
 - Talk to someone you trust

Remember: You control your online space – small changes can make it calmer and healthier.

Last Week's Awards



Virtues Award

EYFS - Eden
Year 1 - Amelia A
Year 2 - Naemi
Year 3 - Jack
Year 4 - Edie
Year 5 - Mylo
Year 6 - Lola



Reader of the Week

EYFS - Melvin
Year 1 - Ka'Oir
Year 2 - Arlena
Year 3 - Alicija
Year 4 - Alliana
Year 5 - Chae
Year 6 - Jessica



PE Star of the Week

EYFS - Makbel
Year 1 - Arlo F
Year 2 - Anthony
Year 3 - Kenzo
Year 4 - Darius
Year 5 - Eva
Year 6 - Amelia N

Star Pupils

EYFS

Roman and Dolly

Year 3

Zane and Winnie

Year 1

Remailiah and Hudhayfah

Year 4

Ayanne and Reign

Year 2

Elnaz and Sylvie

Year 5

Summer and Connor

Year 6

Toby and Leo



Birthday Celebrations

Frankie (Year 4) Mason (Year 5)
Jolie (Year 6)

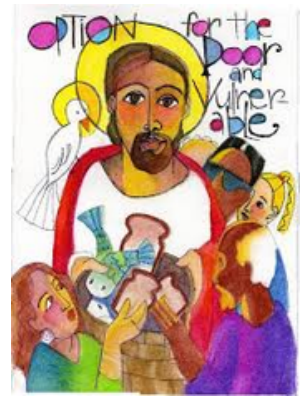
Best Wishes from your Guardian Angels Family



Catholic Social Teaching

Options for the Poor and Vulnerable

God wants us to help people who are poor, who don't have enough food, a safe place to live or a community.



Virtues this Half Term

Intentional and Prophetic



Intentional: planning our actions and choosing to live how God wants us to.
Prophetic: spreading the word of God through how we live our lives.



God of love, help us to share the light of your love with one another and to play our part in building a better world.
Amen.

Have a lovely weekend and God Bless
Mrs Helen Milligan, Mr Spindlow and all the staff at Guardian Angels

Other News



Part of the
National Year of Reading 2026

**GO
ALL
IN.**

The National Year of Reading 2026 is the biggest campaign in a generation designed to help more people (re)discover the joy of reading and make it part of their everyday lives. Keep an eye out for events during the year and join us on our reading journey!

2026 book missions



 **BookTrust**
Getting children reading

January

Read a book that makes you laugh!



February

Tell someone about a book you love



March

Join the World Book Day celebrations



April

Read a book because you love its pictures



May

Read a poetry book or a verse novel



June

It's a summer of sport! Read a sporty book



July

7 July: A new Children's Laureate is here! Read one of their books



August

Read a book outside! What's the most unusual place you can find?



September

Send a letter or a drawing to your favourite author or illustrator



October

Read a scary book for Halloween!



November

Read a non-fiction book and tell a friend a cool fact



December

Swap your favourite book with your friends



My favourite books of the year are...

Parent/Carer Workshops

Join our free Parent/Carer Workshops for practical tips, simple strategies and up-to-date guidance to help your child thrive.

These friendly, expert-led sessions cover key topics such as online safety and emotional regulation, giving you the tools to feel informed, confident and supported.



Online Safety

Learn about digital safety for kids including impact of screen time, apps, gaming, AI risks, cyberbullying and gain practical tips to create a safer digital environment at home

Date: Wednesday 25th February 2026

Time: 9:30-11:30am

Emotional Regulation

This workshop covers emotional regulation in children, causes and signs of dysregulation, the nervous system's role, and practical strategies to support healthy skills.

Date: Wednesday 4th March 2026

Time: 9:30-11:30am

Managing Worries/Anxiety

This workshop covers understanding anxiety in children, its causes and signs, and offers practical tips and strategies to help manage worries effectively.

Date: Wednesday 11th March 2026

Time: 9:30-11:30am

Register for the workshops here:

Scan me



Stay Connected!

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- 📘 Facebook: @compassbirminghamMHST