St. Augustine's Catholic Primary School

We try to follow Jesus by loving each other and caring for God's world.

Wisdom, Love, Might, Let there be Light!

NEWSLETTER ~ 14th November 2025

"Jesus said...,
'you will be shunned by all people on account of my name, but not a hair of your head will be lost. Your endurance will win you your lives. ' "
Luke 21: 5-19 The 33rd Sunday of Ordinary Time

As we move into the dark, wet and colder weather leading into Winter, we may be starting to feel more tired and miserable. Already, in November, we may be rushing around thinking about preparations for the next big Christian festival coming up on the 25th December.
Instead, try to slow down, take notice, and focus on the really important things that make you, your families, and friends happy (time together). Try not to get wrapped up in the hustle and bustle of everyday life, in frustrating traffic jams, aggravating parking situations, and nagging children.

At St. Augustine's, we promote the **5 Ways to Wellbeing**. Research tells us that building the following proven five simple ways into our everyday lives can make a really positive difference to the mental health and wellbeing of both children and adults alike and help to build resilience and confidence.
Every day at school, we try to reflect on the **5 Ways to Wellbeing** in our **daily prayer** practise. We encourage our whole community to practise this too.

1. How will you practice the 5 Ways to Wellbeing this week?



1. CONNECT ~ Talk and listen to each other
2. Be ACTIVE ~ Daily exercise (long or short)
3. TAKE NOTICE ~ Take time to look around you
4. LEARNING ~ Find out new facts, every day
5. GIVE ~ Share acts of kindness with your community



2. Can you start a new healthy habit that makes you feel good about yourself?

3. Could you help someone else, and support each other, with a new healthy habit?

Heart of Gold Award

The 'Heart of Gold' Award acknowledges the outstanding kindness and thoughtfulness of our children.

This week the award goes to:
Eduardo ~ Rossetti



Wednesday Word ~ FAITHFULNESS

When we grow in faithfulness, others will know that we are people who are reliable, supportive and trustworthy, who are loyal and have staying power through both good times and bad times.

Please see the link for this week's edition of the *Wednesday Word*:
click here



Head Teacher:
Rachel Swindell

Assistant Head:
Amy Casey

Chair of Governors:
Joseph Zammit

Office Team:
Vicki Coates
Tracey DeVey
Gemma Goodrum

19 West End
Old Costessey
Norwich
NR8 5AG

TEL: 01603 743317

EMAIL: office@st-augustines.norfolk.sch.uk

Website:
www.st-augustines.norfolk.sch.uk

freepik.com

St. Augustine's News

Important Reminder for Parents – Drop-Off Safety



We kindly ask all parents to help us keep every child safe during morning drop-off. Please **do not stop in the middle of a traffic line and allow your child to walk the rest of the way alone**. This creates serious safety risks, especially near busy roads.

To ensure safety:

- **Use designated parking areas.**
- Make sure your child exits the car **on the pavement side**, never into moving traffic.
- **Do not encourage your child to cross a busy road alone**. If crossing is necessary, please accompany them to a safe crossing point.

Your cooperation is essential in creating a safe environment for all our pupils.
Thank you for your continued support.

"Safety First: Park, Escort, Protect."

Panathlon Challenge



Yesterday, a group of selected children were invited to the West Norwich and Dereham Ten Pin Bowling Challenge.

All the children that took part earned an achievement medal for participating, representing our school, competing against other teams, fair play and enjoyment.

Our star performer, Udo impressed all the children and sports leaders with a historic achievement. He holds the TOP SCORE OF ALL TIME, bowling over 100 points at a grand total of 152.

A very successful event for Udo, and St. Augustine's!





St. Augustine's Notices

Knights of Saint Colomba
Nativity Scene Painting Competition

Two competitions:
Infants ~ KS1: Y1, Y2 (ages 5-7 yrs)
Juniors ~ KS2: Y3, Y4, Y5, Y6 (ages 7-11 yrs)

Painting competition rules:
- Must be a painting
- Must be a scene from the Nativity story
- Free hand drawing (no tracing)
- Paper size A4-A3 on own choice of paper
- Must include the Bible Chapter & Verse (written within the painting or on the back)



Deadline:
Monday 15th December 2025

Cash prizes for the winners!

"Eco Warriors" School Uniform Sale

All Uniform is £2.

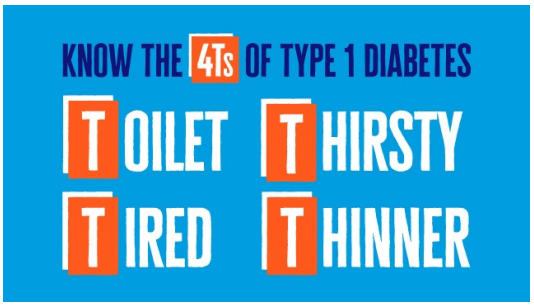
The Eco Warriors' school uniform sale is now available all year round!

If you would like any high quality second hand uniform, please email:
hmailkin9dr4@nsix.org
or contact the office:
office@st-augustines.norfolk.sch.uk

All money raised will go to the Eco Warriors' projects.



Type 1 diabetes health awareness campaign



Know the symptoms of type 1 diabetes – we call these the 4Ts.

If you spot any of these signs, see a doctor for a test immediately.

What are the symptoms of type 1 diabetes?

1. Toilet – going for a wee more often, especially at night.

2. Thirsty – being constantly thirsty and not being able to quench it.

3. Tired – being incredibly tired and having no energy.

4. Thinner – losing weight without trying to, or looking thinner than usual.

The 4Ts are the most common symptoms of type 1 diabetes but there are other signs to look out for too. They could include genital itching or thrush, cuts and wounds that take longer to heal, and blurry eyesight. These can all be signs of type 2 diabetes too. Watch our symptoms of diabetes video to find out more.

No individual is the same. You may also experience other symptoms and the symptoms you may have might not exactly match those of another person.

If type 1 diabetes is left undiagnosed, it can make you really ill, really quickly. It can lead to a condition called diabetic ketoacidosis (DKA) – which you can die from.

freepik.com

St. Augustine's Notices

Costessey Town Council Parking ~ Polite Notice

Costessey Town Council

Costessey Town Council's car park is primarily for users of the Costessey Centre and its recreation grounds. This car park is not designed for school drop-offs and pick-ups. The volume of school traffic and the obstructive parking by St. Augustine's families is causing safety issues for all users.



If you use these facilities, you must allow time to ensure there is sufficient space. You must only park within the clearly marked parking spaces (between the white lines). Parking on yellow hatched areas is not permitted. These areas must not be blocked.

Further action will be taken as necessary, including closure of the car park, if the obstructive parking continues.

Road Safety Week ~ 16th to 22nd November

Children of all ages are at risk of being hurt or killed when walking near roads.

On average, six children are killed or seriously injured on UK roads every day – that's equivalent to a whole class of children every single week.

We are taking part in Road Safety Week to teach children vital road safety skills and remind families, carers and the wider communities how to keep children safe on our roads.

This year's Road Safety Week theme will centre around safe vehicles that are designed to prevent crashes, and to cause less harm if they do crash. We want to make sure that every time we get in a vehicle we are as safe as possible, whoever we are and however we travel. Because safe vehicles save lives! Safe vehicles are designed to prevent road crashes and protect people inside and outside the vehicle if a crash does happen.

Safe vehicles…

- **Prevent crashes** - Automated driver assistance systems keep vehicles in the right lane and below speed limits, detect hazards and brake in an emergency.
- **Protect people inside and outside the vehicle** - Seatbelts, airbags and 'forgiving' vehicle parts protect people inside and outside the vehicle in a crash. Vehicles must pass stringent crash tests.
- **Manage driver safety** - Vehicle technology detects unsafe driving behaviour (e.g. due to tiredness) and informs authorities.
- **Are roadworthy** - Vehicles are maintained to the highest standards and drivers carry out checks before every journey.
- **Record crashes** - Event data recorders record what happens in a crash and notify emergency services immediately.



If someone you love has been killed or seriously injured in a road crash, Brake is here to help.

Call: 0808 8000 401
Email: help@brake.org.uk

Open:
Monday to Friday 10am–4pm.

FOSA News

Please contact Louise Dhorajiwala, FOSA Secretary, on 07743 863675 if you would like to join the FOSA events helpers WhatsApp group.

We have also set up a FOSA Facebook Page where we hope to advertise all events and share upcoming information.
https://www.facebook.com/groups/8171783059576512/

FOSA need ad-hoc volunteers for upcoming events. You will only ever be needed for part of an event to enable you to enjoy the event with your family! To put your name on the volunteer list please contact Louise on: 07743863675.

Crazy Hair Day

A huge thank you to everyone who supported our fundraising day organised by FOSA on Thursday 6th November. The funds raised from this event, along with other fundraising efforts, will go directly towards supporting your child's experience at school. This includes contributions to extracurricular activities and helping cover the costs of future events.

Your continued support makes a real difference—thank you!

You helped raise:

£146.69





Next FOSA Meetings:

Thursday 27th November 2025

Thursday 22nd January 2026

Thursday 26th February 2026

St. Augustine's Family Prayer Group ~ Every Month from 2:00pm-3:00pm

All families of St. Augustine's are invited to attend a parent and guardian led prayer session.
Prayer sessions aim to provide an opportunity for stillness and reflection, followed by tea and coffee and a chance to meet other families.

Any questions, please contact Gabriella: g.notaricosta@gmail.com



Next Prayer Meeting Dates:

Monday 1st December 2025 at 2:00pm
Monday 12th January 2026 at 2:00pm



freepik.com

St. Augustine's Dates

2025 / 2026	School Closes (Last day children attend school)	School Opens (First day children come back)
Autumn Half Term 2025	Thursday 23rd October 2025	Monday 3rd November 2025
Christmas Holidays 2025	Friday 19th December 2025 **School finishes at 1:30pm**	Tuesday 6th January 2026
Spring Half Term 2026	Friday 13th February 2026	Monday 23rd February 2026
Easter Holidays 2026	Friday 27th March 2026 **School finishes at 1:30pm**	Monday 13th April 2026
Summer Half Term 2026	Friday 22nd May 2026	Monday 1st June 2026
Summer Holidays 2026	Friday 17th July 2026 **School finishes at 1:30pm**	---

EVENT	DATE and TIME
Reception Open Afternoon *for prospective families Sep 2026 intake*	Monday 17/11/2025 from 15:30-16:15 Wednesday 19/11/2025 from 15:30-16:15 Thursday 20/11/2025 from 15:30-16:15
Flu Immunisations for school children	Thursday 27/11/2025
Nursery, Reception & KS1 Mass at St. Augustine's *All families and friends of St. Augustine's welcome*	Friday 28/11/2025 at 09:30
Parish Christmas Bazaar at St. Augustine's	Saturday 6th December from 14:00-16:00
KS1: Y1&2 Christmas Performances in school hall	Tuesday 9th December at 09:30 Wednesday 10th December at 14:00
Nursery Nativity Performance in Nursery classroom	Tuesday 9th December at 11:00
Rec Nativity Performances in school hall	Tuesday 9th December at 14:00 Thursday 11th December at 14:00
KS2 Advent Carol Service at St. Walstan's	Friday 12th December at 14:00

Free Royal Shakespeare Company Performance – King Lear

We are thrilled to share an exciting opportunity for our families!

The **Royal Shakespeare Company** will be performing an abridged version of *King Lear* as part of their **First Encounters: Shakespeare for Younger Audiences** series.

- **Date:** Tuesday 25th November
- **Time:** 5:00 PM
- **Venue:** Ormiston Victory Academy, Middleton Crescent, Norwich, NR5 0PX

This performance is **free of charge** and specially adapted for children aged **7–13**.

To book your seats, visit:
www.ormistonvictoryacademy.co.uk/booking

Don't miss this chance to experience Shakespeare in a fun and accessible way!

