



2025

Newsletter

ST FRANCIS OF ASSISI WELLBEING AMBASSADOR **ALLSTARS**

Issue 1 : February

So here we are in February already!! It seemed like only yesterday that we were looking forward to opening our Christmas presents and bopping along to Nativity songs! So far, it has been a great year. Sporting events have been good, afterschool clubs are all up and running and the amazing St Francis choir totally rocked the o2 in the Young Voices extravaganza!

This month is much of the same, lots going on in and around school and who can forget...

Valentines Day!

What's New:



February

this month

There is always something going on at St Francis! - Be a part of something cool!

February

Children's Mental Health Week

Safer Internet Day

Valentines Day

Go Red for Heart Month - No school uniform day!!



Children's Mental Health Week

In February, one of the highlights of the month is **Children's Mental Health Week**. The point of this event is to promote and highlight the need for awareness and even change our attitudes towards the issue. We all have **Mental Health** or as we often call it; **Mental Wellbeing**.

Mental Wellbeing is all about the feelings and emotions we feel, how we cope with these feelings and emotions and how we can prepare ourselves to cope with these feelings and emotions.

It is not all about what goes on in our heads, it has a lot to do with how we live and conduct ourselves everyday!

Mental Health and *Physical Health* go hand in hand. Healthy lifestyle, exercise, good diet, our attitude and actions - there are so many ways to help and improve our lives.

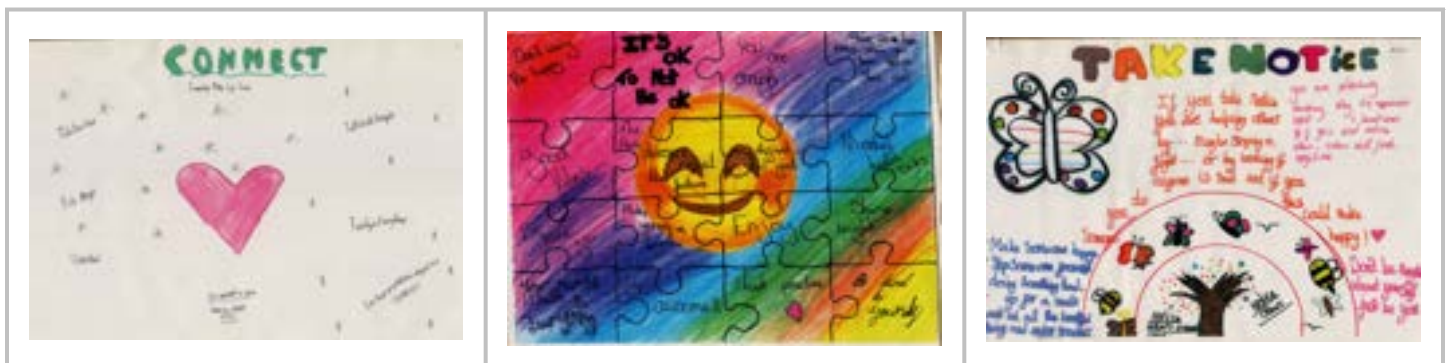
It's not just what is in our head, it is all about what is in our lives.

Our head - Our body - Our lives

We promote the **5 Steps to Wellbeing** in order to help achieve this.

The **Wellbeing All-Stars** will be doing an assembly in February to mark the start of Children's Mental Health week and as always, they will be around **EVERY BEAK TIME, EVERY DAY** to help out!

The **Wellbeing All-Stars** have been designing posters to go around the school promoting the **Mental Wellbeing** message, not just for the week, but for always. Here are some of the amazing designs.



Amazing posters designed by our Wellbeing All-Stars! Could you do a poster for the next issue? Draw your idea and give it to Mr F!!

Young Voices 2025

Our Year 5 and Year 6 choir took part in the biggest children's choir concert in the world - The Young Voices at the London O2 Arena!

'It was very long but also fantastic and unforgettable day! There were over 8,000 children singing and dancing together. We all had a great time.' Mr Szymczyk.

The arena was packed with the talented choirs and their very proud adults. There was a whole bunch of well known songs, some from Radio, Film and Stage and the St Francis voices helped to raise the roof in the musical extravaganza. There was guest appearances from some well known faces, including the amazing voice of **Tommy Blaize**, (you may know him as the singer on Strictly Come Dancing), singing YouTube sensation **Souparnika Nair** (over 100,000,000 views), **Mc Grammar** (ask Mrs EB) and by far the noisiest singer in the arena was none other than **Miss Ainsworth!**

A massive massive massive well done to everyone who took part and let's not forget the adults, without them, none of this would have been possible.





Sports News:



Last month, the girls football team were at K2 to play in the finals of the Crawley Schools Tournament. The warm up was awful for them as the rain and wind made conditions very difficult, they were soaked through and freezing! As always, they bounced back and got themselves ready to play in the quarter finals as one of the top 8 schools in Crawley. The match was against the mighty Maidenbower, who were in great form and used to winning. It was a very tough game and the girls held their own, matching Maidenbower stride for stride, but - there was the matter of the goal. It was a driving shot, hit with so much power, even an adult would have failed saving it. Ellinka, who was in goal for the first time, covering for the unwell Sienna had no chance and it went in, proving to be the only goal of the game. She had an amazing game, as did all the girls in what could possibly have been their best performance yet.



Even though it ended 1-0 to Maidenbower, we had scored 13 goals in the tournament with captain Amelie netting 6 of them and becoming our top scorer. Grace got the player of the match award. Back to the training field to get ready for the upcoming games in the summer. Go St Francis Girls!!!



Well done to the Year 6s, who took part in the indoor athletics competition held at K2 on Wednesday. The children took part in a range of running, throwing and jumping events. All the children showed grit, determination and resilience throughout their events and were a credit to the school.



The amazing boys football team finished their league campaign last month in fantastic form - missing out on finals day by a single point!! It was so close they were magnificent and worked their socks off, chasing every ball and trying their best in every game. Well done to everyone



Time for some **FUN** stuff!



Random fun stuff * Random fun stuff * Random fun stuff * Random fun stuff

Random facts:

Did you know there are nearly 2,000 thunderstorms on Earth every minute?

A bolt of lightning is five times hotter than the sun!!

Cockroaches can live for a week without their heads!

Did you know Panda poop can be recycled into paper!

Did you know ketchup was once sold as a medicine?

See if your adults at home knew any of these!!

Every day is a special day... **SOMEWHERE** in this crazy world!

YES! These are actual February dates that are celebrated somewhere in the world!!

- 1 - Eat Ice Cream for Breakfast Day
- 2 - Play Your Ukulele Day
- 3 - Carrot Cake Day
- 4 - Stuffed Mushroom Day
- 5 - World Nutella Day
- 6 - Lame Duck Day
- 7 - Work Naked Day (Not here please!!!!)
- 8 - National Kite Flying Day
- 9 - Toothache Day
- 10 - Clean Out Your Computer Day
- 11 - Get Out Your Guitar Day
- 12 - National Plum Pudding Day
- 13 - National Cheddar Day
- 14 - National Cream-Filled Chocolates Day
- 15 - National Almond Day

- 16 - Do a Grouch a Favor Day
- 17 - National Cabbage Day
- 18 - *National Drink Wine Day (One for the adults!)*
- 19 - Chocolate Mint Day
- 20 - National Love Your Pet Day
- 21 - National Sticky Bun Day
- 22 - World Sword Swallowers Day
- 23 - International Dog Biscuit Appreciation Day
- 24 - Tortilla Chip Day
- 25 - National Chocolate Covered Nut Day
- 26 - Tell a Fairy Tale Day
- 27 - National Retro Day
- 28 - Public Sleeping Day



Funniest top 10 jokes of all time!

According to the Beano, a vote was taken to find the funniest kids jokes and here are the results!

- 1. Why was the sand wet? Because the sea weed!**
- 2. What do you call a blind dinosaur? Doyouthinkhesaurus**
- 3. What did the policeman say to his tummy? Freeze you're under a vest**
- 4. Doctor, Doctor! Help, I feel like a pair of curtains! Pull yourself together then**
- 5. What's the fastest vegetable? A runner bean!**
- 6. What do you get when you cross a snowman with a vampire? Frostbite!**
- 7. What's brown and sticky? A stick!**
- 8. What do you call a blind deer? No eye deer!**
- 9. Why should you be careful when it's raining cats and dogs? You might step in a poodle!**
- 10. Do you want to hear a joke about pizza? Never mind, it's too cheesy**

Whilst fathers are notorious for their cringe worthy 'dad jokes', almost half (41%) of British children aged 7-12 years old, chose their dad as the funniest person in their family, while mum was found to tell the worst jokes (26%).

Friday Afternoon Reward Time



The Mario Kart Challenge: Work Hard, do your best and get your name on my list - Mr.F

It has been another excellent half term of racing!

The new champion is:

Irene - Year 4!

The Finals Result:

- 1st Irene Y4 2:15
- 2nd Micah Y6 2:17
- 3rd Milo Y4 2:18

A new championship will start with another champion being crowned just before half term.

If your teacher lets me know that you have been amazing, I will add your name to the list for that week.

Names will be chosen at random – 6 racers per week.

Recommended songs to brighten your day.

Trick Rider by Wallin Jenny's

Over the rainbow by Eva Cassidy

Across the sea by Wallin Jenny's

Simple gifts by Alison Krauss

Hush by Kesang Marstrand

Dancing Queen by ABBA

Walking on sunshine by Kimberley Rew

Happy by Pharrell Williams

Shake it off by Taylor Swift

Uptown funk by Mark Ronson ft Bruno Mars

Moves like jagger by Maroon 5 ft Christina Aguilera

Don't stop me now by Queen

Try everything by Sharika



We interviewed Mrs EB

Q. What is your name?

A. Mrs EB

Q. What is the funniest thing a student has ever done in your classroom?

A. Someone lost their shoe and they were walking around with 1 shoe on and then we found 3 shoes. Where the 3rd shoe came from I don't know.

Q. What is the funniest punishment you have ever given to a student?

A. I used to dress people up in a panda outfit and I would force them to wear it.

Q. What is your favourite book or movie and why?

A. I love Harry Potter and the Chamber of Secrets because I remember going to the cinema to watch it and I had a whole bag of popcorn and it spilled all over the floor but I started eating it off the floor

Q. What do you like most about teaching?

A. Making children laugh because I think it is better to learn when you are having fun

Q. What is your favourite food?

A. Seafood

Q. What is your favourite hobby?

A. Watching planes

Q. What's your favourite sport?

A. Skiing although I would never do it again

Q. What's the craziest thing you have ever done?

A. Wing walking, I was strapped to the top of the plane and I was going up and down on the planes wing at about 50 miles per hour and it was really scary.



Mika's story

Mika woke up at 6:30am, like she usually does every day. She got ready and walked to school with her older sister. As she came up to the school gate she waved her sister goodbye. Then she realised she had a big, white, toothpaste stain on her tie. She became worried that others would notice. Slowly, she stepped into her classroom. All of her classmates looked at her, pointed at the stain and laughed about her appearance. So, at lunch break she went to talk to the Wellbeing All-Stars about her feelings. They understood what happened and reported it to Mr. Ferrito.

Mr. Ferrito talked to Mika and reassured her that she was doing the right thing and will talk to the rest of the class. Now Mika is happy and comfortable going to school because she shared her feelings with the Wellbeing All-Stars (WBA).

You are never alone.

by Bella, Amelie and Naomi

Nala's story

She loves Christmas and her favourite Christmas movie is Candy Cane Lane as it brings joy to her face. One day, her and family were having a movie marathon she got a bit bored and went on her phone she saw that her best friend had posted a rating about Christmas films. Candy Cane Lane was at the bottom. Her friend wrote:

"I can't believe people like this film it is so bad!"

That hurt Nala's feelings, her friend knew that was her favourite movie. After the whole day, it was still her main thought. Nala did not know what to do she could do, so at school she told one of her friends and they brought her to the Wellbeing All-stars. Then they talked to both of them and they agreed to delete the post as her friend did not mean to upset Nala. This made her feel more passionate about herself and closer to her best friend.

That's why you can come to us!

We are here for you.

by Daisy



The AllStars!



Your Wellbeing Ambassadors



Mental health is just as important as physical health. Although you might not be able to see or tell if someone is struggling with their mental health there are many signs that show someone may be struggling with their mental health. One sign is if someone keep shaking their leg or biting their nails, this could mean that they are nervous. Another sign is if someone doesn't want to do anything, they just want to sit or lay down.

Sometimes, people want to speak about how they are feeling but they don't know who to go to, which is why we have the Wellbeing All-stars, so there will always be someone there that you can trust and talk to whenever you want.

- **Written by the All-Stars, January 2025**

The Wellbeing All-Stars are out on the playground every day, look out for them, especially the ones wearing the blue Hi-Viz jackets. If you have any questions or need support at all, go find one and speak to them - they are always happy to help

Remember, we also have the Worry Monsters, Winston and Willow!



Amazing artwork done by Tessa