



Our Lady of Compassion Catholic School

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@ourladycompass

School Newsletter – 17

Date: Friday 10th May 2024

To Live As Jesus Taught Us.

Dear Parents and Carers,

This week, our thoughts and prayers will be with our Year 6 children who will complete their end of Key Stage 2 SATs next week. I must commend their determination, strength and resilience in approaching these assessments. We will be making it as relaxing as possible for them through wake up, shake up routines in the morning, providing them with toast and juice and supporting the children in bringing a little mascot into school to offer them comfort. We understand how much these tests mean to our children who want to do their best, but we can certainly say that whatever their results, we are so proud of them all. Thank you to all the staff and parents who have helped the children prepare. Have a great weekend.

Mr N Emery (Headteacher)

Parent Governor Election

Following on from the recent Parent Governor vacancy and subsequent elections, we can confirm that Mrs Hill has been appointed as a parent governor unopposed. Mrs Hill will replace Mr Guerrin whose term had come to an end. As a reminder, the role of the governor is clearly defined and therefore we ask parents to continue to support the role and should any school issues arise these should be directed to the school to be looked into rather than a governor being approached directly. We welcome Mrs Hill to the board and look forward to working with her over the next four years, we also thank Mr Guerrin for all his support and contributions to the governing body over the years and being part of a team that has the children's interest at the forefront of their decisions.

Wednesday Word



In this Sunday's Gospel, Jesus is praying with his disciples after the last supper. Very soon, Jesus will be arrested. So before leaving them he is preparing his disciples for the difficult time to come. Jesus has cared for his followers and now he is asking God to care for them. Jesus wants us to be united with one another and with God. We show that we are united and part of God's family when we care for each other – living and working in unity. Pope Francis reminds us, "It is Jesus himself who continues to care for his Church. Small gestures of tenderness and care, make people feel that the Lord is with us."

Olton Friary Events

The Olton Friary Parish Communications Group have created a Parish X (Twitter) account to keep everyone updated about events in the parish. It will also allow non parishioners to get information about concerts and social events. If you are on X (Twitter) can you click on this link and follow us:

<https://x.com/oltonfriary?s=21&t=Q34KJ7vhh85a11kjxgnU-g>

You may also be interested in the event 'Tom's Midnight Garden' at Hall Green Little theatre: <https://www.hglt.co.uk/>

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Communication



To further enhance our communication with parents we will be shortly launching our Instagram page which will feature alongside our Twitter (X) feed. In addition to these, please remember that parents have access to their child's class teacher at the end of the school day should they wish to discuss anything briefly with them. For more sensitive matters, the school office can arrange appointments.

Summer Fayre

As we draw ever closer to this year's Summer Fayre we are in need of support with donations. On Friday 17th May, children will be able to wear non-uniform to school in exchange for a bottle donation, and then on Friday 24th May we would like donations of chocolates and sweets. Please drop all donations to the FOLC who will be at the school gates collecting these from you. As always we thank you for your support towards these events and helping to make these as successful as possible. If you are able to assist on the day of the summer fayre, please do let the FOLC know.

Dates for 2023/24

- 13.5.24 – Y6 SATs week
- 14.5.24 – Year 4 Sparks Fire Safety Session
- 15.5.24 – FS2 Vision Screening Programme
- 17.5.24 – Non-Uniform Day in exchange for bottle donation for Summer Fayre
- 17.5.24 – May Procession – 2pm
- 19.5.24 – Pentecost
- 20.5.24 – Walk to School Week
- 20.5.24 – Y6 Residential @ Alton Castle
- 24.5.24 – Sweets and Chocolate donation for Summer Fayre
- 24.5.24 – Last day of Half-Term
- 3.6.24 – School reopens to all pupils after half-term break
- 5.6.24 – World Environment Day
- 12.6.24 – Class Photographs
- 16.6.24 – Father's Day
- 20.6.24 – World Refugee 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
- 4.7.24 – Provisional Sports Day if required due to weather
- 9.7.24 – Last day of Swimming for Class 5H
- 10.7.24 – Year 6 Production – 10am
- 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

Queen of Peace

We continue to honour Mary during this month and look forward to our May Procession at 2pm on Friday 17th May which will be led by our Year 1 and Year 2 children. Parents are more than welcome to join us and weather permitting, the procession will take place out on the school playground. Just as Mary pondered all the early events surrounding Jesus in her heart, we are invited to contemplate what the Holy Spirit chose to inspire and share with us regarding Mary, not only as Christ's mother, but as our own. Mary, a woman created, a woman set apart. She stands as a model of chastity, of inner beauty, of humility and of purity; the golden vessel, chosen to carry the most important life the world will ever know. As our Mother, would she ever abandon us? God created her. He preserved her. He picked her. He descended upon her. He grew within her. Jesus listened to her, loved her, and honoured her above any other. Not because she wanted it but because she deserved it... because she is different. It was her 'yes' to God that set his brothers and sisters back on the right path. It was her 'yes', that forever changed the world. Just as our Blessed Mother reflects Jesus' light more radiantly and more fully than any other human in history, so we are called – as children of our Blessed Mother – as children of the light, to reflect and radiate the love and heart of Christ to all the world.

mary's meals

a simple solution to world hunger

During the month of May, we are encouraging children to join schools across the UK in prayer for the work of Mary's Meals. Since their humble beginnings, Mary's Meals has been built on a foundation of prayer and many little acts of love from those who believe in their mission. Today they are feeding more than 2 million children each school day in 20 countries, with many more that are in need of their support. We ask that you join us by taking part in the 'Pray in May' campaign. Through prayer we can connect and offer support to such great initiatives.

School Trips



Over the last few weeks, children in FS and LKS2 have enjoyed exploring the outdoors and have visited Brueton Park and Cadbury World. We look forward to our Year 6 children embarking on their residential trip in a couple of weeks' time, as well as the trips for KS1 and Year 5.



Summer Fayre

50th Anniversary

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



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-notices/>

Street Tag



Thanks to all the families that have been Street Tagging. We are having so much fun - the children have said things like, "I never knew a walk could be this much fun!" It is reminding lots of adults of catching Pokemon! If you haven't joined yet, why not? To join, please click on the link is below:

<https://streettag.co.uk>

Folc have also created a private WhatsApp group to share tips and hints. There are different codes you can use to add points power hour triples your points on your walk!

<https://chat.whatsapp.com/FpMUGduGLv3Gln8AmcfrsX>
OLC are currently doing really well - please support us to continue earning points.



Online Safety #Wake Up Wednesday

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

At the National College, our [WakeUpWednesday](#) 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 climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](#).

10 Top Tips for Parents and Educators MANAGING EXAM STRESS

At some point in their education, children are almost certain to encounter exam stress, which can cast a shadow over their mental, emotional and physical wellbeing. Mental health charity YoungMinds estimate that a staggering 87% of pupils suffer from exam stress - highlighting the urgent need to minimise its impact on children's health and happiness.

- 1 PRACTISE WORKLOAD WISDOM**
The build up to exam season is such a busy and pressured time in a child's education that it can be difficult for youngsters to avoid feeling overwhelmed. Encourage them to consider whether their current workload is realistic and allows them sufficient time to relax and recharge. Work with them on creating a revision timetable that's manageable and includes breaks and occasional days off.
- 2 ADVISE CLEARING THE CLUTTER**
A disorganised work environment is proven to negatively affect our ability to focus, as well as our emotional state. Encourage children to keep their desk, notes and revision materials tidy - creating a dedicated, well-kept study space to promote maximum focus. Foster their creativity by suggesting they incorporate vibrant colours, mood maps and even quirky drawings into their revision notes.
- 3 MASTER THE MATERIALS TOGETHER**
Revision seems far harder when a child is uncertain where to begin. Encourage them to consult - support them in confirming revision materials and their resources. Encourage the importance of gathering a range of resources to get a more comprehensive understanding of the subject. Feeling more prepared should nurture the child's confidence and help to dispel some of their anxiety.
- 4 RECOMMEND CREATIVE NOTE-TAKING**
Writing out notes in full - rather than simply bullet-pointing - can be a strong start to a child's revision. Reinforce this idea, encouraging the use of mind maps. Encourage shorter versions of previously taken notes for effective repetition and memorisation. Discuss the power of regularly reviewing notes to help them stay in the child's memory.
- 5 USE VISUAL AIDS AND MNEMONICS**
Encourage the use of visual aids like slides and sticky notes to enhance learning. Some children find these resources far more useful than simply reading their notes as written. Explore creating mnemonics for a fun and effective study approach - and it's also worth noting that the strategic use of colours is a proven means of triggering recall during exams.
- 6 GATHER A 'TECH TOOLKIT'**
Techology can be a huge advantage in exam prep. Educational YouTube channels and revision websites like BBC Bitesize can be particularly powerful resources for helping children to expand and retain their knowledge. You could also recommend the use of flashcard apps and educational podcasts for revision and reminders when young people are on the go.
- 7 KEEP IT FUN**
Revision tends to go far more smoothly if children are having fun in the process. Injecting some humour into their notes, for instance, can make them more memorable - as can relating information to their real-life experiences. Try to encourage a variety of study methods, such as incorporating physical activity (even simply taking a walk) into their revision routine.
- 8 SUGGEST ACTIVE REVISION STRATEGIES**
Make sure children are aware of different study techniques. You could emphasise the effectiveness of spaced repetition by reviewing material regularly over time to enhance learning and improve retention. Discuss the benefits of using the Pomodoro method - its self-testing or explaining a concept aloud - in identifying where their strengths and weaknesses lie.
- 9 ENCOURAGE A POSITIVE MINDSET**
It can be easy for children's thoughts to fall into a downward spiral when they're stressed about exams. To foster a growth mindset by emphasising the importance of giving it their all (rather than aiming for complete perfection) positive self-talk and the use of affirmations can build confidence and reduce anxiety, while increasing success and setting realistic goals can help them stay motivated and focused.
- 10 HELP THEM TO SEIZE THE DAY**
There are lots of things children can do on the day of their exam to reduce stress and increase their focus. Tell them through some helpful exam-day strategies - such as arriving early, reading the instructions and the questions carefully, and putting themselves at ease by taking some relaxation techniques, such as deep breathing or visualisation, to help them manage any nerves before and during the exam.

Meet Our Expert
Mina Ahmed design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett - a learning and development specialist who is also Associate Vice-Principal for Personal Development at Parkstone Grammar School.

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WakeUp Wednesday
The National College



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