

St Barnabas CE Primary School Newsletter

02/02/2024



'Let your light shine'

All our pupils are incredible leaders and always looking for ways to help and support others— this week our mini police have held a bike marking event 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 during lunchtime next week. 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

HERE ARE SOME OF THE WAYS OUR AMAZING CHILDREN HAVE 'LET THEIR LIGHT SHINE' THIS WEEK IN SCHOOL...



Places in St Barnabas Nursery Available

We are now accepting applications for places in our nursery for January 2024.

Please ask the school office for an application form or to make an appointment to look around.

We can also assist with 2 year old funding applications.

If you think you may be eligible for 30 hours of free childcare please visit the Childcare Choices website:

<https://www.childcarechoices.gov.uk/upcoming-changes-to-childcare-support/>

Our Christian Value for this half term is:

'Compassion'

"I have just three things to teach: simplicity, patience, compassion. These three are your greatest treasures."

Lao Tzu

This week's prayer: Sunday 4th February is World Cancer Day: Our thoughts and prayers are with those who are suffering with cancer. We wish you a speedy recovery.

This week's big question is:

Is being compassionate ever a bad thing?





Confirmation Service

Congratulations to our confirmation candidates who were confirmed by Bishop John, the Bishop of Liverpool, at St Andrew's on Sunday. May God give you the courage to walk in his light and always let your light shine.



All 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 nationalonlinesafety.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 press 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 on likes drives down rabbit holes of 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 removed 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 sizable 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.

KEEP SCROLLING

27 new posts

TO WIN

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 log on to 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 to 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 sucked 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 Jamieson has more than 20 years' experience in the field of mental health and has worked in education, as well as delivering workshops and training for young people, parents and schools. She is also a subject matter expert on behalf of the Department of Education.

The National College | National Online Safety | #WakeUpWednesday

www.nationalonlinesafety.com | www.facebook.com/nationalonlinesafety | www.instagram.com/nationalonlinesafety | www.tiktok.com/@national_online_safety

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Staying Safe Online

Children and adults are exposed to lots of information in the digital world, through the Internet and social media sites. Many social media sites make deliberate creative choices, called persuasive design, which keeps people reading, scrolling, watching and clicking. Our e safety guide this week gives top tips on the effects of persuasive design and ways which we can protect ourselves and our children from the influence.

Healthy Packed Lunches

If you do opt to send your child to school with a packed lunch, we do encourage to make healthy choices when preparing this:

A healthy packed lunch should consist of:

- Fruit and vegetables
- Unrefined starchy food - for example multigrain bread, pasta or rice
- Sources of protein - meat, fish, eggs, beans etc.
- Milk or other dairy foods - i.e. cheese
- A small amount of fat, sugar and salt
- Water, milk or juice

Please be aware that we are a nut free school. We have children at school who have very severe nut allergies and would require medical assistance if they came into contact with nuts. Therefore, please ensure that your child's packed lunch does not contain any nuts and check ingredients if you are not sure.

Children's Mental Health Week 5th – 9th February

Next week is Children's Mental Health Week and the aim is to equip and empower and give a voice to EVERY child and young person across the UK. We have a continual focus on good physical and mental health in school and offer lots of activities to promote positive mental health and growth mindset in all children, in addition to offering bespoke support for children who require it. If you are worried about your child's mental health, speak with Mrs Fisher, Miss Hodgkinson or your child's class teacher. This week's newsletter has some top tips for children and families to encourage well-being.

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.
[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: bit.ly/3PzCGi8

For secondary children: bit.ly/3LBD2wK

My VOICE MATTERS

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT YOUR DAY

WHAT WAS THE BEST THING ABOUT TODAY?

WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?

WHAT'S YOUR ONLINE LIFE LIKE?

WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?

WHAT CAN I DO TO HELP YOU?

[CHILDRENSMENTALHEALTHWEEK.ORG.UK](https://www.childrensmentalhealthweek.org.uk)

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**Are your children registered with a dentist?
 These dentists are still accepting new patients:**

- **Museum Street Dental Practice**
 WA1 1JA
 01925 630221
 Accepting children aged 17 and under
- **Latchford Dental Practice**
 WA4 1JJ
 01925 655037
 Accepting children aged 17 and under

JUNIORS PROJECT NIGHT

Do you want to start 2024 trying something new?
 Project Zone's next 6-week block starts
Sunday 7th January for young people age 7-12 years
 Sessions are held between 4-8pm and each session lasts between 1-2.5hrs depending on the activity

- Badminton *6pm
- Baking *4pm *6pm
- Basketball *4pm
- Book club *4pm
- Boxing *5pm *6pm
- Chill & chat *5pm
- Dance Squad *4pm
- Feel Good Arts & crafts *5pm
- Learn the Guitar *4pm
- Messy Art *6pm
- Morris dancing *5pm
- Performing Arts *5pm
- Podcast *5pm
- Pokémon arts & crafts *4pm

**Youth Zone Membership is required (one off £5 payment) then 50p per session **

Book on the Warrington Youth Zone Website or at reception. Limited Spaces available!

For further information email dawn.dean@wyz.org.uk



Dates for your Diary	
5.2.24 – 9.2.24	Children's Mental Health Awareness Week
5.2.24	Parents' Evening and Starbooks Reading Cafe
6.2.24	Safer Internet Day
7.2.24	Parents' Evening and Starbooks Reading Cafe
7.2.24	KS2 Netball Competition
8.2.24	Waterstones visit for reading golden ticket winners
9.2.24	Non-uniform day and cake sale
9.2.24	School closes for half term
19.2.24	School opens
19.2.24	Y6 trip to Warrington Museum
23.2.24	Y3/4 Warrington Wolves Rugby Session
28.2.24	Reception trip to Warrington Museum
28.2.24	'Would you risk it?' Year 6 PSHE session on peer pressure
29.2.24	Year 5 Fire Safety Session with Cheshire Fire Service
1.3.24	8:45 Parent Coffee Morning – everyone welcome
1.3.24	Y3/4 Warrington Wolves Rugby Session
7.3.24	World Book Day
8.3.24	Y3/4 Warrington Wolves Rugby Session
11.3.24 – 15.3.24	British Science Week
13.3.24	Y4 trip to Quarry Bank Mill
15.3.24	Comic Relief
15.3.24	Y3/4 Warrington Wolves Rugby Session
20.3.24	Choir performing at the Parr Hall
22.3.24	Y3/4 Warrington Wolves Rugby Session
25.3.24	Easter Performance for Nursery and Reception
26.3.24	Flowering of the Cross at St Barnabas Church
27.3.24	Easter Service in St Barnabas Church
27.3.24	B Tales Easter Performance Y1 – Y6
28.3.24	School closes for Easter break
8.4.24	School opens for Summer Term

