



Our Lady of Compassion Catholic School

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@ourladycompass

School Newsletter – 18

Date: Friday 24th May 2024

To Live As Jesus Taught Us.

Dear Parents and Carers,

As you were aware OLC were visited on the 23rd and 24th April by an inspection team for Ofsted. The visit focused predominately upon: Quality of Education, Behaviour and Attitudes, Personal Development, Leadership and Management and Early Years provision, with an Overall Effectiveness grade. We are extremely pleased with the outcomes of the report and the following grades:

Quality of Education: Good

Behaviour and Attitudes: Outstanding

Personal Development: Good

Leadership and Management: Good

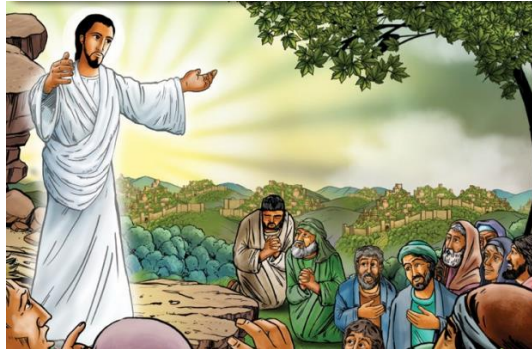
Early Years Provision: Good

Overall Effectiveness Grade: Good.

An Ofsted inspection is usually carried out every 4 to 5 years and like our Catholic Schools Inspection in February both reports highlighted the great spirit that is evident at OLC which is created through the community we hold as parents, staff and children. We now look forward to continuing the good work that takes place on a daily basis at OLC and look forward to a bright future ahead. Thank you for all the wonderful comments that we received following both inspections. To view the full report please follow this link to our website: <https://primarysite-produced.s3.amazonaws.com/compassion/UploadedDocument/f2a8001a-45e0-474e-9f84-53ae15fea7ff/10294699-our-lady-of-compassion-catholic-primary-school-148089-final.pdf> We would once again like to thank you all, the staff, the governors and in particular the children for being such a wonderful part of our school here at OLC. Have a wonderful half-term break and we look forward to welcoming you all back to school on Monday 3rd June.

Mr N Emery (Headteacher)

Wednesday Word



What did Jesus tell the disciples to remember? Before his death, Jesus was deserted by his friends. In this Sunday's Gospel, we read how, after his resurrection, he assured his friends that he would be with them always, regardless of their weaknesses and faults. This same promise of eternal friendship is also offered to each one of us. Friendship is one of life's great blessings.

Alton Castle



It has been a privilege this week, alongside Mr Brennan, Ms Badder, Miss Chick and Mrs Redfern, to be part of the Year 6 retreat at Alton Castle. The theme of the retreat was 'to follow' which each of the children clearly embraced in every way possible. Thank you all for making the residential such a success!

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- Olton Friary Link
- OLC 50th Year Anniversary
- Year 5 Commitment Mass/Sacred Heart Mass

Instagram



We are live! We have recently gone live with our Instagram page. We will be adding more content over the coming weeks, but in the meantime, if you would like to follow us you will find us at: [olc.olton](https://www.instagram.com/olc.olton)

Dates for 2023/24

3.6.24 – School reopens to all pupils after half-term break
5.6.24 – World Environment Day
6.6.24 – 80th Anniversary of D-Day
6.6.24 – Y6 Anti-Bullying Assembly by St. Peter's
7.6.24 – Sacred Heart Mass at Olton Friary -10.15am (Parents welcome to join us)
12.6.24 – Class Photographs
13.6.24 – Year 5 Commitment Mass at Olton Friary – 1.30pm
15.6.24 – Summer Fayre at Olton Friary
16.6.24 – Father's Day
18.6.24 – Year 5 Family Education Session
19.6.24 – FS2 Trip to Parkridge Centre
20.6.24 – KS1 Trip to Avoncroft
20.6.24 – World Refugee Day
22.6.24 – Don't Face it Alone Day
27.6.24 – UKS2 Sports Day – 9.15am
27.6.24 – FS Sports Day – 10.30am
27.6.24 – LKS2 Sports Day – 1.15pm
27.6.24 – KS1 Sports Day – 2.15pm
28.6.24 – FOLC Quiz Night in School Hall
2.7.24 – Y6 Family Education Session
3.7.24 – Y6 Transition Day to St. Peter's
3.7.24 – Parents' Meeting for children joining FS2 in 2024/25- 1.30pm
4.7.24 – Provisional Sports Day if required due to weather
9.7.24 – Last day Swimming for Class 5H
10.7.24 – Year 6 Production – 10am
17.7.24 – Y5 Trip to Twycross Zoo
18.7.24 – Year 6 Leaver's Awards – 10am
19.7.24 – Year 6 Leaver's Mass at Friary – 10.15am
19.7.24 – Year 6 Leaver's Celebrations – 1.30pm
19.7.24 – Last Day of School Year

Pentecost



Thank you to our Year 6 children and staff who led us in a very special Pentecost Service this afternoon. The children celebrated the coming of the Holy Spirit on the Apostles, and the beginning of their ministry to make disciples of all nations. The children marked this occasion by reciting the 'Our Father' as a combination of different languages.

Footsteps



Footsteps!

If you would like your child/children to attend Footsteps Before and After School Club next academic year (from September 2024), you will need to submit a request for a place on a Footsteps Microsoft Booking Form (for each child.) You should have received the form by School App today, Friday 24th of May. The form must be submitted by June 7th 2024 for your request to be considered in line with Footsteps' admission criteria. Further information for 2024/2025 can be viewed in the Footsteps Information Booklet on the Footsteps page of the school website. The booking form link can also be found here. If you do not receive the app message, please contact the school office to ensure that we have your correct details on our records and that you are correctly set up on the School App.

May Procession



Thank you to the Year 1 and 2 team who led us in the May Procession last week. They certainly helped us all honour to Mary through song, prayer and actions. As our term comes to an end we thank Mary for guiding and supporting us each day.

Our Lady of Compassion – watch over your children.

D-Day 80th Anniversary



Cod and chips
with peas and tomato sauce

or

Vegetarian Hot Dog
with
baked beans

Jelly & Ice Cream
Yoghurt or fruit

As part of the D-Day 80th Anniversary on Thursday 6th June, there will be a special lunch provided by the kitchen. If your child does not usually have school dinner and would like to on this day, please contact the school office.

Altar Servers/Choir

If your child has received their First Holy Communion and is in Year 3 and above, please do consider asking them if they wish to action their faith further by becoming an Altar Server at the Friary. If they are interested, please let Father Biju or Father Austin know. The Friary are also looking for anyone interested in joining the 6pm choir at 6pm Mass on a Sunday.

Sacred Heart/Year 5 Commitment Mass

We look forward to the above Masses taken place after the half-term. The Sacred Heart Mass is an annual event which is an opportunity to thank God for the community of the Olton Friary and in particular our Parish Priest Father Biju, Father Austin and the Brothers of the Friary, as well as all of the clergy. Please do feel free to join us on Friday 7th June at 10.15am. We would also like to invite our parents from Year 5 to the Year 5 Commitment Mass on Thursday 13th June at 1.30pm. This is the start of the children becoming the Confirmandi in preparation for their Confirmation.



Tolan Flanagan

academy of irish dance

est. 2024

emma tolan tcrG & aisling flanagan tcrG

SATURDAY 1ST JUNE 2024

OPEN DAY

SHIRLEY CENTRE, B90 3AD 2:30 - 4PM

BOYS & GIRLS OF ALL AGES AND
ABILITIES WELCOME

- ✓ FULLY QUALIFIED, VETTED AND INSURED TEACHERS
- ✓ FITNESS & EARLY YEARS TEACHING EXPERTISE
- ✓ DEVELOPING & IMPROVING GROSS MOTOR SKILLS INC BALANCING, JUMPING & DANCING
- ✓ PAEDIATRIC FIRST AID TRAINED
- ✓ OUR TINY TOT PROGRAMME SUPPORTS CHILDREN DEVELOP ESSENTIAL SKILLS TO ACHIEVE THEIR ELG IN GROSS MOTOR BY THE END OF RECEPTION.



BOOK YOUR PLACE NOW

  @tolanflanaganacademy

Emma: 07739435723 Aisling: 07875460735

tolanflanaganacademy@gmail.com

First Holy Communion

Over the last few weekends, our children in Year 3 received the sacrament of First Holy Communion. On both occasions, our children were a delight - the Church was filled with beaming smiles all around. We thank all who were involved in preparing our children so well for such a joyous occasion.



Online Safety #Wake Up Wednesday

For further information, please visit the National Online Safety website.

WHAT ARE THE RISKS?
Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Children and teenagers are more vulnerable to these products' popularity among young people - many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

HIGH CAFFEINE CONTENT
Some energy drinks contain high levels of caffeine. When consumed in excess, caffeine can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and - in extreme cases - even heart issues. Children and teenagers, whose bodies are still developing, experience caffeine more acutely and are particularly vulnerable.

INCREASED RISK OF HEART PROBLEMS
The combination of high-caffeine levels and the other ingredients found in energy drinks can put extra strain on the cardiovascular system. In some cases, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack - especially in individuals who have an underlying heart condition.

IMPACT ON MENTAL HEALTH
The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, depression and lead - in susceptible individuals - to panic attacks. Additionally, the crash that comes after the initial energy boost can lead to feelings of depression and irritability.

DISRUPTED SLEEP PATTERNS
Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. This is because the caffeine in these drinks can make it difficult for children and young adults to fall asleep, leading to insufficient rest and associated health risks, including impaired cognitive function, mood fluctuations and decreased academic performance.

LINKS TO SUBSTANCE ABUSE
Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young people. This is likely due to the stimulant effects of energy drinks, which may lead to increased risk-taking behavior. However, more research is needed to confirm these links.

POTENTIAL FOR DEPENDENCY
Regular consumption of energy drinks can lead to tolerance - meaning that individuals may need to consume more to experience the same effects. This can eventually lead to dependence, and withdrawal symptoms may occur if consumption is suddenly stopped.

Advice for Parents & Educators

LIMIT CONSUMPTION
It's best to educate young people about the potential risks linked to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal tea or reduced-fat milk. You can model healthy behaviour by restricting your own consumption of energy drinks and creating a supportive environment for children and teenagers.

PROMOTE HEALTHIER HABITS
Schools can take on this issue by including education about the possible impact of energy drink consumption into their health education curriculum. Encourage children and young people to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

ADVOCATE FOR REGULATION
It's important to stay up-to-date on the latest regulations and policies. You can contact your local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Encourage your school, community and community members to voice their concerns about the potential health risks associated with energy drinks and support initiatives for healthier alternatives and education.

SET A POSITIVE EXAMPLE
Adults can model healthy behaviour for young people by choosing alternative beverages instead of energy drinks. Encourage open communication with children and young people about the reasons for limiting energy drink consumption - underlining the importance of balanced nutrition, adequate hydration and limiting energy drinks to special occasions.

Meet Our Expert
Dr Jason O'Rourke, Headteacher of Washington College, champions food education and sustainability - and his school holds the Soil Association's

Wake Up Wednesday
The National

Absences During Term Time

From September 2024, every school in England will be required to share their daily attendance registers across the education sector as part of the next stage of the government's drive to reduce pupil absence: 'The sharing of daily school registers will form a new world-leading attendance data set that will help schools spot and support children displaying worrying trends of persistent absence or those in danger of becoming missing in education' (DFE 29 Feb 2024).

Parent fines for unauthorised absences will be brought under a national framework to help tackle inconsistencies in their use. Guidelines state that from this time, a fine to parents can be considered if a child misses five days or ten sessions (half days) of school for unauthorised absence. The threshold can be met with 'any combination of unauthorised absence', for example, four sessions in term time plus six instances of arriving late. Guidelines state that the period of ten weeks can also span over 'different terms or school years. Alongside this, costs for fines will go up from £60 to £80 if paid within 21 days and from £120 to £160 if paid in 28 days. These fines are paid directly to the local authority and not to schools.

Summer Fayre

£1 EACH

UNDER 12'S FREE

BOUNCY CASTLE

PENALTY SHOOT-OUT

2024 SUMMER FAYRE

15th June 12pm - 3pm
Olton Friary gardens

SOFT DRINKS, TEAS, COFFEES AND ALCOHOL AVAILABLE.

LOTS OF GAMES FOR ALL THE FAMILY.

GRAND RAFFLE

CHOCOLATE TOMBOLA

CAKE STALL

BOTTLE TOMBOLA

TEDDY TOMBOLA

BBO FOOD

GARDEN GAMES

FANCY GOODS

*GARDEN GAMES KINDLY SUPPLIED BY NEWLJA EVENTS (07487 247 750)

50th Anniversary

Our 50th anniversary plans are gathering pace. Make sure you save the date below:

Save the Date

OUR LADY OF COMPASSION IS 50

FRIDAY 13 SEPTEMBER
3.30 PM TIL 6 PM

CALLING ALL PAST & PRESENT, PUPILS, PARENTS, TEACHERS AND FRIENDS

Olton Friary Link

To hear all about the wonderful events that take place at the Olton Friary please follow this link below that will lead you to their notice page on their website: <https://www.oltonfriary.org.uk/weekly-notice/>