

St. Thomas' C.E. Primary School

Newsletter

18.03.23

A note on worship...



Parable of the Workers in the Vineyard

The parable we shared was one Jesus told to his disciples about a Vineyard owner called Jonah. Jonah employed some people to help with the harvest. Some worked from the start of the day, whilst others joined in the work later on in the day. Jonah decided to pay them all the same, meaning those who had worked for 7 hours, were paid the same as those that had worked for 1 hour. Jesus used this as an example to show that God's idea of justice is to make everyone equal in his Kingdom because his love is generous and that we should be thankful for God's generosity and not spend our time grumbling about what other people have.

It is important for us to realise that people do get treated differently, and although we might see it as fair at the time, we should be thankful for what we do have. This is a really hard concept for many adults to understand, let alone children. In the interest of fairness, we need to see the bigger picture and take into account the needs of others.

Events for the Week

Beginning 20.3.23

Monday

Emerald class reading with parents (8.45am)

Ukulele lessons and Choir after school

Parent's Evening

Tuesday

Aqua Splash event for named children

Keyboard, strings and woodwind lessons

After school multi skills for Y1, 2 and 3 (4.00pm finish)

Wednesday

Amethyst Class Stay and Read (Parent's Invited)

Guitar lessons

Swimming for Emerald class (expected to be back at school at 3.30pm).

Athletics Club for Y4 & 5 (4.15pm finish)

Thursday

Football match after school

Friday

Opal class brass concert at 11.00am

From the office...

- Please ensure that school dinners are ordered by midnight on Sunday for the following week
- A suggestion box will be available in the school office for parents to post any suggestions they may have for school. These could be ideas about newsletter content, suggestions for timings of parent's evening, workshop content, homework etc.

Attendance Trophy



Amethyst Class – 92.5%

Ruby Class – 90.69%

Opal Class – 92.14%

Emerald Class – 79.9%

Sapphire Class – 89.67%

This week's winners are **Amethyst Class** – well done

14 WAYS TO NURTURE A CHILD'S MENTAL HEALTH



ACTIVELY LISTEN



OFFER ADVICE



SHARE YOUR FEELINGS



BE PATIENT



TELL THE TRUTH



REACH & HUG THEM



MODEL FORGIVENESS



TEACH THEM HOW TO BE SAFE



HAVE SCHEDULED FAMILY TIME



USE OPEN ENDED QUESTIONS



SET & RESPECT BOUNDARIES



MODEL HEALTHY BEHAVIOUR



PRACTICE RELAXATION EXERCISES TOGETHER



RECOGNISE POSITIVE CHANGES



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.nationalonlinesafety.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 memes, 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 those 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.

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.

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.

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.

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.

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's being unkind online.

Meet Our Expert

Cayley Jorgensen 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. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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Weekly class round up!

Amethyst Class

Children in Amethyst class have continued their work using the book 'Colour Monster', began trigraphs in phonics (three letters that make one sound), In maths the reception children have learned about number bonds to 10, whilst year 1 children have been working on measures. The children have also been busy learning about St. Patrick.

Ruby Class

Ruby class made some fantastic monster jaws as part of their Design Technology work with Mrs Robinson. They also learned about St. Patrick, with a focus on Ireland and continued with their whole class ukulele lessons with Mr Addington. In English, they looked at using conjunctions when writing sentences. Ruby class worked on balancing in P.E. and interpreting Pictograms in maths.

Opal Class

The children in opal Class have been busy writing Newspaper reports in English and continuing their work on measures in maths (with some assessments too. You may have seen their video on Facebook that demonstrates their dance work in P.E. They have been learning about the features of mountains in geography and The Beaker People in history. In French, Opal class have been continuing their work on naming fruits.

Emerald Class

Emerald class have been focusing on subordinate and coordinate clauses in their grammar lessons and comparing stories in English. Maths has had a fraction focus (adding and subtracting them) and geography has been about the water cycles. In science, they have learned about birds under threat of extinction in the UK. Design technology lessons saw the children building bridges using frame structures.

Sapphire Class

Sapphire children have also worked on fractions in maths alongside angles in triangles and polygons. In Geography they have been studying South American Mountain Ranges and Leaf Man by Grace Nichols in English. In their art and DT lesson with Mrs Robinson they looked at perspective drawing and continuing their work on architecture.

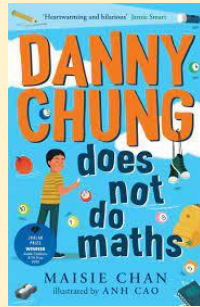
Book Recommendations

Each week we are going to be recommending 2 high quality children's books to help you when trying to choose books for your child.

Key Stage 2

'Danny Chung Does Not do Maths' by Maisie Chan.

This story has many wonderful themes throughout including: family, belonging, friendship, bullying and acceptance.



Key Stage

'Well Done Mummy Penguin' by Chris Haughton



A Little and Daddy penguin cheer on Mummy Penguin as she overcomes obstacles and fetches their dinner. This book is beautifully illustrated and brilliantly documents the anxiety of not being able to help someone you love.

Upcoming events

Most events are on the school's website on the events page.

20.3.23

Tree planting day

Year 6 visit to the Bridgewater Hall

24.3.23

Opal Class Brass concert

27.3.23

Autism Awareness week

28.3.23

Bags to schools collection

29.3.23

Great Easter Bake off and sale

Autism awareness day – children dress up in allocated colour

30.3.23

Easter Bonnets and Eggs

31.3.23

Emerald class linking schools event

Easter Service in church from 2.15pm

School closes for the two week Easter holiday

Parent's Association



The **Mother's Day Afternoon tea** event was a sell out! Thank you to everyone who supported this event.

A bingo night is planned for **Friday 28th April** and there is going to be big twist to the **summer fair** which is planned for **Saturday 15th July!**

Recently the funds raised by the Parent's Association have paid for coaches for school trips, paid for the outdoor lighting and for the new blinds in the school hall and in Sapphire class. The support of the parent's association is invaluable to school and the money raised benefits all of our children now and in the years to come.

Easter Events



Great Easter Bake-off

If you would like to take part, please send a homemade cake with an Easter theme into school on the morning of **Wednesday 29th March** for our Bake-off competition. Cakes will be judged on appearance, originality and creativity. These can be made by adults and/or children. All cakes will be sold off at the end of the day to raise funds for school.

Easter Bonnets

Children in reception, year 1 and year 2 are invited to take part in our annual Easter bonnet parade on **Thursday 30th March**. There will be some small prizes for creativity and child participation in the making of them. All children will get a gift for taking part.

Decorated eggs

Children in years 3, 4, 5 and 6 are invited to take part in our egg decorating competition. Eggs must be hard boiled eggs. Entries should be brought into the school hall on the morning of **Thursday 30th March** for judging. Prizes will be awarded based on child's input, originality and effort. All children taking part will be given a small gift.

If your child would like to take part, but you are struggling for resources, please speak to the school office staff, who may be able to help.

