

# St Barnabas CE Primary School Newsletter

13/10/2023



*'Let your light shine'*

I can't believe we only have two weeks left in school until half term - the weeks have just flown by! I am really looking forward to welcoming parents and carers to school for our first parents' evening of the year on **Monday 23<sup>rd</sup>** and **Wednesday 25<sup>th</sup> October**. You will have the opportunity to discuss how well your child has settled into their new class and look at their work. Appointments are 5 minutes long and if you would like longer than this to discuss anything, please make another appointment – staff are always happy to see you at any time – please don't try to extend your appointment as it makes all the other parents after you run late! We are also holding our popular Starbooks Reading Café in the hall, so please drop in for a brew and a cake before or after your appointment. There will be lots of staff there who can chat to you about fun ways to encourage your child to read at home. I am extremely proud of all our children and how hard they have worked this half term and I know teachers are really looking forward to sharing your children's achievements with you.

Have a lovely weekend everyone.

Miss Hodgkinson

**LETTING OUR LIGHT SHINE: HERE ARE SOME OF THE WAYS WE HAVE LET OUR LIGHT SHINE THIS WEEK...**



**Our Christian Value for this half term is:**

**'Generosity'**

"A community flourishes when people plant trees under which they will never sit."

A Greek proverb

This week we pray for all those living in places around the world affected by war and conflict.

**This week's big question is:**

Do we give to receive?





## Confirmation Classes

We will be running Confirmation Classes for children in year 5 and 6 after school every Tuesday from 3:15 until 4:15 starting on Tuesday 14<sup>th</sup> November, in preparation for the Confirmation Service on Sunday 28<sup>th</sup> January. A link to sign up will be sent out next week.

## Nut Allergy

Our school is a **nut free zone** as we have children in school with severe allergies. Please do not send any food in packed lunches containing nuts or traces of nuts, including chocolate spread. Thank you.

## Playtime Snacks

We are a healthy school and constantly reinforce with our children that healthy eating and regular exercise lead to positive mental and physical health. Part of this is to educate our children to eat as healthily as possible, as this contributes to future success. The only snacks we allow at playtimes are **toast or fruit**, these can be brought in from home or toast can be purchased via ParentPay. Thank you for your support.

## School Term Dates 2023 - 2024

Friday 27 <sup>th</sup> October	School closes for half term
Monday 6 <sup>th</sup> November	School opens
Thursday 21 <sup>st</sup> December	School closes for Christmas break
Monday 8 <sup>th</sup> January	School opens
Friday 9 <sup>th</sup> February	School closes for half term
Monday 19 <sup>th</sup> February	School opens
Thursday 28 <sup>th</sup> March	School closes for Easter break
Monday 8 <sup>th</sup> April	School opens
Monday 6 <sup>th</sup> May	Bank holiday – school closed
Friday 24 <sup>th</sup> May	School closes for half term
Monday 10 <sup>th</sup> June	School opens
Friday 28 <sup>th</sup> June	Warrington Walking Day – school closed
Friday 19 <sup>th</sup> July	School closes for Summer break

## Staying Safe Online

This week's online safety guide, gives parents and carers hints and tips about how to deal with upsetting content your children may have seen online. As we know that recent events in Israel are all over social media and the news, even though some of our children may not know where it is or what the political or historical drivers may be, they may still view something online that could be upsetting to them. Our tips this week, support adults in helping children to process any negative emotions.

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 apps which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, hints and tips for adults.

## SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

### A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**  
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- RIGHT TIME, RIGHT PLACE**  
Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**  
With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional responses. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.
- EMPHASISE HOPE**  
Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**  
All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**  
It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- SET LIMITS**  
Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- TAKE THINGS SLOWLY**  
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**  
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**  
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- BUILD RESILIENCE**  
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**  
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

**Meet Our Expert**  
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. Cayley helps give a voice to bystanders by encouraging them to 'speak up and get the help they not only want but need.'

**National Online Safety**  
#WakeUpWednesday

Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety Instagram: @nationalonlinesafety YouTube: @national\_online\_safety

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## Dates for your Diary Autumn Half Term 1

Tuesday 17 <sup>th</sup> October	Nursery and Reception Stay and Play
Thursday 19 <sup>th</sup> October	Nursery Stay and Play
Thursday 19 <sup>th</sup> October	Football Team: match against Latchford St James
Friday 20 <sup>th</sup> October	Year 5 Space Exhibition – families invited
Monday 23 <sup>rd</sup> – Wednesday 25 <sup>th</sup> October	Book Fair
Monday 23 <sup>rd</sup> October & Wednesday 25 <sup>th</sup> October	Parents' Evenings for all classes
Wednesday 25 <sup>th</sup> October	Year 6 trip to Liverpool Heritage Museum
Friday 27 <sup>th</sup> October	School closes for half term

