



Welcome to St Brigid's

September 2025



[Home](#) [About Us](#) [RE & Catholic Life](#) [Information](#) [Curriculum](#) [EYFS](#) [Parents/Carers](#) [Contact](#)



WELCOME TO
St Brigid's Catholic Primary School





Introduction

- Welcome on behalf of Mrs Tyler (Headteacher)
- Meet the team
 - Your child's class teacher
 - Mrs Lodge (Pastoral Support / Attendance Lead)
- RE & Catholic Life
- How can you prepare your child for school?
- Attendance
- ***Class teacher updates***

St. Brigid's Catholic Primary School



RE & Catholic Life



What is it like to attend this school?

The school is an oasis of calm. It is a safe sanctuary for pupils. They enter the school gates with big smiles on their faces. Pupils are eager to learn and to do their best. This begins in the early years where children's love of learning is harnessed. They joyously engage in activities and flourish.

Pupils told inspectors that people work together and help each other. They benefit from close relationships with staff who know them and their families very well. The school is determined to ensure that pupils, including those with special educational needs and/or disabilities (SEND), achieve highly. Most pupils achieve well from their starting points.

The school's values underpin all that it does. Pupils are proud to be part of this close-knit school that 'loves, believes, achieves'. The school teaches pupils how to behave well. Pupils listen attentively to teachers. They follow instructions quickly and enthusiastically. Pupils behave extremely well.

Our mission is underpinned by Christian values...our St Brigid's values.



What the school does well

- The mission statement, 'Trusting in God, we love, believe and achieve...together', is known and lived out joyfully.
- The pupils are, 'The jewel in the crown,' in their positive attitudes, very good behaviour, and respect for each other.
- Pastoral support for pupils, families and those who are vulnerable is of the highest quality.
- Relationships at all levels are exemplary and enable pupils and staff to thrive.
- Prayer and liturgy inspire the whole community to praise and give thanks to God.

St. Brigid's Catholic Primary School



RE & Catholic Life

Our faith:

- Parents/Carers are the most important educators of their children
- School provision:
 - Catholic Life & Mission
 - Religious Education
 - Collective Worship
- Fr David Gamble – Parish Priest
 - Class Mass every Wednesday – **22nd October**
(see Autumn Overview)

St Brigid's Catholic Primary School @StBrigidsCPS · Sep 2

As we welcome all of our fabulous children back to school, we focus on New Beginnings. We thank God for all of our gifts and talents and ask for His help and guidance as we start our new academic journey 🙏❤️✝️

@lpoolcatholic

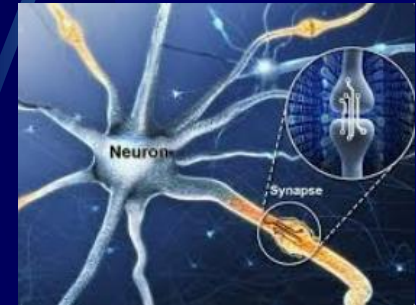




Helping your child prepare for school?

All children learn at their own rate and will be supported in their personal journey but start with creating good habits:

- **Understanding how children learn – repetition... creating good habits**
- Make sure that your child is in school on time and every day
- Ensure that your child wears school uniform and removes jewellery
- Label all items of clothing so that anything that is misplaced can be found
- Regularly attend meetings that involve your child
- Get in touch with us if you are concerned or worried
- **Teach them to think and respond kindly, to be independent and to be resilient - great qualities to have and important life skills**



- ☐ Newsletters
- ☐ Termly overviews
- ☐ X account
- ☐ Teachers 2 Parents – texts / emails / forms

Helping your child prepare for school?

September 2025 Newsletter



St. Brigid's

Catholic Primary School

Trusting in God - we love, believe and achieve...TOGETHER

[Autumn Term 2025/26](#) <https://stbrigidscpprimary.co.uk/> [Safeguarding/Child Protection Officer—Mrs R Tyler](#)

Dear Parents / Carers,

Welcome back! It is really joyful by already and you won't be surprised to hear that our children have settled in beautifully. It is always wonderful to see how quickly and resourcefully our children adapt to their new class routines—~~due~~ due to careful transition, teamwork between home and school, consistent routines, meticulous organisation and the high expectations we have of everyone at St Brigid's. Thank you for all that you do—your support really does matter and makes a huge difference to our work.

*Trusting in God - we love, believe and achieve... **TOGETHER***

Last week, we celebrated together with a beautiful Mass and we were so pleased to be joined by some of our regular St Alther's parishioners; they love coming into school on Wednesdays for our Masses—please join us if you can (see overview for dates and times).

Religious Education—In class, the children have started their first unit of work which focuses on 'Creation & Covenant'. Please take to your child about what they have been learning and see the 'Learning at Home' newsletter which has lots of ideas of things to do at home (see website).

Just a reminder that, alongside our daily prayers, we have allocated a traditional prayer to each class and will be saying these regularly—please support your child's faith by sharing these prayers at home.

Reception Class—Oh, Angel of God	Y4—Our Father (The Lord's Prayer)	Y2—Hail Mary
Y3&4—Glory Be to the Father, Son & Holy Spirit	Y5&6—Eternal Rest	

The full prayers are available to view on our school website via the RE & Catholic Life—Newsletter for Parents/Carers tabs.

Patric's News—Just before we broke up for summer, Father wrote to families of all pupils who are eligible to make their First Confession & Holy Communion this year. Please make sure that you collect an enrolment form from Fr David as soon as you can—these are available to collect on Sundays (straight after Mass) and will only be given to parents (or official carers/guardians) as please do not ask someone else to collect a form on your behalf. The deadline for returning forms is **FRIDAY 3rd October**. For further information about events that are taking place in our community, the parish newsletters are available from church every week (at Mass on Sundays) and they are also uploaded to our school website.

Staffing—Last week, both Mrs Collins and Mr Bell said 'farewell' to the children and families of St Brigid's. We marked their departure by celebrating their commitment to school and the service they have given during Mass on Wednesday. Mrs Collins, in particular, will be sorely missed as she has worked here for so long and is a valued member of the local community. Thank you to the many of you who have been into school to pass on your best wishes—your kindness is much appreciated. The current staffing arrangements are as follows:

Assistant Headteachers: Mrs Richards & Mrs Hunter

Nursery: Mrs Gilchrist, Miss Barrow, Mrs Clays, Mrs Jones, Mrs Nelson, Mrs Newton, Mrs Rice, Miss Mackayne (apprentice)

RECEPTION: Miss Dailey (class teacher), Mrs Usher, Miss Clow, Miss Mackhet (apprentice)

YEAR 1: Miss Taylor (class teacher), Miss O'Donovan, Miss McEvoy (apprentice) and Miss Gill (apprentice)

YEAR 2: Mrs McKay (class teacher), Miss Flannery (additional teacher Y2&Y6), Miss Cronin and Miss Kelly (apprentice)

YEAR 3: Miss Tully (class teacher), Mrs Bowland, Miss Ross (apprentice)

YEAR 4: Mr Owen (class teacher), Miss Butler and Miss Woods (apprentice)

YEAR 5: Mr Quinton, Miss Williams (apprentice) and Miss Burrell (apprentice)

YEAR 6: Mr North (class teacher), Miss Noon, Miss Baker (apprentice) and Miss Langley (apprentice)

IQM Inclusive School & Centre of Excellence Awards—Following rigorous assessment, many of you will be aware that in July we were awarded our Inclusive School & Centre of Excellence Awards. A massive THANK YOU goes to our children, our four parents/carers and our staff for persistently and unwaveringly supporting each other. A special mention also goes to both Mrs Richards and Mrs Hunter for the sterling work that they do in relation to their role as Special Educational Needs Coordinators (SENCO), their work underpins all aspects of inclusion and ensures that our children, families and staff are well equipped and supported. Some of the wonderful quotes which filter through the report include the following:

'Inclusive practice at St Brigid's Catholic Primary School permeates all aspects of school life, from leadership and curriculum design to pastoral support and community partnerships... Parents are welcomed as equal partners in the life of the school. Engagement is proactive and responsive, and families report high levels of trust in the staff and leadership.' If you haven't already done so, please take some time to read through the report which is available to view on our website by using the following tabs: Information/Inspection Reports & External Reviews.

NEURODIVERSITY—*we are all different but never less!*—We are all unique and precious in our own right and, in school, we teach our children this as a daily basis by celebrating our differences. Many of our children are neurodiverse, this means that they process the world differently to neurotypical pupils. We take care to be acutely aware of this in our planning and provision and, as a staff we prioritise training in this area so that we are well equipped to support the ranging needs of our pupils. If you would like to find out more about neurodiversity or would like additional support, please keep a look out for the links that are frequently sent out from our school accounts (T2P and XO). There are also some really good films, books and blogs out there which I have found really useful (and entertaining)—why not give them a watch or a read... Temple Grandin (film—biography of Dr Temple Grandin), Out of my mind (film/book), Professor Simon Baron Cohen (Director of Autism Research Centre, Cambridge—books and blogs).














St Brigid's Catholic Primary School				St Brigid's Catholic Primary School	
AUTUMN Term Events 2025 – 2026					
September					
Tues	2 nd	BACK TO SCHOOL	8.35am	Y1 – Y6	
		<i>Prayer & Liturgy focus – New beginnings</i>	All week	All children	
		Reception Class Parent / Carer Meeting	9am	Parents/Carers	
		Welcome Back Assembly	11am	Y1-Y6	
Wed	3 rd	REC Class start their transition into school	am	REC	
		Welcome Back MASS with Fr David	10am	Y2 – Y6	
		Farewell to Mrs Collins & Mrs Pickett			
Week beginning 8th September PE lessons resume – children should wear school kit on PE days					
Mon	8 th	<i>Prayer & Liturgy focus – Rules</i>	All week	All children	
		Mondays – Y5 PE day	pm	Y5	
		LFC Club for Y5&Y6 GIRLS to begin	3.15-4.15pm	Y5/6 GIRLS	
Tues	9 th	Tuesdays – Y6 PE day	pm	Y6	
Wed	10 th	<i>Y6 Parent/Carer & Teacher Meeting – Hall</i>	8.50am	Y6 Parents/Carers	
		<i>Y5 Class Mass</i>	10am	Y5	
		Wednesdays – Y1 & Y4 PE day	pm	Y1 & Y4	
Thurs	11 th	<i>Y2 Parent/Carer & Teacher Meeting – Hall</i>	8.50am	Y2 Parents/Carers	
		Thursdays – Y2 PE day		Y2	
Fri	12 th	<i>Y1 Parent/Carer & Teacher Meeting – Hall</i>	8.50am	Y1 Parents/Carers	
		Fridays – Y3 PE day		Y3	
Week beginning 15th September: SPORTS clubs with Miss Anderson begin (tbc)					
Mon	15 th	<i>Prayer & Liturgy focus – Resilience</i>	All week	All children	
		<i>Y3 Parent/Carer & Teacher Meeting – Hall</i>	8.50am	Y3 Parents/Carers	
		Healthy Families workshop	9.15-10.30am	KS2 families	



Attendance

Working together to improve school attendance:

Working together to improve school attendance

Statutory guidance for maintained schools, academies, independent schools and local authorities

August 2024

Summary table of responsibilities for school attendance

Statutory guidance for maintained schools, academies, independent schools, and local authorities

Published 19 August 2024

All pupils

Parents are expected to:	Schools are expected to:	Academy trustees and governing bodies are expected to:	Local authorities are expected to:
Ensure their child attends every day the school is open except when a statutory reason applies.	Have a clear school attendance policy on the school website which all staff, pupils and parents understand.	Take an active role in attendance improvement, support their school(s) to prioritise attendance, and work together with leaders to set whole school cultures.	Have a strategic approach to improving attendance for the whole area and make it a key focus of all frontline council services.
Notify the school as soon as possible when their child has to be unexpectedly absent (e.g. sickness).	Develop and maintain a whole school culture that promotes the benefits of good attendance.	Ensure school leaders fulfil expectations and statutory duties.	Have a School Attendance Support Team that works with all schools in their area to remove area-wide barriers to attendance.
Only request leave of absence in exceptional circumstances and do so in advance.	Accurately complete admission and attendance registers.	Use data to understand patterns of attendance, compare with other local schools, identify areas of progress and where greater focus is needed.	Provide each school with a named point of contact in the School Attendance Support Team who can support with queries and advice.
Book any medical appointments around the school day where possible.	Have robust daily processes to follow up absence.	Ensure school staff receive training on attendance.	Offer opportunities for all schools in the area to share effective practice.
	Regularly monitor data to identify patterns and trends and understand which pupils and pupil cohorts to focus on.		
	Have a dedicated senior leader with overall responsibility for championing and improving attendance.		



Attendance

360 Attendance view

[Download PDF](#)

St Brigid's RC Pri (3403344)

Comparator:



Attendance Headlines

Year To Date

26 Aug 24

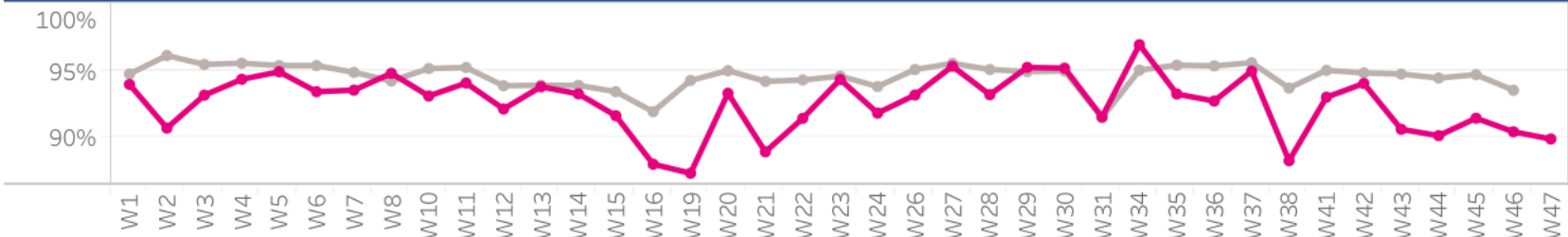
- 25 Jul 25

All	Female	Male	FSM6	Not FSM6	Persistent absence (YTD)
92.6% ●	92.2% ●	93.1% ●	91.3%	94.8%	28.1% ●

Weekly Attendance

■ School

■ FFT National



Attendance breakdown

Year To Date

26 Aug 24

- 25 Jul 25

Pupil Groups		Pupils		All	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
All	All	210	School	92.6%	90.3%	94.1%	94.2%	90.7%	93.2%	93.1%	92.7%
			FFT National	94.5%	93.4%	94.2%	94.7%	94.9%	95.0%	94.8%	94.6%
			Difference	-1.9% ●	-3.1% ●	-0.1%	-0.5%	-4.2% ●	-1.8% ●	-1.7% ●	-1.9% ●

St. Brigid's Catholic Primary School



Attendance

Excellent attendance (99%+)

Attendance percentage

2024-2025 (Y4)	99.5%
This time last year	87.6%
School	93.3%
National	94.8%
Local Authority	93.5%

Days missed

2024-2025 (Y4)	1.0
This time last year	23.5
School	12.6
National	9.6
Local Authority	11.1

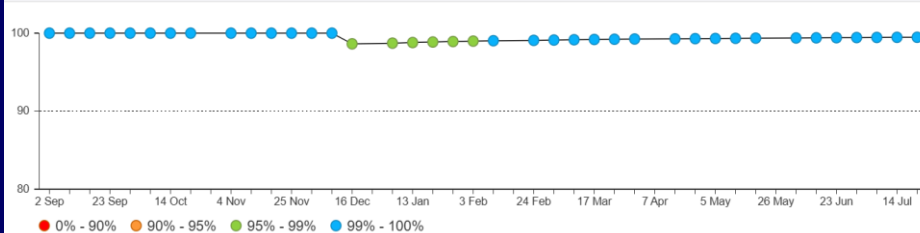
Absences

- 2 authorised absences
- 1 day missed
- 2 sessions late before register closed
- 1 period of absence due to illness
- 1 broken week

DfE penalty notice consideration threshold

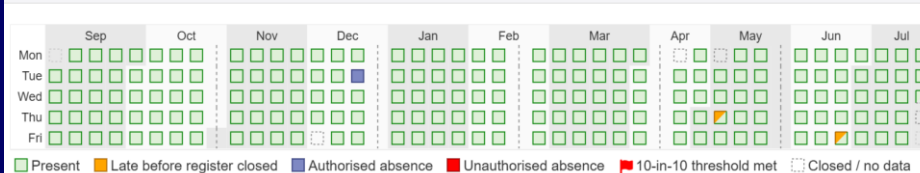
- (10+ unauthorised absences in 10 rolling school weeks)
- Met the threshold for 13 weeks in 2023-2024

Cumulative Attendance %



Weekly Attendance Overview

☐ Show weekly attendance bars < 2024-2025 (Y4) >



Persistently absent (10% or more sessions missed)

Attendance percentage

2024-2025 (Y6)	89.9%
This time last year	88.2%
School	93.3%
National	94.8%
Local Authority	93.5%

Days missed

2024-2025 (Y6)	19.0
This time last year	22.5
School	12.6
National	9.6
Local Authority	11.1

Absences

- 4 authorised absences
- 34 unauthorised absences
- 19 days missed
- 51 sessions late before register closed
- 1 period of absence due to illness
- 9 broken weeks

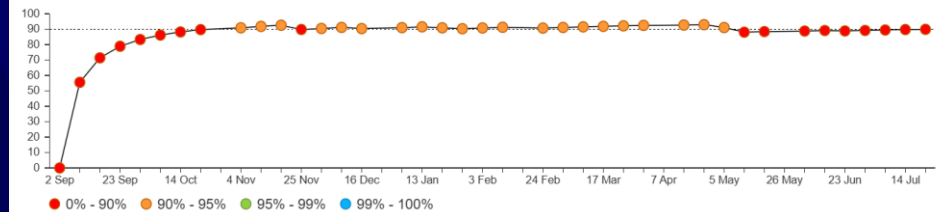
Absence patterns

- Absence before or after school holiday
- Repeatedly late or absent on the same day

DfE penalty notice consideration threshold

- (10+ unauthorised absences in 10 rolling school weeks)
- Met the threshold for 12 weeks in 2024-2025
 - Met the threshold for 11 weeks in 2023-2024

Cumulative Attendance %



Weekly Attendance Overview

☐ Show weekly attendance bars < 2024-2025 (Y6) >





Attendance

NUMBER OF DAYS ABSENT FROM SCHOOL	CHILD'S ATTENDANCE AT THE END OF THE YEAR
<i>If your child has 1 day off school during the year...</i>	<i>...their attendance will be 99.5%</i>
<i>If your child has 2 days off school during the year...</i>	<i>...their attendance will be 99%</i>
<i>If your child has 5 days off school during the year...</i>	<i>...their attendance will be 97.4%</i>
<i>If your child has 10 days off school during the year...</i>	<i>...their attendance will be 95%</i>
<i>If your child has 15 days off during the year...</i>	<i>...their attendance will be 92.4%</i>
<i>If your child has 20 or more days off during the year</i>	<i>... their attendance will be below 90%</i>

Welcome to Year 5

Mrs Quinton (class teacher)

Miss Williams (apprentice teaching assistant)

Miss Burrell (apprentice teaching assistant)

Miss Anderson (HLTA – PE)

Keeping our children, staff and families happy and safe.

Entrance doors open at 8.35am for registration.

Water bottles to be brought in daily and taken home each night.

*Children to be collected at **3:15pm** from the **JUNIOR Playground**.*

Snack money:

£1 per week (Infants – R/Y1/Y2)

£1.50 for per week (Juniors – Y3-6)

Breakfast club and after school club money to be paid via ParentPay.

School Uniform

Full school uniform list and stockists on school website.

Plain black trainers/ shoes.

Earrings are not allowed. Please take them out as soon as possible.

All uniform needs to be clearly labelled.

Suitable coat required as the weather becomes colder.

P.E. Kit

Kit list and stockists on school website

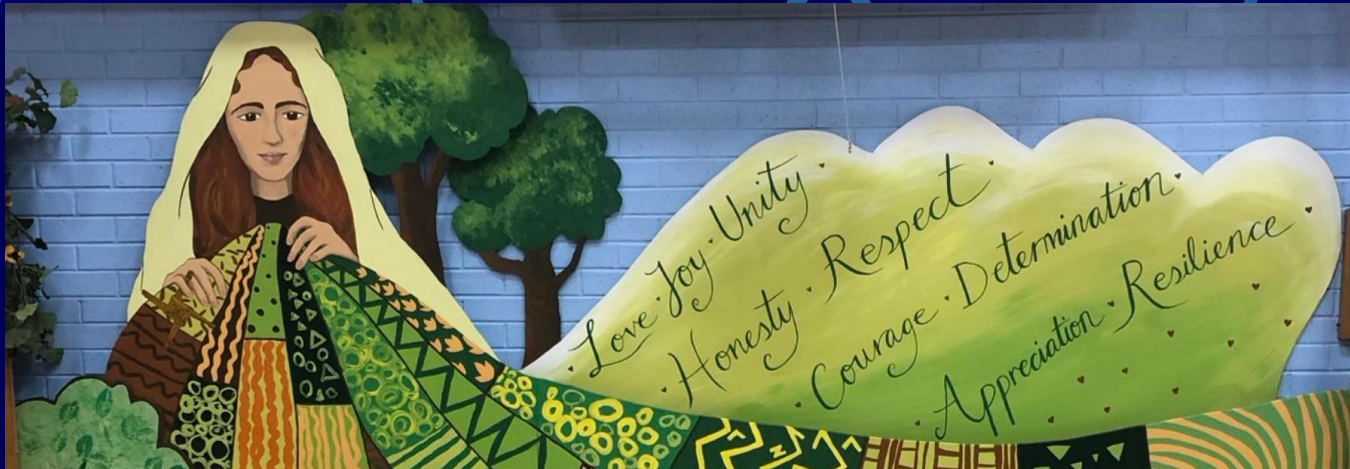
School/royal blue tracksuit bottoms can be worn in winter months.

Y5 PE day is MONDAY

Year 5 Expectations

Children are expected to be the best that they can be!

St Brigid's Values:



<https://stbrigidsprimary.co.uk/curriculum/>

End of Year Expectations in Reading, Writing & Maths (KS1&2)

 Year 1

 Year 2

 Year 3

 Year 4

 Year 5

 Year 6

St. Brigid's
Catholic Primary School



Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
8:35- 8:45	Registration/ Reading Plus	Registration/ Reading Plus	Registration/ Reading Plus	Registration/ Reading Plus	Registration/ Reading Plus
8:45-9:00	Whole school Prayer and Liturgy	Prayer and Liturgy	Prayer and Liturgy	Prayer and Liturgy	Maths check and fix time
9:00 – 9:30	Spellings/ Phonics	Spellings/ Phonics	Spellings/ Phonics	Spellings/ Phonics	Spellings/ Phonics
9:30 – 10:40	Maths	Maths	Maths	Maths	9:30-10:00 Whole Prayer and Liturgy 10:00-10:45 Maths
Break 10:45 – 11:05					
11:05 – 12:00	English	English	English	English	Guided Reading
12:00 – 12:30	P.E.	P.S.H.E.	French	R.E.	
Lunch 12:30 – 1:30					
1:30 – 1:35	Doodle Maths	Doodle Maths	Doodle Maths	Doodle Maths	Doodle Maths
1:35 – 3:00	PE	Topic	Science 2:30 French	R.E. Music 2:00-2:30	Topic
3:00 – 3:15	Whole class reading	Whole Class Picture News	Whole class reading	Whole class reading	Whole class reading



TOPIC Overview

Year 5 2025/26	Autumn		Spring		Summer	
Science	Animals including Humans	Forces and Magnets	Living things and their Habitats	Earth and Space	Properties of Materials	
RE	Ourselves Life choices Hope Other Faith		Mission Memorial Sacrifice Sacrifice Other Faith		Transformation Freedom & Responsibility Stewardship Other Faith	
PE	Fitness Mindfulness		Athletics	Swimming	Rounders	Outdoor Adventurous Activities
PSHE	Health and Wellbeing		Relationships		Living in the Wider World	
	Health and Wellbeing No Outsiders Safety		Journey in Love No Outsiders		Citizenship No Outsiders Economic Wellbeing	
History	Anglo Saxons		Vikings			
Geography	Rivers				Migration and mapping skills	
Art	Typography and Maps		Mixed Media: Land and Cityscapes		Architecture	
Music	Composition Notation		Blues		South and West Africa	
DT	Structures – Building Bridges		Textiles - Toys		Food – Pizza Sauces	
Computing	Web Designer		My Online Life	Los in Space	AR Games	
French	French Monster Pets	Space	Shopping in France	French speaking world	Verbs in a French week	Meet my French family

Year 5 Expectations

St. Brigid's
Catholic Primary School



End of Year Expectations for Year 5

This booklet provides information for parents and carers on the end of year expectations for children in our school. The National Curriculum outlines these expectations as being the minimum requirements your child must meet in order to ensure continued progress.

All the objectives will be worked on throughout the year and will be the focus of direct teaching. Any extra support you can provide in helping your children to achieve these is greatly valued and will help them to reach their full potential.

If you have any queries regarding the content of this booklet or want support in knowing how best to help your child, please talk to the class teacher.

St. Brigid's
Catholic Primary School



Year 5 Expectations

Reading

- Summarise main points of an argument or discussion within their reading and make up own mind about issue/s.
- Compare between two texts
- Appreciate that people use bias in persuasive writing.
- Appreciate how two people may have a different view on the same event.
- Draw inferences and justify with evidence from the text.
- Vary voice for direct or indirect speech.
- Recognise clauses within sentences.
- Explain how and why a writer has used clauses to add information to a sentence.
- Use more than one source when carrying out research.
- Create a set of notes to summarise what has been read.

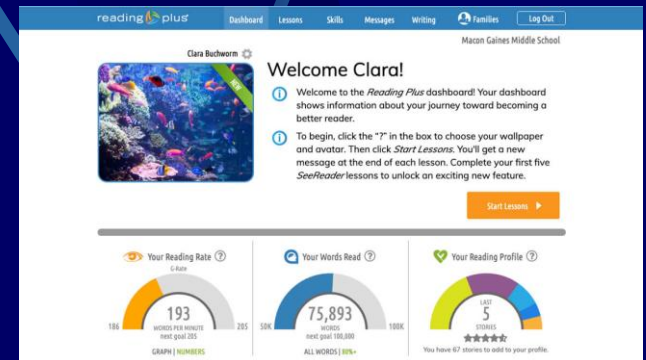
Year 5 Expectations

How can I help my child?

- Daily reading, every day for 10 minutes and record this in their reading record
- Read a variety of texts eg comics, newspapers, magazines
- Read for pleasure
- Read to them – make it fun!
- Reading Plus Program

Reading Books

- Reading books need to be in school every day.
- Each day, a different group of children will read with an adult. We want to hear as many children read as often as possible.
- Books will be changed throughout the week – they must be signed by an adult
- In Year 5, each child should be changing their books once a week.



Year 5 Expectations

Writing

- Add phrases to make sentences more precise and detailed.
- Use range of sentence openers – judging the impact or effect needed.
- Begin to adapt sentence structure to text type.
- Use pronouns to avoid repetition.
- Indicate degrees of possibility using adverbs (e.g. perhaps, surely) or modal verbs (e.g. might, should, will).
- Use the following to indicate parenthesis:
 - brackets
 - dashes
 - comma
- Use commas to clarify meaning or avoid ambiguity.
- Link clauses in sentences using a range of subordinating and coordinating conjunctions.
- Use verb phrases to create subtle differences (e.g. she began to run).
- Consistently organize into paragraphs.
- Link ideas across paragraphs using adverbials of time (e.g. later), place (e.g. nearby) and number (e.g. secondly).
- Write legibly, fluently and with increasing speed.

Year 5 Expectations

How can I help my child?

- Support your child in learning their weekly spellings.
- Those on phonics have phonics homework.
- Write, write, write! Postcards, letters, diaries, scrap books, thank you cards.
- Spelling Shed app



Year 5 Expectations

Mathematics

- Count forwards and backward with positive and negative numbers through zero.
- Count forwards/backwards in steps of powers of 10 for any given number up to 1,000,000.
- Compare and order numbers up to 1,000,000.
- Compare and order numbers with 3 decimal places.
- Read Roman numerals to 1,000.
- Identify all multiples and factors, including finding all factor pairs.
- Use known tables to derive other number facts.
- Recall prime numbers up to 19.
- Recognise and use square numbers and cube numbers.
- Recognise place value of any number up to 1,000,000.
- Round any number up to 1,000,000 to the nearest 10, 100, 1000, 10,000 or 100,000.
- Round decimals with 2 decimal places to nearest whole number and 1 decimal place.
- Add and subtract numbers with more than 4-digits using formal written method.
- Use rounding to check answers.
- Multiply 4-digits by 1-digit/ 2-digit
- Divide up to 4-digits by 1-digit
- Multiply & divide whole numbers & decimals by 10, 100 and 1,000
- Recognise and use thousandths.
- Recognise mixed numbers and improper fractions and convert from one to another.
- Multiply proper fractions and mixed numbers by whole numbers.
- Identify and write equivalent fractions.
- Solve time problems using timetables and converting between different units of time.

Year 5 Expectations

How can I help my child?

- Shopping lists
- Tell the time
- Times tables
- Board games
- Cooking
- Support using apps – Prodigy, TTRockstars, Doodle



Relationships and Health Education

*Relationships and Health Education (revised Sept 2020) is a **compulsory** part of the school curriculum, which comprises two distinct areas:*

- Relationships*
- Physical health and mental wellbeing*

Our curriculum is designed to be:

- Appropriate for your child's age and development stage.*
- Sensitive to the needs and religious backgrounds of the children in our school.*

The Relationships part of the curriculum will teach the children what they need to learn to build positive and safe relationships:

- *With family.*
- *With friends.*
- *Online.*

Our school will teach in a way that is appropriate to your child's age and will look at these questions:

- *What is a relationship?*
- *What is friendship?*
- *What is family?*
- *Who can your child look to for support?*

RSE forms a part of the PSHE, RE and Science Curriculum.

Our key objective is the well-being of the children.
We believe parents are the prime educators of their children

The school, church and family will work together; our role as a school is to support you and not to replace you

Parents have the right to withdraw their children from **elements** of RSE education. If you wish to do so, please contact Mrs Tyler.

Sex education is separate from the Relationships and Health curriculum.

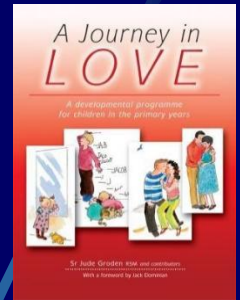
You can withdraw your child from some or all of the lessons on Sex Education. The head teacher must grant your request to withdraw your child.

But before making a request, please:

- Remember that the Science curriculum in all maintained schools includes content on human development, which includes human reproduction. There is no right for a parent to withdraw their child from the science curriculum.

Year 5

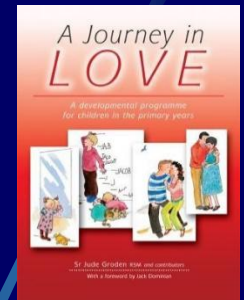
God loves us in our changing and developing



Aim: To show a knowledge and understanding of how we grow in awareness of the physical and emotional changes that accompany puberty – sensitivity, mood swings, anger, boredom etc. and grow further in recognising God's presence in our daily lives.

Key words: God, sensitivity, puberty, presence, celebrate, external, internal, change, develop, ovulation, biological, respect, reproduction, menstrual cycle, hormones, pituitary gland, uterus, fertilised ovum, fallopian tube, vagina, vulva, cervix, womb, period, head, eyes, nose, mouth, teeth, tongue, throat, neck, shoulders, arms, breasts, nipple, waist, elbows, penis, vagina, vulva, bottom, anus, legs, knees, ankles, feet, toes.

Year 5



Key Objectives:

- To show knowledge and understanding of emotional relationship changes as we grow and develop
- To show knowledge and understanding of the physical changes in puberty
- To celebrate the joy of growing physically and spiritually

PSHE

Health and Wellbeing

- Experiencing different emotions
- Developing a growth mindset
- Healthy diet
- Looking after our teeth

Families and relationships

- Families are all different
- Unhappy friendships
- Introduction to manners and courtesy
- Change and loss
- Gender stereotypes: Careers and jobs

Safety and the changing body

- Communicating online
- Secrets and surprises
- Staying safe with medicine
- Road safety

Living in the wider world

- Rules beyond school
- Similar yet different my local community
- Giving my opinion
- Wants and needs
- Looking after money

Mental Health & Well-being

Zones of Regulation

The **ZONES** of Regulation®

			
<p>BLUE ZONE</p> <p>Sad Sick Tired Bored Moving Slowly</p>	<p>GREEN ZONE</p> <p>Happy Calm Feeling Okay Focused Ready to Learn</p>	<p>YELLOW ZONE</p> <p>Frustrated Worried Silly/Wiggly Excited Loss of Some Control</p>	<p>RED ZONE</p> <p>Mad/Angry Terrified Yelling/Hitting Elated Out of Control</p>

Key points:

- There is no 'bad' Zone.
- Everyone experiences all of the Zones at different times and in different circumstances.
- We can't change the way children feel BUT we can help them manage their feelings/states and behaviours. "It's OK to be angry but it is not OK to hit..."
- You can be in more than one Zone at a time (eg. sad and angry)
- If your child is in the Red Zone...
- Limit verbals – this is not a teachable moment.
- Discuss use of tools when child is regulated.
- Plan for if/when child is in Red Zone. "I wonder if this strategy would help...?"

Residential 2026:

PGL Boreatton Park

- Wednesday 22nd April – Friday 24th April.
- Deposit of £40.00 due by the end of September.



St. Brigid's
Catholic Primary School



Homework

Daily reading – please ensure that you make a note of when your child has read at home. It is really important that the children bring their reading books into school **every** day.

Spellings / Handwriting

Picture News to encourage communication at home.

Other apps to use:

Spelling Shed

Duolingo

Doodle Maths

Reading Plus

Prodigy

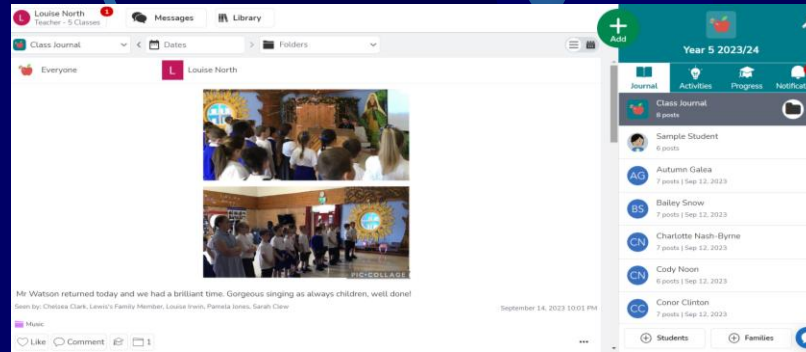


Music & Extra-curricular activities

- Archdiocese Liverpool Schools Singing Programme.
2:00 -2:30 Thursday afternoon.
- Choir for children in Years 4, 5 & 6. Thursday 3.15-4.00.
- Free opportunities for your child to take part in Knowsley choirs.
Please ask for further details.
- Sports sessions with LFC for Year 5 are on Monday 3.15-4.00.
Girls football this half term, Boys football next half term.
- Sports competition throughout the year.

Communication

See Saw



X (formerly Twitter)

@MrsQStB

@StBrigidsCPS

School Office

0151 477 8150

THANK YOU ☺

Any questions?

