

Newsletter

Weekly News Digest



Little Way Catholic
Educational Trust

MAR (1) 2026

HOUSE POINTS WINNER

St Augustine

COOL CATS
100% ATTENDANCE

Y2 Kemerton

POSITIVE MIND VIBES



"The joy of life comes from our encounters with new experiences, and hence there is no greater joy than to have an endlessly changing horizon, for each day to have a new and different sun"

-Christopher McCandless



St Gregory's
[Virtual Library](#)



A beautiful smart, tidy
uniform.

APP SAFETY GUIDES
[CLICK HERE](#)

Breathe

The world is a lot right now. And while we can't fix what's happening out there, we refuse to feel heavy here—in classrooms, our homes, and our bodies. Because here's what we know: when one person finds calm, the ripple effects are real.

A regulated adult regulates a child. A steady classroom can help steady a home. A single breath, taken consciously, can shift an entire room.

Try this: Breathe in through the nose for a count of 4. Breathe out through the nose for a count of 6. That's it. That's enough to activate the parasympathetic nervous system.

The world will keep being the world. But in every classroom, every kitchen, every quiet moment before the day begins, there is a chance to come back to the breath—and to remind the children beside us: we have tools. We can reset our body and mind through the breath.

Calm is contagious. Share it freely.

Swim Hats

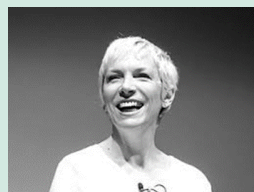
Our Swimming lesson for Y2-Y5 are fast approaching. Please remember Swim Hats MUST be worn. If you do not already have a swim hat we sell our very own St Greg's Swim Hat. They are on sale now for £2.50. Just pay on ParentPay under "St Greg Swim Hat".



We will add your child's name with permanent marker and send to the classroom to be sent home.

Musician of the month

This month, Cycle C is Annie Lennox, a Scottish singer-songwriter and political activist



St Greg's New Friend



Mrs Nobes and Mrs Oliver were so lucky to see a weasel in our very own Eco Hub this week.

Weasels are present throughout Gloucestershire and the Cheltenham area, often inhabiting woodlands, hedgerows, and grasslands where they hunt voles, mice, and birds. As the UK's smallest carnivore, they are secretive but widespread, with russet brown fur and a creamy white tummy.

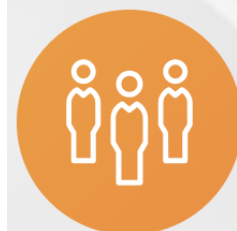
If you are lucky enough to see him too, please be quiet, stay still, and enjoy his company.

PLEASE ACTION

PTR's Parent Teacher reviews will take place on:

- Tues 24th Mar from 3.30pm-6.30pm
- Thurs 26th Mar from 1.30pm—4.30pm.

Please login to your EdulinkOne APP and go to "PTR's & MEETINGS" to book your place.



**PTRs &
Meetings**



The Catholic School of Saint Gregory The Great

Part of the Little Way Catholic Educational Trust



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The Catholic School of St Gregory the Great Active Travel Map



Don't pollute - walk, cycle or scoot



Big Walk & Wheel

We have signed us up as a school to the Big Walk and Wheel, this was very successful in previous years in encouraging active travel to school. It will run for 2 weeks from 16th March - 27th March (end of term). We are asking children to make an active journey into school walking, cycling, scootering or any other active method you can think of! Please have a look at our active map for good parking spots to allow and active walk/

ride in to school.

Last year, we had 2,398 active journeys to school in total over the course of 2 weeks. That's almost 500 more than the previous year! We also saw an increase of just over 50 more children taking active routes to school at the end of the 2 weeks in comparison to the beginning.



EYFS	Pearl & Aoife-Belle
Y1	Adam & Raphael
Y2	Chenara & Mateo
Y3	Kai
Y4	Juel & Leonardo G
Y5	Lily M
Y6	Archie

Pray With the Daily Rosary

Want to start praying, but don't know where to start?

Come join them every morning for Scripture, meditation, and a Rosary - all under 25 minutes! It's perfect for your daily commute or morning coffee listening.

You can Subscribe or listen to their latest episode [HERE](#)



Attention Y5— Grammar Tests—Key Dates for September 2027 Entry

Registration Opens: Monday, May 18, 2026 (noon).

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1. I'm **DRESSED**, with a neat uniform
2. I've had **BREAKFAST...YUM!**
3. My **SCHOOL BAG** is ready!
4. My **SHOES, COAT & HAT** are on!



Pupil Information



We would be grateful if you could please keep us informed of any changes relating to your child, e.g:

- Change of Address
- Medical Details (new /change in allergies)
- Change of phone number
- Change in family circumstances

It's up to you to keep us informed of any changes, you can do this via EdulinkOne. If you need any assistance, please let us know by calling 01242 513 659.



You Are Not Alone

You Are Not Alone Drop-in

Every 1st Tuesday of the month - 7.00pm - 8.30pm

A free monthly online drop-in for parents & carers

The **You Are Not Alone** community is a friendly and safe space run by Erik & Sally Wagter where you can come and learn about autism & PDA, ask questions, connect with like-minded people or simply listen and learn from other people's conversations.



In this community we talk about all sorts of things such as:

- helping your child regulate their emotions & feelings (meltdowns etc)
- understanding autism and PDA
- navigating school and EHCPs
- Supporting your child with friendships
- understanding and managing challenging behaviour
- managing sensory needs
- developing a positive relationship with your child (family dynamics)
- exploring EOTAS or home education
- looking after your wellbeing
- and so much more



Here's what parents have said:

'My husband Jamie was saying that in the last few sessions, he has learned so much more about autism and PDA than he has over the past year - Jo (parent)

'Thank you so much for the group this evening. I can't tell you how grateful I feel and I really do feel less alone and more validated. My hope is back' - Louise (parent)

You can request the **Zoom link** on our website

<https://youarenotalone.community> or you can send an email to

team@youarenotalone.community



AUTISM FAMILY SUPPORT SERVICE
YOU ARE NOT ALONE

A Simple Prayer for the New Month

"Heavenly Father, I thank You for the gift of this new month. I surrender my life, my family, and all my endeavours into Your hands. As I step into this new month, I pray for Your guidance, wisdom, and protection. May Your love illuminate my path and Your peace guard my heart. Amen."

