

St Barnabas CE Primary School Newsletter

17/03/2023



'Let your light shine'

I hope you have managed to read the article featured in the Warrington Guardian this week about our school's excellent inspection outcome. The SIAMS report praises our children for their excellent behaviour, passion for helping others and impressive standards of work and I couldn't agree more. Our children are unstoppable in their drive to make the world a better and fairer place; today is yet another example of an event led by our children in support reducing poverty and injustice – look out for pictures of our Comic Relief Sing-a-thon in next week's newsletter.



Have a lovely weekend everyone.

Miss Hodgkinson

Our Christian Value for this half term is:

'Humility'

This week we pray for those living in poverty around the world.

"It is unwise to be too sure of one's own wisdom. It is healthy to be reminded that the strongest might weaken and the wisest might err."

-Mahatma Gandhi

Confirmation Classes

We will be running Confirmation Lessons for children in Years 5 and 6 every Tuesday after school 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. Please contact the school office if you would like your child to join.



Staying Safe Online

As we approach Red Nose Day, we take a moment to reflect what Comic Relief does every year to support people going through a tough time. Some of that can stem from the digital world with toxic behaviour of others. We want the next generation to build digital resilience and this week's guide gives top tips on encouraging safe and healthy online habits.

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 www.nationonlineafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send messages, make jokes and vent online about the things that irritate us, but when was the last time you - or your child - took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times. It's how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself - and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem - or you could go one step further by totally deleting the app you were using.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen - ideally outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person is being unkind online.

Meet Our Expert
 Catherine Ziegenfuss is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults, as well as being a founder of 'Begeest', a mobile app focusing on mental health awareness with the goal of providing resources and education to schools worldwide.

NOS National Online Safety
 #WakeUpWednesday

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Lots of Socks!

Our pupil leadership group 'Team Spirit' have decided to celebrate World Down Syndrome Day on 21st March by asking children and staff to wear odd socks to school that day.

There will also be a sock design competition for children to take part in at lunchtime and a washing line outside church where you can peg odd socks...let's see if we can fill it!

Believe it or not, socks get people talking!

On 21 March, choose some socks that are going to get noticed!

They might be mismatched socks or your craziest and most colourful socks, whatever takes your fancy!

The idea is to start a conversation, so when people ask you about your socks you can tell them, "I'm wearing them to raise awareness of Down syndrome".

And then you can tell them everything you want them to know about Down syndrome.

St Barnabas CE Primary School

Grand Easter Raffle

Draw Date 3rd April 2023

1st Prize: Cuddly Sheepdog and Puppies

2nd Prize: Chocolate Hamper

3rd Prize: Pamper Hamper

Tickets on Sale Now!

Want to try something new? If you're in KS2, why not go and visit WYZ on Sunday evenings...

SUNDAY NIGHT IS PROJECT NIGHT 😊

Are you free on a Sunday evening and fancy trying something new?

We have the following sessions starting Sunday 2nd April - 50p per session.

- Book Club
- Choir
- Cooking
- Creative Wellbeing
- Dance Squad
- Introduction to the sewing machine
- Junior Band/Instruments
- Lego Club
- Martial Arts
- Performing Arts - rehearsals for Spring Show
- Rock Climbing
- Science

*Coming soon - Learn to speak Mandarin Chinese with Mulan Culture

For more details email dawn.dean@wyz.org.uk or book on the Warrington Youth Zone website



Easter Holiday Camp 2023

The Easter Holiday Camp is open to all children from Reception to Year 6 and will take place 10am to 2pm on the following dates:

Tuesday 11th April

Wednesday 12th April

Thursday 13th April

Friday 14th April

The club is free to all children eligible for income based free school meals or pupil premium (not the universal free meals) – please speak to the school office if you are unsure.

All other children can book places for £6 per day. This price includes all snacks, drinks and lunch. Fees can be paid in cash or by bank transfer to Warrington Youth Zone.

Children will take part in lots of fun activities including forest schools, team building, treasure hunts, den building, arts & crafts and baking. There is even a circus skills workshop and show booked for this holiday!

Please follow the link on Class Dojo which was posted earlier this week to complete the form and book your place.

Places are limited and will be allocated on a first come first served basis.

Dates for your Diary

3.4.23	3:15 Starbooks Reading Café – all families welcome
4.4.23	Decorated egg competition
5.4.23	Easter Service at St Barnabas Church
6.4.23	School closes for Easter break
11.4.23 – 14.4.23	Easter Holiday Club
17.4.23	School opens for Summer Term
1.5.23	Bank holiday – school closed
5.5.23	Coronation Celebration in school
8.5.23	Extra bank holiday for the coronation of His Majesty King Charles III – school closed
9.5.23 – 12.5.23	KS2 SATs Week
15.5.23 – 19.5.23	Christian Aid Week
15.5.23 – 17.5.23	Y6 Residential to Forest Camp Activity Centre
26.5.23	School closes for Whit Break

