



# The Anchor News

Serving the local community in the name of Christ since 1859

17<sup>th</sup> May 2019

## # Learning for Life, Anchored in Christ



This week is 'Mental Health Awareness Week'. The theme this year is Body Image – how we think and feel about our bodies. 'Body image' is a term that can be used to describe how we think and feel about our bodies. Our thoughts and feelings about our bodies can impact us throughout our lives, affecting the way we feel about ourselves and our mental health and well-being. Having body image concerns is relatively common and is not a mental health problem in itself; however, it can be a risk factor for mental health problems. Though feeling unsatisfied with our bodies and appearance is often more common among young women, body image concerns are relevant from childhood through to later life and affect both women and men.

### What can cause body image concerns?

- 1 - Our relationships with our family and friends.
- 2 - How our family and peers feel and speak about bodies and appearance.
- 3 - Exposure to images of idealised or unrealistic bodies through media or social media.
- 4 - Pressure to look a certain way or to match an 'ideal' body type.
- 5—Long term health conditions.
- 6—Cultural differences around body ideals.

For more information please contact Miss Akers or visit [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)



### Christian Aid / Islamic Relief Fundraising



To show service to others we will be raising money for our 2 chosen charities on

Wednesday 22nd May .

We will be having a **non uniform day** with a **donation of £1**.

We are also asking for **chocolate donations** which will then be put in a **chocolate tombola on Friday** and the children in school can bring in some change and have a go at winning the chocolate for themselves. All donations will be gratefully received. Thank you for helping us fight injustice and poverty.

Hi Everyone,

Well done to Year 6 this week for all their hard work in their SATs!



Year 2 have also been working extremely hard to prepare for the remainder of their SATs papers next week. The final papers will take place on Wednesday 22nd May and Thursday 23rd of May. Remember to bring your child along to the breakfast club at 8.15 in the Year 2 classroom so the children can have a nutritious breakfast and a calm start to their day. Next week we also have Christian Aid day to look forward to where the children will be learning about education in other countries and can come dressed in their own clothes to raise money for the Christian Aid and Islamic Relief charities.

Hope you all have a lovely and relaxing weekend!  
Mrs Price



Well done Year 6 and Good luck Year 2 from all of us at St Clement's!



## Be on time..5 to 9



Head Teacher: Miss Shryane  
Assistant Head Teacher: Mrs. Nizamis  
Assistant Head Teacher: Mrs. Fox



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### School Blog

<http://st-clements-church-of-england-academy.j2bloggy.com/>



Twitter and Instagram:  
[@StClem\\_Nechells](https://www.instagram.com/StClem_Nechells)





# Summer Diary Dates



Week commencing 20th May	Year 2 SAT's	Monday 8th July	Brass Band in school
Wednesday 22 May	Christian Aid/ Islamic Relief day Non- uniform day £1.00	Thursday 11th July	Community day & Summer Fair with Parent-Teacher meetings & Reports
Friday 24th May	Chocolate tombola Break up for half term 3.15	Friday 12th July	Sports day
Monday 3rd June 2019	Back to school	Monday 15th July	Shining Stars Awards 9.15
Week commencing 10th June	Year 1 Phonics screening	Tuesday 16th July	Cosmic card trip
Monday 24th June	Careers day- visitors in school talking about different types of jobs	Wednesday 17th July	Summer Concert 9.15 Tickets only
Week commencing 1st July	Science week-climate change	Thursday 18th July	Y6 Graduation & Performance 9.15 Summer Concert 2.00 tickets only
		Friday 19th July	School finishes for Summer 3.15

On Wednesday Reception visited Sarehole Mill. The children have been learning the story of 'The Little Red Hen'. At the mill we acted out different parts of the story and made our own bread using lots of different tools and techniques. We looked at all the machinery they used at the mill to make bread. It seemed like very hard work! The next day the children enjoyed eating their bread at school.

Look out for further details closer to the dates

## Star Pupils

Sedille. & Ali Akbar

Ka Hee & Arooj

Mohammed.O & Armaan.S

Alexia & Carlos

Kaif & Ubaidullah

Ahmed.A & Alexi

All of Year 6

Dunya & Charlene

## Lunchtime Star Pupil

Sara H-S. (Y3)

**Serve with your whole heart as if serving the Lord, not people.**  
Ephesians 6:7

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Our values focus this half term is **Service**