

Newsletter

Weekly News Digest



Little Way Catholic
Educational Trust

JAN (4) 2026

HOUSE POINTS WINNER

St Augustine

COOL CATS
100%
ATTENDANCE

Y5 Snowhill

POSITIVE MIND
VIBES



"The only
way to have
a friend
is to
be one."

— Ralph Waldo Emerson



St Gregory's
[Virtual Library](#)



A beautiful smart, tidy
uniform.

APP SAFETY GUIDES
[CLICK HERE](#)

Sports Achievement

Last Saturday, a football tournament was held at the Hartpury indoor arena. Kacper from Y3C played in four matches for Southside Star Club. He received a player of the match medal.



Well done
Kacper, we
are all so
proud of you.
Keep up the
good work.

Staff News

We are very pleased to share that Mrs Rosser will be joining the office team each Monday, from the beginning of March.

We are so pleased that Mrs Rosser's kindness, warmth, and steady presence within the school will continue, and we know she will be a wonderful addition to our front of house team.

Please join me in welcoming Mrs Rosser to her new role.

What great news!

Eleanor from Y5S entered the Young Artist Exhibition at Nature in Art, and we have just heard that her piece has been chosen to be displayed in the exhibition over half-term.

It is called 'Puzzlewood: The Vale of the Fairies'. Why not go and have a look!

**We are so proud of you
Eleanor!**



Did you know?

*Well organised students are
confident and make a 'flying
start' to each day.*

So here are some great tips. Don't forget;

1. Lay your uniform out so it is ready for the morning.
2. Know your lunch order option, **1, 2 or 3** or have your packed lunch in the fridge ready for the morning.
3. Have your water bottle filled and in the fridge **CHILLING** for the next day.
4. Have your Bag, coat, hat, scarf and gloves at the front door ready to go!



Donations Needed

We would be very grateful for any good quality boys' and girls' pants/knickers in sizes suitable for ages 4 to 8. If you are able to donate, please drop them off at the school reception. Thank you for your support.



Newsletter—Weekly News Digest

Daily Screen Time for Kids—Did you know?

LESS THAN 1 HOUR PER DAY

- Better attention
- Better regulation
- Better sleep



1-3 HOURS PER DAY

- Feels “normal”
- Subtle attention issues
- Mild regulation changes
- Early signs brushed off

“If your ‘hobby’ is causing you stress and anger or you’re using it as a coping mechanism to forget about the world around you, then it may be worth thinking about”

3-5 HOURS PER DAY

- A clear turning point
- Disrupted sleep & emotional outbursts
- Growing regulation struggles
- Irritability
- More attention issues
- Screens begin replacing life

5-7 HOURS PER DAY

- Addiction starts
- Effects start compounding
- Increased anxiety
- Reduced emotional resilience
- Exercise slows down
- Calm on screens, disruptive off screens

Tips to help you reduce your child’s

- set clear rules,
- create screen-free zones/times (meals, bedrooms, an hour before bed),
- use timers for consistent limits,
- replace gaming with engaging alternatives like family activities or new hobbies
- make screen time a privilege earned after chores/homework
- Implement strategies like gradual
- reduction, using parental controls, and providing positive reinforcement for non-gaming activities to help transition them away from the screen.

7 + HOURS PER DAY

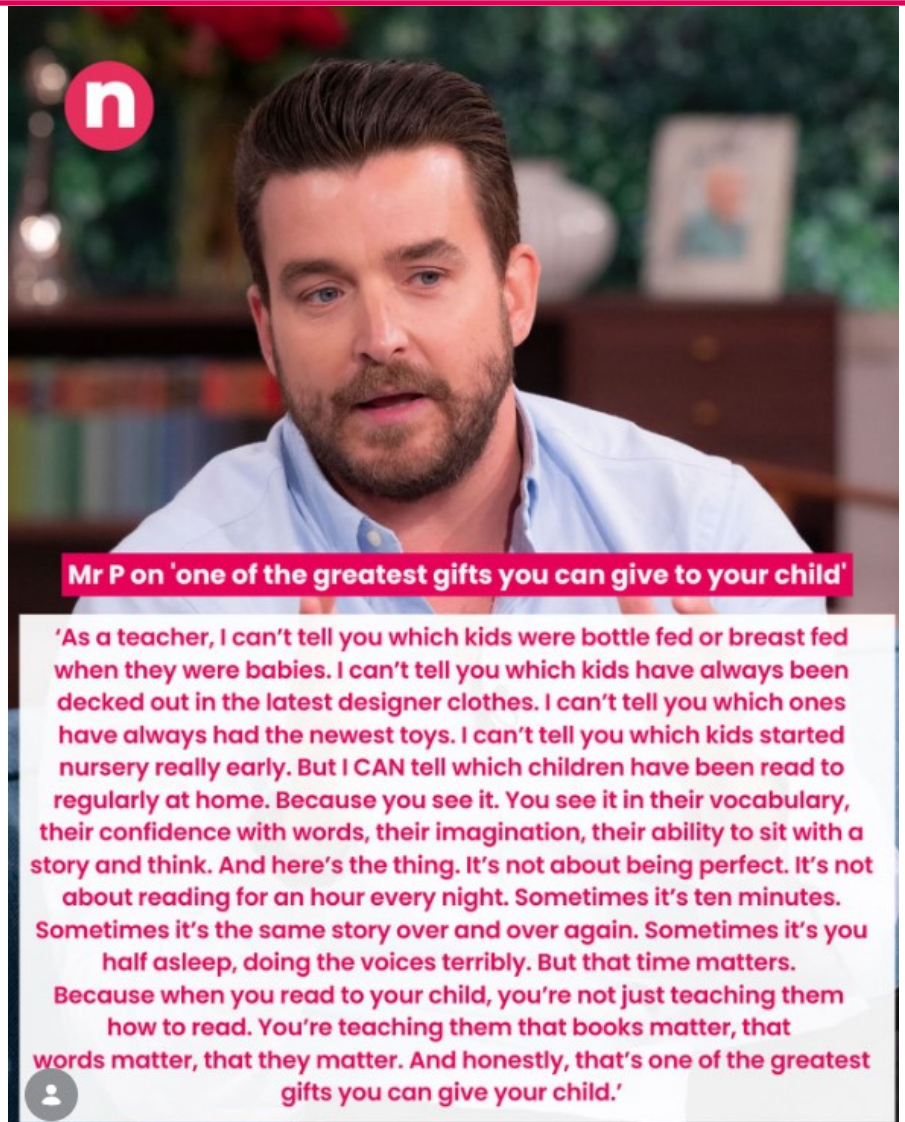
- Becomes full addiction
- Screens dominate routines
- Reduced frustration tolerance
- Focus issues
- Emotional dysregulation & trouble with impulse control
- Mental health control
- No physical exercise
- Anxiety & depression & sleep deprivation
- Screens used to sooth

Newsletter—Weekly News Digest

Reading Inspiration for our parents

Like the idea but not sure where to start? Don't worry, the library staff are here to help! They've been sharing all of their favourite reads so that you can find some inspiration.

- What You Are Looking For by Michiko Aoyama—'A heart-warming novel interlinking several individual characters'
- Don't Let Him In by Lisa Jewell—'A great psychological thriller that keeps you on your toes.'
- Joe Nuthin's Guide to Life by Helen Fisher—'Heart-warming and insightful'
- A Court of Mist & Fury by Sarah J. Maas—'An escape to a world of fantasy and magic'
- Wouldn't Take Nothing For My Journey Now by Maya Angelou—'full of wisdom and nuggets of truth and clarity. This helped me through a very dark time.'
- Pillars of the Earth by Ken Follett—'Based in Medieval England about the building of a cathedral – wow Follett can tell a story – a must read!'
- The Goblin Emperor by Katherine Addison—'A unique fantasy with an anti-revenge narrative'
- Rivers of London by Ben Aaronovitch – 'A great and thrilling paranormal crime.'
- How to Age Disgracefully by Clare Pooley—'A funny and heart-warming story which shows that age is just a number and not a barrier to prevent you from achieving what you want.'
- Muckle Flugga by Michael Pedersen—'A beautiful and quietly moving book set on a remote Scottish island.'



At school we work hard to build a love of reading, but nothing replaces the power of being read to at home. Mr P says it so well in the picture above.

Those quiet moments at bedtime, sharing a story, talking about the pictures or laughing together at a favourite character, make a MUCH bigger difference than many people realise.

When children hear stories read aloud, they learn new words, new ideas and new ways of thinking. They begin to understand how stories work, how sentences sound and how language can paint pictures in the mind. Most importantly, they feel safe, connected and ready to enjoy books for the rest of their lives.

We know family life is busy, but even ten minutes of reading together each evening can have a huge impact. It shows children that books matter, that words matter and that time spent together matters.

Thank you for everything you do to support your child's reading journey. Those bedtime stories are building memories, confidence and a lifelong love of reading.

Event—Give it a go!

What: Junior Parkrun

When: Sun, 1 Feb, Sun 8th Feb, Sun 15th Feb

Time: 9am

Cost: FREE

Notes:

- For more information visit the junior parkrun [website](#).
- If this is your first parkrun, please register here before your first run.
- Cheltenham junior parkrun is a fun, free weekly event organised by volunteers, giving young people aged 4 -14 a chance to take part in a timed 2k run.
- Every week there's a post-parkrun coffee in the Park campus café. The course is at The Park, Cheltenham. The course is 2000m (2K) long.
- The course is run entirely on grass. Some sections of the course may accumulate mud, leaves and puddles after rain.
- Marshals will be located along the course.
- The course will be marshalled so that juniors will be in sight of a marshal at all times.
- Buggies are allowed, subject to course conditions, but only if the adult pushing the buggy is accompanying a junior runner.



Send in your photos and we can add them to the next newsletter



EYFS	Arthur & Niamh
Y1	Thea & Oliwier
Y2	Ana & Agata
Y3	Isabel & Adriana
Y4	Arya & Amias
Y5	Pola & Leo
Y6	Elisa & Annabelle

Attention Y5— Grammar Tests—Key Dates for September 2027 Entry
Registration Opens: Monday, May 18, 2026 (noon).



SPECIAL HALF TERM OPENING
WEDNESDAY 18 FEBRUARY 2026
10.00AM TO 4.00PM



Meteor Business Park,
Cheltenham Road East,
Gloucester GL2 9QL
Tel 01452 260078
www.jetagemuseum.org

ADMISSION FREE
DONATIONS WELCOME



Valentines Event 2026
Friday 13th Feb

The Catholic School of Saint Gregory the Great
An event organised by the Friends of Saint Gregory. Registered Charitable Trust No. 1169396

Explained Mass

Fr David will be giving anyone interested the chance to learn more about the Mass and why we celebrate it in the way we do. This special Mass will take place at *9:30am on Saturday 7th of February* in St Gregory's church at 9:30am. Everyone is welcome.



SEND Information Fair 2026

Please use the link below to find information about the Gloucestershire SEND Information Fair 2026:

<https://www.eventbrite.co.uk/e/send-information-fair-2026-tickets-1729950972929?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=wsa&aff=ebdsshwebmobile>

This event is free of charge but parents need to book to reserve a place.





Are you worried about upcoming exams?



Is homework a daily struggle?



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Book a free trial



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