

St Barnabas CE Primary School Newsletter

27/09/2024



'Let your light shine'

Good attendance is the key to success

Attending school on time every day is really important for your children's future success. We all want the best for their children and for them to get on well in life. Having a good education is important to ensure that they have the best opportunities in their adult life. They only get one chance at school, and your child's future may be affected by not attending school regularly. If children do not attend school regularly, they may:

- Struggle to keep up with school work. So much important learning takes place every day and it is difficult to find the extra time to help a child catch up.
- Miss out on the social side of school life. Poor attendance can affect children's ability to make and keep friendships; a vital part of growing up.

Setting good attendance patterns from an early age, from nursery through primary school will also help your child later on in their life. Children who have a poor school attendance record may have less chance of securing a job when they are adults. Being on time is also vital and is a really important life skill. Being just a few minutes late each day adds up to hours of lost learning over a year. At St Barnabas, we are always here to help – if you are having any difficulties getting your child to attend school or getting them to school on time, please speak with Mrs Fisher or I and together we can find a solution to enable your child to 'let their light shine' in school every day.

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...



Our Christian Value for this half term is:

'Hope'

"With God, everything is possible"

Matthew 19:26

This week we pray for peace in parts of the world living with conflict.

This week's big question:

Are you an optimist or pessimist?

BE ON TIME!

School starts: 8:40am

Children must be in before 8:50 or they will be marked LATE

Starting reception class

If your child was born between 1st September 2020 and 31st August 2021, they are due to start reception class in September 2025.

You will need to apply for a place here:

<https://www.warrington.gov.uk/primary-school-admissions>

Staying Safe Online

This week's e-safety guide centres around Instagram. Instagram is one of the most popular social media sites across the world, used by people of all ages. It allows them to share photos and videos with family, friends, or even the wider public. The legal age is 13, but there are many younger children who are accessing this site. The guide this week tells parents of the dangers for children of different age-s and what you can do if you are concerned.

What Parents & Educators Need to Know about INSTAGRAM

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

13+ AGE RESTRICTION

WHAT ARE THE RISKS?

ADDICTION
Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS
Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE
Overlapping on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

AVOID GOING PUBLIC
If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This increases their profile visibility to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it that way.

USE MODERATORS
Instagram Live has implemented a mechanic called moderators, meaning that users can designate a moderator and give them the power to report content, remove viewers or end the live stream for certain reasons before it's all over. Consider this: if a child in your care wants to go live on the platform, it's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

MEET OUR EXPERT
Dr. Claire Sutherland is an online safety consultant at CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

INFLUENCER CULTURE
Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsements without realising they were being paid. It's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING
Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop, where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM
Youngsters are highly sensitive to feeling excluded, which often in many forms: not receiving as many 'likes' as expected, not being tagged in a friend's photo, being unfriended, not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have safety settings to mute and self-exclude from being excluded in this way, feeling as if they aren't being and aren't valued.

HAVE AN OPEN DIALOGUE
Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

FOLLOW INFLUENCERS
Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

MANAGE LIKE COUNTS
Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number as the number of likes can fluctuate on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into settings > Notifications > Posts > Likes > Off.

BALANCE YOUR TIME
Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age as Instagram's 'Teen accounts' offer much more control for parents and opens over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Source: See full reference list on guide page at: <https://nationalcollege.com/juridex/instagram-2022>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 06.09.2024

Come and join our school family.

We would like to welcome you to look around St Barnabas CE Primary School and have the following open days:

Friday 20th September 9am to 11.30am

Tuesday 8th October 1.30pm to 3pm

Wednesday 6th November 1.30pm to 3pm

Friday 8th November 9am to 11.30am

If you are unable to make one of the open days we can offer tours

of the school upon request, please contact stbarnabas_primary@sch.warrington.gov.uk

or phone 01925 633606 to arrange.

We look forward to seeing you!



St Barnabas CE Primary School and Nursery

"Outstanding at enabling all pupils to flourish"

OPEN DAYS & TOURS AVAILABLE

www.stbarnabasceprimary.co.uk

stbarnabas_primary@sch.warrington.gov.uk Tel: 01925 633606

Playtime Snacks

We 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. We are a healthy school and constantly reinforce with our children that healthy eating and regular exercise lead to positive mental and physical health.

Water Bottles

Children are asked to bring a bottle to school filled with water which they can drink throughout the day. Drinking water throughout the day keeps children's brains hydrated and helps them to learn well. Only water is allowed in these bottles, as drinking juice throughout the day causes tooth decay. Children can drink juice or with their lunch. If any children persist in bringing juice in their water bottles, parents will be contacted.

Meet and Greet

Don't forget, if you have any issues in the morning or at the end of the day, a member of staff will be outside for you! We have staff available every morning and afternoon at each entrance gate – we can help you with any issues you may have, no matter how small. Please come for a chat if you need to.

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.

Parents' Evening

Monday 14th and Wednesday 16th October
3:30 – 6pm

You will have the opportunity to speak with your child's class teacher about how well they have settled into their new class and their attainment, progress and wellbeing. Bookings should be made on the school website:

<https://parents.schoolspider.co.uk/auth/login>

Our popular **Starbucks Reading Café** will be available in the school hall, serving free drinks and snacks; in addition you will be able to visit the **Book Fair** and there will be a range of services including the Mental Health Support Team, dental nurse and vaccinations team available to speak to.



The Bread and Butter Thing help people on low incomes to eat more healthily. They have mobile food clubs that provide nutritious meals to help people feed their families for free. They have a location – in partnership with WA5 Good Neighbours, at Sankey Bridges Community Centre.
Open: 1:30 – 2pm on Tuesdays
Tel: 07860 063304
<https://breadandbutterthing.org>

