

# SEND NEWSLETTER

LENT 1 EDITION

IT HAS BEEN A BUSY AND POSITIVE HALF TERM. WE LAUNCHED OUR WHOLE-SCHOOL READING CHALLENGE, WELCOMED VISITORS FROM LEICESTER UNIVERSITY TO INSPIRE YEAR 5 AND 6, AND ENJOYED HAVING ST PAUL'S WORK EXPERIENCE STUDENTS SUPPORTING IN SCHOOL.

WE ALSO MARKED CHILDREN'S MENTAL HEALTH WEEK AND INTERNET SAFETY DAY, WERE PROUD OF MRS STACK'S AND MRS FRANKLIN'S CLASS ASSEMBLY, WELCOMED A VISIT FROM THE WOMBLES, AND EVEN HELD OUR OWN ROCK CONCERT.

GYMNASTICS HAS STARTED THIS TERM, WITH CHILDREN SHOWING GREAT ENTHUSIASM AND RESILIENCE. DURING LENT, THE CHILDREN EXPERIENCED ADORATION WITH FR DAVID, SPENDING TIME IN QUIET PRAYER AND REFLECTION. WE ALSO RAISED MONEY TO SUPPORT HOMELESS SHELTERS — THANK YOU FOR YOUR GENEROSITY.

WE WOULD ALSO LIKE TO CONGRATULATE ALL OF OUR CHILDREN FOR THEIR BEAUTIFUL BEHAVIOUR, POSITIVE ATTITUDES AND HARD WORK THIS HALF TERM — THEY CONTINUE TO MAKE US ALL INCREDIBLY PROUD. THANK YOU TO EVERYONE WHO ATTENDED PARENTS' EVENING. AS ALWAYS, WE APPRECIATE YOUR CONTINUED SUPPORT, PARTICULARLY IN ENSURING GOOD ATTENDANCE, WHICH MAKES SUCH A DIFFERENCE TO CHILDREN'S PROGRESS AND WELLBEING.

YOU SHOULD NOW HAVE RECEIVED THE UPDATED POPS FOR THE SPRING TERM; PLEASE TAKE A MOMENT TO REVIEW THE TARGETS YOUR CHILD IS WORKING TOWARDS, AND REMEMBER WE OPERATE AN OPEN-DOOR POLICY SHOULD YOU HAVE ANY QUESTIONS, QUERIES, OR SIMPLY NEED A CUP OF TEA AND A CHAT.

SSTACK@ST-  
JOSEPHS.LEICESTER.SCH.UK

0116 2416197 TO MAKE AN  
APPOINTMENT



FILM NEGATIVE



FILM NEGATIVE

FILM NEGATIVE

## HELPFUL CONTACTS

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# NEURODIVERGENCE FOCUS

## NEURODIVERGENT FOCUS OF THE MONTH: CHILDREN'S MENTAL HEALTH

NEURODIVERGENCE FOCUS OF THE MONTH: SOCIAL, EMOTIONAL AND MENTAL HEALTH

CHILDREN'S MENTAL HEALTH WEEK 2026 (FEBRUARY 9-15) FOCUSES ON THE THEME "THIS IS MY PLACE," HIGHLIGHTING THE IMPORTANCE OF BELONGING, EMOTIONAL SAFETY, AND IDENTITY FOR ALL CHILDREN, INCLUDING THOSE WHO ARE NEURODIVERGENT. THE INITIATIVE ENCOURAGES CREATING INCLUSIVE, NURTURING ENVIRONMENTS WHERE CHILDREN CAN FEEL THEY BELONG WITHOUT NEEDING TO MASK OR CHANGE WHO THEY ARE.

### KEY ASPECTS FOR NEURODIVERGENT FOCUS:

- **BELONGING & SAFETY:** THE 2026 THEME EMPHASIZES THAT FEELING SAFE AND VALUED HELPS SETTLE A CHILD'S NERVOUS SYSTEM, FOSTERING BETTER MENTAL HEALTH AND CONNECTION.
- **CREATING INCLUSIVE ENVIRONMENTS:** THE FOCUS IS ON ADAPTING SCHOOLS, COMMUNITIES, AND HOME ENVIRONMENTS TO BE NEURODIVERSITY-AFFIRMING, RATHER THAN EXPECTING CHILDREN TO CONFORM.
- **REDUCING MASKING:** THE CAMPAIGN PROMOTES SPACES WHERE CHILDREN DO NOT HAVE TO SHRINK, MASK, OR CHANGE TO BE ACCEPTED.
- **EMPOWERMENT:** RESOURCES AIMED AT SUPPORTING THE SYSTEMS AROUND CHILDREN (PEERS, FAMILIES, SCHOOLS) TO ENSURE THEY FEEL THEY TRULY BELONG AND CAN THRIVE.

THIS THEME IS PARTICULARLY RELEVANT TO NEURODIVERGENT CHILDREN, AS IT HIGHLIGHTS THAT TRUE BELONGING MEANS ADAPTING ENVIRONMENTS TO ACCEPT THEM FOR WHO THEY ARE, FOSTERING CONFIDENCE AND EMOTIONAL STRENGTH.

### DATES FOR THE DIARY

ON 23RD FEBRUARY 2026, WE WILL HAVE A CELEBRATION OF THE WORD LED BY MRS DEDMAN AND MISS LUCY, AND INVITED CHILDREN WILL TAKE PART IN A GYMNASTICS COMPETITION.

ON 2ND MARCH 2026, THERE WILL BE HYMN PRACTICE, FOLLOWED BY THE YEAR 3 ASSEMBLY AT 9AM.

ON 9TH MARCH 2026, YEAR 5 AND YEAR 6 WILL WALK TO CHURCH FOR MASS, AND AT 2.30PM YEAR 2 WILL LEAD A CHILD-LED CELEBRATION OF THE WORD.

ON SUNDAY 15TH MARCH, YEAR 3 AND 4 WILL LEAD MASS AT ST JOSEPH'S CHURCH AT 9AM. THE FOLLOWING DAY, 16TH MARCH 2026, WE WILL CELEBRATE ST JOSEPH'S FEAST DAY WITH MASS AT 2PM, AND ALL ARE INVITED TO ATTEND.

ON 23RD MARCH 2026, THERE WILL BE A CHILD-LED CELEBRATION OF THE WORD AT 2.30PM LED BY YEAR 5 (MRS DARBY'S CLASS). YEAR 3 AND 4 WILL ALSO PERFORM THEIR EASTER PLAY FOR PARENTS.

WE WILL HOLD A PTA SCHOOL DISCO (DATE TO BE CONFIRMED) AND A NON-SCHOOL UNIFORM DAY, WITH A SUGGESTED £1 DONATION.

FOR FURTHER DATES, PLEASE SEE MRS DEDMAN'S NEWSBITE

# STUDENT SUCCESSSES

**WELL DONE TO LOLA SHIPLEY, WHO ROCKED OUT ON THE BASS DURING OUR ROCKSTEADY CONCERT.**

**A HUGE STEP FOR STANLEY AND KIM WHO HAVE FOUND A BEAUTIFUL FRIENDSHIP WITH EACHOTHER. WE ARE LOVING WATCHING THEM PLAY AND INTERACT SO BEAUTIFULLY.**

**WELL DONE TO KAIDEN AND MYLES, WHO DEMONSTRATED THE PHASES OF THE MOON, USING OREOS, IN THEIR SCIENCE WORK AMAZINGLY! WELL DONE TO EVELYN, WHO MANAGED TO REPRESENT HER CLASS IN THE WOMBLES ASSEMBLY ON TUESDAY GIVING THE QUIZ ANSWERS.**

**WELL DONE TO GIDEON AND XAVIER WHO GAVE AN AMAZING PERSUASIVE SPEECH TO MRS DEDMAN – PERSUADING HER TO ALLOW THE YEAR 6 CHILDREN TO WEAR THEIR HOODIES!**

Workshops for parents of children with autism Are you interested? LPC is excited to announce a supportive 4 week programme of workshops for parents or carers of young people with an Autism (ASD) diagnosis. This will be delivered by specialist professionals in a safe and open environment. These workshops will also offer an opportunity to meet with other parents with similar experiences. We are hoping to cover a number of useful topics, including: Emotional regulation and behaviour, Anxiety, Meltdowns, shutdowns and masking, Communication and interaction, Sensory processing, Supportive strategies. There will also be time within the sessions for you to ask questions specifically related to your child. Fees: £55 per person, per week. Or £75 a couple. It will be commencing during March and April 2026. Timings will be 10.30am – 12pm.

0116 3266517

[www.leicesterpsychologyclinic.com](http://www.leicesterpsychologyclinic.com)

Sogorman

