



Our Lady of Compassion Catholic School

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To Live As Jesus Taught Us.

School Newsletter – 11

Date: Friday 6th February 2026

Dear Parents, Carers and Children,
As we approach the end of this half-term, this will be our final newsletter before we break up on Friday 13th February. It has been a wonderfully positive few weeks in school, and I want to thank our children, families and staff for their continued enthusiasm and support. In this edition, you will find lots of important information about events taking place after we return on Tuesday 24th February. Please do take a moment to read through these updates so that you are aware of the activities, celebrations and opportunities ahead for the children. This week, we also gathered as a school community to celebrate Candlemas, a Christian feast marking the Presentation of Jesus at the Temple and symbolising light, hope and new beginnings. It was a reflective moment for our pupils, reminding us of the importance of guidance, kindness and shining our light for others.

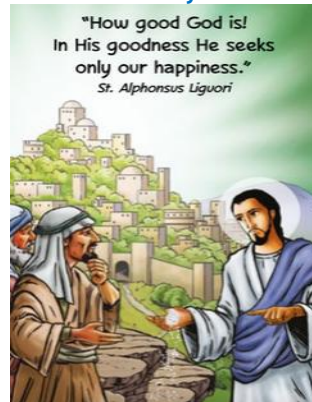
We were also delighted to welcome “Gladiator Steel” to OLC this week. The children thoroughly enjoyed the visit, which brought excitement, inspiration and a strong message about determination, resilience and aiming high. It was wonderful to see pupils so engaged and motivated by the experience. Thank you to the FOLC for organising this for our children.

As always, thank you for your ongoing support.

I wish you all a calm and restful final week before half-term.

Mr N Emery
Headteacher

Wednesday Word



This Sunday’s Gospel shows how the message of Jesus can change everything in the world. Jesus reminds us that we are not here only for ourselves – we’re here for others: to improve the lives of those around us with love, care and goodness. Whenever we perform an act of goodness, even the smallest, good deed, it pleases God and sets an example for others to see and to follow. So, this Gospel reminds us of the importance of our role in life: to bring God’s light to others and to be ‘the salt of the earth’. Now let’s go and bring that taste and that light of Jesus to everyone we meet.

Lenten Appeal



As part of our Lenten fundraising for CAFOD, each class will be working together to reach 1,000,000 steps (approximately 666.7km) over 40 days. Children will be encouraged to stay active, with families supporting them by sending in photos or screenshots of steps completed each day - their own and those of family members. We ask each child to contribute £2 towards our fundraising. We can’t wait to see how far each class travels and who can go the extra mile!

SUMMARY

- Wednesday Word
- Lenten Appeal
- INSET Day
- Dates for 25/26
- We Love School Day
- Nursery Admissions 2025/26
- OPAL
- FOLC AGM
- Random Act of Kindness Day
- Start Times
- Olton Friary Link
- Clubs After School
- Online Safety
- St. David’s Day
- World Book Day
- Water Bottles
- FunFest
- Safer Internet Day
- Stay and Pray Lent
- Children’s Mental Health Week

INSET Day



As a reminder, school is closed to all pupils on Monday 23rd February as this is an INSET day – a day for staff training. We look forward to welcoming you all back after the half-term break on Tuesday 24th February 2026.

Dates for 2025/26

Further dates will be added throughout the term

8.2.26 – Racial Justice Day
9.2.26 – Children’s Mental Health Week – Dress to impress Day
10.2.26 – Safer Internet Day – theme “Together for a better internet?”
13.2.26 – We Love School Day
13.2.26 – Last day of half-term
18.3.26 – Ash Wednesday – Start of Lent
22.2.26 – First Sunday of Lent
23.2.26 – School Closed – INSET Day
24.2.26 – School reopens after half-term
24.2.26 – Random Act of Kindness Day
27.2.26 – St. David’s Day – children to wear a splash of yellow to school
1.3.26 – Secondary School Offer Day
1.3.26 – Women’s History Month
5.3.26 – World Book Day
6.3.26 – World Women’s Day
7.3.25 – Sacrament of Reconciliation – Y3
11.3.26 – Parents’ Evening
11.3.26 – FS1 Mother’s Day Assembly 9.30am
11.3.26 – FS2 Mother’s Day Assembly 10.30am
12.3.26 – Parents’ Evening
13.3.26 – INSET Day – School Closed to Pupils
15.3.26 – Mothering Sunday
17.3.26 – St. Patrick’s Day
17.3.26 – FS Stay and Pray – 2.30pm
18.3.26 – KS1 Stay and Pray – 2.30pm
19.3.26 – UKS2 Stay and Pray – 2.30pm
20.3.26 – LKS2 Stay and Pray – 2.30pm
20.3.26 – International Day of Happiness
20.3.26 – FOLC Disco
26.3.26 – FS1 and FS2 Easter Bonnet Parade – 9.30am
26.3.26 – KS1 (Y1 and Y2) Easter Bonnet Parade – 10.30am
27.3.26 – LKS2 (Y3 and Y4) to lead Stations of the Cross – 9.30am
27.3.26 – Last day of term – 2pm finish for Easter Holidays

We Love School Day



On Friday 13th February, we will be celebrating our annual ‘We Love School Day’. Children are invited to come to school in non-uniform, wearing red or pink for the occasion. We are also asking for a £2 contribution, payable via ParentPay. Pupils will work with the School Council to decide how the funds raised should be used to benefit the school.

Supporting Our New OPAL Initiative

As shared in our newsletter before Christmas, we will be introducing OPAL (Outdoor Play and Learning) to enhance play opportunities for our pupils. To make this initiative a success, we are looking for donations of items that will spark creativity and fun outdoors. If you have any of the following at home and no longer need them, we would love to give them a new purpose:

- Old pots and pans
- Fancy dress costumes
- Small household items suitable for imaginative play

Your contributions will help us create a rich and engaging outdoor environment for all children. Please bring any items to the school office in the new term. Thank you for your support in making OPAL a reality!

Random Act of Kindness Day

On our return to school after half-term, on 24th February 2026, we will be celebrating our annual Random Acts of Kindness Day at OLC. Throughout the day, we will be encouraging pupils to spread kindness across the school community. This might include caring for others, helping a friend, using kind words and good manners, or carrying out any small gesture that makes someone’s day a little brighter. We look forward to seeing kindness in action all around the school!

Start times Reminder

To help keep arrivals running smoothly and reduce congestion, the school operates two morning drop-off times. Children in FS1, FS2, Year 5 and Year 6 should arrive at 8.45am, while children in Year 1, Year 2, Year 3 and Year 4 should arrive at 8.55am. Parents with children in multiple year groups may use the earlier drop-off time, as can families who have agreed adaptations in place. All other families are expected to follow the allocated start time. If you need to drop off earlier than your child’s designated time, our Breakfast Club is available to support with early arrivals.

Nursery Admission 2025/26

If you are interested in places for 2025/26 for your child to begin with us in Nursery, please contact the school office.

Reminder FOLC AGM



The FOLC AGM has now been moved to Tuesday 10th February at 5pm in the school hall. This meeting is a great opportunity to meet members of the committee and hear about all the wonderful work the FOLC does in supporting OLC. It is also an opportunity for anyone interested in joining the committee or becoming a ‘helping hand’. Please do put this revised date in your diary and come along to meet the wonderful team of volunteers.

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/>

After School Clubs

We have a variety of after school activities that take place such as Cookery, Lego, Art, Multi-Sports, and Dance. If you are interested in your child taking part in these clubs please contact Mrs Chambers in the school office or by following this link:
<https://www.olc.solihull.sch.uk/page/?title=School+Clubs&pid=26>

Online Safety #Wake Up Wednesday

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

DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces outdoor and physical activity. This separation can contribute to obesity, poor posture, and reduced cardiovascular health.
- ONLINE PEER PRESSURE**
Social media platforms expose children to unrealistic standards and peer criticism. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- CYBERBULLYING EXPOSURE**
Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report concerns.
- PRIVACY AND SAFETY RISKS**
Children may unknowingly share personal information or interact with strangers online without guidance. They may not understand the long-term consequences of digital footprints or create online personas.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Using a school schedule or timer app can help children understand and stick to limits.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.
- MODEL HEALTHY HABITS**
Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Modeling of putting a phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Encourage them to think critically and act responsibly in digital spaces. Use educational resources from the news or social media to help children practise spotting fake information.

Meet Our Expert
Adam O'Hart is Associate Vice Principal for Personal Development at Parkstone Grammar School and works on secondment one day a week for Mind4School, which works with schools on improving their mental health provision.

#WakeUpWednesday
The National College

St David's Day



On Friday 27th February we will be celebrating the feast day of St. David's which takes place on the 1st March. We ask that children wear a splash of yellow with their uniform to school on this day. This can be items such as a yellow hair band, yellow socks.

Water Bottles

We would like to remind parents that children are not to bring metal water bottles to school - this includes Stanley Cups/Tumblers. Please ensure that the children bring with them a reusable, leakproof, plastic water bottle that they can refill at school should they need to.

World Book Day

We are excited to celebrate World Book Day on Thursday 5th March. This year, we are again inviting all children to come to school dressed in their pyjamas or dressing gowns. Throughout the day, pupils will enjoy a range of cosy, story-themed activities. Staff from OLC will be sharing their favourite stories, and older children will have the chance to read with and support younger pupils in a series of paired reading sessions and activities. In addition to this, staff will also be providing a bedtime story session online during the evening time for children to log on and watch. Further details will be sent closer to the date. We are looking forward to a wonderful day that promotes a love of reading and encourages our children to read for pleasure.

Fun Fest

The February half-term timetable is now live on the Fun Fest website: <https://fun-fest.co.uk/oltonview/> and bookings are now being taken for the holiday club during February half-term. If, however, parents from OLC are unable to book due to spaces being full, please contact FunFest via the following email address: solihulloffice@funfestholidayclub.co.uk

Safer Internet Day

We are delighted to be taking part in Safer Internet Day 2026 on Tuesday 10th February, joining schools and communities around the world in working together for a better internet - a global effort to promote safe, respectful and positive online experiences. This year, activities will also link with the UK theme "Smart tech, safe choices – Exploring the safe and responsible use of AI", helping children understand the technologies they use every day and how to make informed decisions online. Throughout the day, pupils will explore how to stay safe, recognise trustworthy information, protect their personal data, and use digital tools responsibly. Our aim is to empower every child to be a thoughtful, confident and considerate digital citizen - contributing to a safer, more supportive online world for everyone. Safer Internet Day remains a key moment in our school calendar, reminding us that when we work together, we can help create a better internet for all.

Stay and Pray – Lent



During Lent this year we would like to invite parents to join us at our stay and pray sessions with their children. These will take place in our school hall and will be an opportunity for you to join your child and their friends in prayer. For a list of the dates please see below:

FS (Reception): Tuesday 17th March at 2.30pm
KS1 (Years 1 and 2): Wednesday 18th March at 2.30pm
UKS2 (Years 5 and 6): Thursday 19th March at 2.30pm
LKS2 (Years 3 and 4): Friday 20th March at 2.30pm

Children's Mental Health Week



We are especially looking forward to launching the week with our annual "Dress to Express Day" on Monday 9th February (please note change of date), when children are invited to come to school in non-uniform. This joyful tradition not only fills the school with colour and personality but also encourages children to express themselves with confidence - perfectly aligned with this year's theme of belonging and celebrating each child's place within our school community. We hope that Children's Mental Health Week will help our pupils recognise the importance of their own voice, their own space, and their own identity as they continue to grow socially, emotionally, and academically.