

St Barnabas CE Primary School Newsletter

03/02/2023



'Let your light shine'

Our value this half term is thankfulness and one thing I am thankful for every day is our amazing children. All our pupils are incredible leaders and always looking for ways to help and support others— this week alone our mini police have led a presentation on anti-bullying and our well-being warriors have talked to the whole school about Children's Mental Health Awareness Week and shared activities they will be running at lunchtime each day. Every day you will find our SSOC (School Sports Organising Crew) busy leading games on the playground, our Team Spirit helping round school and our attendance ambassadors giving up their lunchtimes to encourage and reward children who have improved their attendance. Where ever you go in our school you find children letting their light shine – we have many future leaders and I am confident they will make the world a better place.

Have a lovely weekend everyone.
Miss Hodgkinson

Letting our Light Shine

Because of our Christian vision, we try our best to live out our Christian values in everything we do. Here are some examples of our children 'letting their light shine' in school this week.



Confirmation Classes

We will be running Confirmation Lessons for children in Years 5 and 6 on Tuesdays after school from February 28th until April 4th, for children who wish to take the next step in their faith journey and be confirmed in a special confirmation service on 21st May. Classes are also open to any family members who also wish to be confirmed. Letters will be sent out next week.

Wear a sports shirt to school – Monday 6th February

Next week is also School's Football Week and on Monday children can come to school wearing a football, rugby or any sports top with their school uniform.

Our Christian Value for this half term is:

'Thankfulness'

This week we pray to give thanks for our amazing planet and to ask for help in caring for it.

"Thankyou is the best prayer that anyone could say. I say that one a lot. Thank you expresses extreme gratitude, humility, understanding."

Alice Walker

This week's big question is:

Why should we be grateful people?



Staying Safe Online

As part of our Digital Wellbeing Category, we look to encouraging open discussions about our digital lives. Our guide this week, gives parents useful tips on how to open honest discussions with children about their digital lives, as this can sometimes be awkward. We are approaching Safer Internet Day on 14th Feb and we want our parents and children to feel empowered to speak out.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the focus of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR
Showing enthusiasm when you broach the subject signals to your child that you've seen to learn about the positives of their online world. Most children enjoy educating adults and they'll be keen to tell you about what they use the internet for, or what games and apps they've tried and how these work. Asking to see their favourite games and apps they've tried and how these work. Asking to see their favourite games and apps they've tried and how these work. Asking to see their favourite games and apps they've tried and how these work.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE
At various stages, children and young people become curious about puberty and how their body changes, about relationships, about how babies are made, and about mental health. If your child knows that they can discuss these sensitive subjects with you, they're less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to even potentially harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMEMBER YOUR CHILD THEY CAN ALWAYS TALK TO YOU
In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Encourage to your child that you're always there to listen and help reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!
The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL
Here, you could give examples from your own digital life of the online world versus reality – for example, those perfect Instagram photos which show the perfect house, sparsely decorated, never messy and immaculately decorated. Talk to your child about the many other aspects of the online world which are not deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM
As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or worried. Our immediate reactions, or a parent or carer could be, as it's possible that your child about what's been said, or opening up to discuss the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'
Involving your whole household in coming up with a family agreement about device use can be tremendously beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home, who parental controls are for and why they're important, and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Asking children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert
Helen Coe, Jennings of EASSE (Eating, Drinking, Drinking Awareness in Sex Education) has advised on many occasions regarding online safety and has been a regular speaker at various events. Helen is currently an advisory colleague on their online education problems. A published author on the subject, she also advises the Department of Education on the staff training element of their curriculum.

NOS National Online Safety #WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety | NationalOnlineSafety | @nationalonlinesafety

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Children's Mental Health Week

Next week we will be taking part in Children's Mental Health Week, and helping make a difference to the lives of children and young people across the UK.

Children's Mental Health Week 2023 will take place from 6-12 February 2023. This year's theme is Let's Connect.

Our children will be taking part in a wide range of activities across designed to encourage children to consider how we can make meaningful connections that support our mental health and how looking after our physical health can help our mental health too. Our children will be able to take part in drama, first aid, inflatable football, stay safe sessions and yoga – look out for photos on Twitter and in next week's newsletter.

Coronation of His Majesty King Charles III – Extra Bank Holiday

The Government has announced a one-off bank holiday on Monday 8th May to celebrate the coronation of His Majesty King Charles III. School will be closed on this day.

Half Term Fun at the Youth Zone

Warrington Youth Club are running a holiday club for children aged 7 – 11 at the Youth Zone during February half term from Monday 20th – Friday 24th February.

8-6pm daily (with drop off & pick up at any time during these hours) at a cost of £15 per day – this includes breakfast, lunch & snacks

There are 4 clubs to choose from:

- Baking – Everything from recipes, budgeting, shopping & baking
- Let's get crafty – All arts & crafts
- Keeping fit – Gym, boxing & healthy eating
- Mad about Sports – A variety of sports

Dates for your Diary

6.2.23 – 10.2.23	Children's Mental Health Awareness Week
6.2.23 – 10.2.23	Schools' Football Week
7.2.23	KS2 first aid sessions
13.2.23	Parents' Evening with Starbooks Cafe
14.2.23	Safer Internet Day
15.2.23	Parents' Evening with Starbooks Cafe
17.2.23	School closes for half term
27.2.23	School opens
28.2.23	3:15 – 4:15 Confirmation Classes start
2.3.23	World Book Day
9.4.23	Easter Service at St Barnabas Church
6.4.23	School Closes for Easter break

