



Monksdown Mail

Where Children Come First

Designated Safeguarding Leads :



Mrs Russell and
Mrs Stewart
Deputy-Mrs Price

Friday 31st January 2025

Dear Families of Monksdown

How are we almost in February! It feels like it was only last week I wrote the first newsletter of 2025 and talked to you about New Years resolutions.

We all know, resolutions made in January sometimes don't make it to February so with that in mind I have decided to set the families of Monksdown a challenge! How many days of 'Friendly February' can



Please see page 8 for a larger version

This week, Monksdown has been immersed in Chinese New Year celebrations.

On Tuesday, Year 2 were extremely lucky to be visited by Mrs Yuquiao Cai and her team from the University of Liverpool who taught the children all about Chinese culture and Chinese New Year. They participated in dance and music workshops, they learnt how to greet their friends in Mandarin and about the history of shadow puppetry. We also made some paper snakes to celebrate the year of the snake.

Thank you to the parents who joined us after school for a Mandarin taster session.

On Wednesday, some of our Year 5 and 6 pupils visited each class to teach each class about how they celebrate Chinese New Year and also taught them Mandarin and Cantonese through a range of games. They were so passionate about celebrating their culture. We also participated in a range of activities throughout school, from food tasting in Reception to re-search projects about China in Year 6. Kung Hei Fat Choy!

Kindest Regards

Mrs Price



Our Stars!

Please see the following page for January's Progress and Reader of the month

Important Dates

3rd-7th February
Children's Mental Health Week

Bikeability for 5.2

27th February
Egyptian Feast

Learning showcases
Tuesday 4th Feb—1.1
Wednesday 5th Feb. 1.2
Friday 7th Feb 1.3

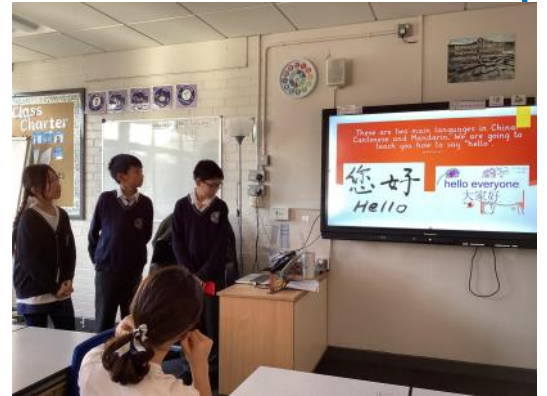
Tuesday 11th February

Progress and Reading Award Winners

Two children in each class were awarded with a gold coin to spend in our book vending machines. These children have been recognised for their hard work and effort in the month of January. Well done!

	READING AWARD	PROGRESS AWARD
N.	Gerard Byrne	Faith Railton
R.1	Max Moszczysnski	River Leah Walsh
R.2	Blessed Chiamka Orogwa Zion	Lily-Mae Ricketts
R.3	Kanishka Choudhury	Daniel Piekos
1.1	Nadia Zgorska	Setayesh Hedayat
1.2	Ross Kearney	Sonny McStein
1.3	Lillie Murphy	Isla Williams Cain
2.1	Kailin Stuart	Christina LLOYD Dillon
2.2	Michael Murphy	Violet Brierley
2.3	Triumph Orogwu	Iris Dwyer
3.1	Florence Davies	Amber Smith
3.2	Callie Foott-Cummings	Lilianna Piekos
3.3	Hollie Nethercote	Olivier Chojnacki
4.1	Sophia Henderson	Louie Nevin
4.2	Chloe Huang	Christopher Kuliesius
4.3	Kayden Bibby	Sydney Wright
5.1	Ivan Lawal	Summer-Lea Shaw
5.2	Molly Taylor	Skyler McGivern
5.3	Alfie Mawdsley	Ruby Wheeler
6.1	Holly McArdle	Emily Hall
6.2	Jerry Wang	Louise Klasilnikova
6.3	Amanda Orogwu	Jaiden Stuart

Celebrating Chinese New Year



Amazing News!

The Merseyside School Table Tennis Association Individual Championships took place on the 25th January. Two of our pupils in Y4 and Y3 .

Within the groups stages only one player could progress, Ignacy (Y4) came second with an excellent match (against the overall winner who is ranked 5th in the Uk!). Stefan (Y3) won his group and progressed to the Semi finals to eventually come second after a 4 set final battle against the same placer that beat his brother!

The boys represented Monksdown beautifully and we are so proud of them!



Free Mandarin Chinese Lessons

Calling all young learners ages 11-13.

Every Tuesday 5:45-6:30 at Colbolt Housing
(199 Lower House Lane L112SF)

Please email
Gerard.Heffey@liverpool.gov.uk to reserve
your spot



School Lunch Menu



Lunch Menu Week 5



w/c 3rd February	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Tomato & Basil	Red Pepper Soup	Chef Choice	Chinese Sweetcorn
HOT MAINS	Veggie Spaghetti Bolognese with Garlic Bread	Sausage Casserole with Mash	Carbonara Penne Pasta Bake with Homemade Garlic Bread	Chicken Fajitas	Fish Fingers with Chips & Mushy Peas
	Welsh Rarebit	Individual Vegetable & Cheese Omelette	Vegetable & Rice Enchiladas	Cheese & Red Onion Quiche	Wholemeal Pizza
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	'Chocolate' Fudge Cake	Oat Cookies	Sticky Toffee Pudding	Fresh Fruit Salad	Cheese & Crackers



Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements. All menus are checked by a nutritionist and adhere to School Food Standards.

Vegetarian
 Vegan
 Oily fish



Lunch Menu Week 6



w/c 10th February	Planet Friendly MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SOUP	Chef Choice	Chinese Sweetcorn	Chef Choice	Chef Choice	Chef Choice
HOT MAINS	Tomato & Basil Pasta	Spaghetti & Meatballs	Sausage & Mash with Peas	Chicken Curry with Wholemeal Rice & Homemade Onion Bhajis	Homemade Battered Fish with Chips & Beans
	Cheese & Red Onion Quiche	Cheese & Tomato Panini	Vegetable & Lentil Stew	Vegetable Biryani	Sri Lankan Sweet Potato & Coconut Curry with Rice
CHEF SPECIAL	Ask Chef about today's special!				
DESSERT	Apple & Oat Crumble with Pouring Cream	Homemade Rice Pudding with Strawberry Jam	Iced Sponge Cake with Custard	Fresh Fruit Salad	Cheese & Crackers



Available Daily: Jacket potatoes with tuna, cheese or beans, salad, hummus, fresh fruit and yoghurt

Please speak to a member of staff about dietary requirements. All menus are checked by a nutritionist and adhere to School Food Standards.

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Snacks and Drinks

Children in KS2 (Years 3—6) may bring a **HEALTHY** snack to eat at break time .This should not include crisps, sweets or chocolate.

Some suggestions:

- Fresh Fruit or Dried Fruit
- Low Sugar cereal bars that are not chocolate coated
- Crackers
- Vegetable sticks



We encourage children to drink water in school. If your child cannot drink water then a sugar free juice may be brought into school. Energy drinks such as Prime and Lucozade are not permitted. Children in Early Years (Reception) and KS1 (Years 1-2) are provided with milk and fruit free of charge.

Wrap up warm

During the winter months it is really important that the children bring a coat to school . We try to get outdoors as much as possible and embrace the colder temperatures.

Please make sure that hats and gloves have names and class numbers indicated on them.



Online Payments

Dinners can now be paid for via School Money online.

If you have not received your log in details please contact the school office where we will be happy to help.

Road Safety

If your child rides their bike or scooter to school, please talk to them about road safety and being very careful on their journey. Helmets should be worn for protection at all times.

Library Times

The library is open for children and parents on the following days

Monday—Nursery and Reception

Tuesday Year 1 and Year 2

Wednesday Years 3-6

SENISS Helpline: 07591837693

If your child has special educational needs and you are wanting to know more on how to support their learning at home then please ring for professional advice, support or practical strategies.

Monday: 1pm – 4pm, Wednesday:

9am – 4pm, Friday: 9am – 12pm

Alternatively, you can email your concern to seniss@liverpool.gov.uk

Educational Psychology Service**Helpline: 0151 233 5978**

If you are concerned about your child's emotional wellbeing or managing their behaviour then please ring for professional advice, support or practical strategies.

Monday to Friday: 9am – 4.30pm

Alternatively, you can email your concern to

ASD Training Team:**07522800193/07515501854**

Advice and strategies for families of children and young people with autism or social communication needs.

Monday to Friday: 9am – 12pm

Alternatively, you can email your concern to

ASDtrainingteam@liverpool.gov.uk

Children's Occupational Therapy Service

For general enquiries please email chot@liverpool.gov.uk

Liverpool Sensory Service

For general enquiries

sensoryservice@liverpool.gov.uk

Speech and Language Support

Parents can contact the speech and language service on 0151 295 3990, and gain advice directly from a speech and language therapist. The child does not have to have a referral open. everyone is able to access this

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

FRIDAY



7 Show an active interest by asking questions when talking to others

SATURDAY

1 Send a message to let someone know you're thinking of them

SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who feel inclined to criticise



24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier • Kinder • Together

In Partnership with Clubmoor and Ellergreen Children's Centre

Mental Health Awareness Level 2

A training package tailored towards individuals wishing to develop overall awareness of mental health as well as learning to manage and improve personal wellbeing, motivation and coping strategies

****This course is FREE to complete if you meet all eligibility criteria for funding****



What you will learn:

- Knowledge and understanding of what mental health is and the legislations that link to mental ill health
- Increase your awareness of issues and environmental triggers surrounding mental health difficulties
- How to manage productivity, motivation levels and management strategies
- Understand how to access local resources which can support a person with mental health
- How mental health impacts on the care in the community and the mental health act
- Understand what it means to those detained under the mental health act
- Learn about a range of mental health problems that individuals may be diagnosed with



What you will get?

Accredited Certification

*Level 2
Awareness of Mental Health Problems*

Induction:

Monday 27th January
9.30am-2.30pm

Start Date:

Monday 3rd February
9.30am-2.30pm

8 Sessions Every Monday
1 Week Break during half term

Support Session available from 2.30pm-4pm

Location:

Clubmoor Childrens Centre, 40 Utting
Ave E, Liverpool L11 1DQ



@3dtraining.uk



LIVERPOOL
CITY REGION
COMBINED AUTHORITY

METROMAYOR
LIVERPOOL, CITY REGION

To book on to this course or if you have any questions please contact the team:

info@3dtraining.uk.com
0151 294 4749