



St. Joseph's Catholic Primary School



NEWSLETTER: 2nd February 2024

Dear Families

On-line Safety

We have organised an after-school online safety session for parents/carers on Tuesday 6th February. This session will be delivered by Clennell Education Solutions who are specialists in safeguarding.

We know many of our pupils will attend an after-school club that night. This provides the perfect opportunity for you to attend and hear the important messages which will help keep your child safe.

If your child is not attending a club, we are happy to organise cover and supervise them for you for the duration of the session. Please complete the form on the link <https://forms.office.com/e/ugrvL6b4xS> to confirm attendance.

Keeping children safe online can be a significant challenge and we ask that you carefully consider this opportunity. We regularly receive updates regarding the changing landscape of online activity and how children access activities at a younger age. With a range of devices so readily accessible, we want as many people as possible to be aware of potential risks and pitfalls.

Visitors in School

We had a number of visitors in school this week and they have comment on the exemplary behaviour and fantastic manners of all the children. Well done, everyone, we are all very proud of you.

Kevan Jones MP

Today, the school council were delighted to meet Kevan Jones MP. They found out about his role as MP and thought hard about questions they would like to ask. They talked about some of the things they felt could be improved in the local area including Stanley front street, the local parks and littering and vandalism in the area. They asked if Kevan could help us to improve these areas and he agreed that they had some wonderful ideas. They were all fantastic ambassadors for our school. Well done, to the school council!



Children's Mental Health Week

Next week, is Children's Mental Health Week. Children's emotional well-being is something we have at the forefront of our minds every day but, to honour this special week, we intend to end our half term, on Friday 9th February, with a range of carousel activities which focus on ways to manage our anxieties or emotions.

Mental health can be challenging for us all at different points of our lives. According to the World Health Organisation, good mental health is not seen as an absence of all anxiety but having strategies to cope when anxiety is present in our lives. We hope to share some strategies with our pupils which will benefit them when challenges arise.

A few reminders regarding uniform and hair:

- All long hair must be tied back at all times. No oversized or brightly coloured hair accessories are allowed. Please stick to blue, white, grey or black plain hair ties/bobbles or slides. Bobbles will be given on arrival where necessary. Pupils should not have excessively shaved/patterned or dyed hair.
- On the days that children do PE or have a sports club they can come to school in their PE Uniform. Children must wear their school jumper/cardigan with a T Shirt in their team colour (no football tops) plain black jogging bottoms (no logo) & trainers.
- Nail varnish must not be worn in school.
- Due to Health & Safety **NO DOGS** are allowed on the school.

Holy Island Summer Camp

Applications are now open for Holy Island Summer Camps for 2024 for pupils in Year 5 & Year 6. The camp has been running on Holy Island every summer since 1954. The aim of the camp is to provide a safe and enjoyable week away in a unique location, where children can engage in a variety of mainly outdoor activities, make new friends and get some much need time away from screens! The "camp" is a purpose-built hostel, with dormitories containing bunk beds for eight children. The maximum capacity is 64 per week (a slight reduction from previous years). The camp is run exclusively by volunteers who are all subject to Enhanced DBS Clearance (Criminal Record Check) and required to undertake annual training. For more information on the camp, please visit the website: www.svp.otg.uk/microsite/holy-island A letter with more information can be downloaded from the school website <https://stjosephsstanley.bwcet.com/parents/letters>. Please note that booking

Times Table Rock Star

This week's 'Rockstar of the Week' is Ethan! Well done, for your amazing multiplication and fantastic studio speed! Children can see all our TTRS winners on our 'Times Table Rockstars' display board outside the Year 6 classroom.

The winners of this week's KS2 tournament are **Year 4!** Well done, for all your hard work this week. This result puts Year 4 level on points with Year 5 at the top of the table.

St Joseph's are currently 9th on the TTRS leader board for schools in our area. Well done everyone!

House Points

Children can earn house points from all staff during the week.

Congratulations to St Oswald who earned the most house points this week.

Star of the Week

The following children have received a Star of the Week certificate this week:



Nursery	Imogen	For super work in maths when learning about size!
Reception	Grace W	For some amazing independent writing about what she wants to be when she grows up!
Year 1	Emie	For using green words so well to help her read more fluently.
Year 2	Daniel	For having an excellent attitude to his work.
Year 3	Isla	For excellent work in geography.
Year 4	Poppy	For a fantastic attitude to learning in all subjects.
Year 5	Esmee	For persevering in maths and a super effort in swimming.
Year 6	Liam	For some excellent work in maths this week.

Attendance

We aim to provide the highest quality education for our pupils. We know that they will only benefit fully from this high-quality school experience if they attend regularly and on time. When pupils are absent, they risk missing out on our carefully planned curriculum. Research also tells us that pupils who miss school can sometimes struggle to develop secure and lasting friendships.

This week's attendance is 96.4%

Our target is 97%

Nursery	Reception	Year1	Year2	Year 3	Year 4	Year 5	Year 6
94.5%	94.4%	98.3%	96.3%	98.9%	98.5%	94.4%	96.4%

Lateness

This week, we have noticed a marked reduction in the number of pupils arriving late. Thank you, for you co-operation with this.

A reminder that children are welcomed into school from 8.40am in readiness to start learning at 8.45am. If you are still approaching school at 8.45, your children will arrive late into class which is unsettling for them. Please give your children a relaxed start to the school day by arriving on time.

If your children are displaying any reluctance regarding getting to school on time, please let us know and we are happy to work with you to find a solution.

Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities: it could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she's also a subject matter expert on social for the Department of Education.



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