

NEWSLETTER

OUR VALUE THIS HALF TERM IS:

HOPE THROUGH HOPE ITSELF

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future. Jeremiah 29:11

























A message from Mrs Young

Dear Parents and Carers,

This week we have enjoyed celebrating National Storytelling Week across school. Children have enjoyed virtual author visits, parent/carer surprise storytelling visits and more. I have loved seeing the photos some of you have shared on Twitter/X with us - what a real community of story lovers we have here at school! I visited several classes today to share a story too and it was lovely to see the enjoyment on the children's faces.

It was great to welcome so many of you to the Diversity Coffee Morning on Thursday. I hope you enjoyed hearing Mrs Beechey talk through the strategies we use to promote Diversity, Equality and Inclusion here at school.

Next week we enter the final week of the half term and start it off with our Times Table Rockstars Relaunch Day - Rock on!

Tuesday we shall be celebrating Safer Internet Day and Miss Dodd, our Computing Lead, has lots of informative and fun activities planned to share with the children.

Have a lovely weekend,

Mrs Young

School Matters!



Attend	ance
Whole School	
	92.1%
Reception	92.5%
Year 1	91.4%
Year 2	93.3%
Year 3	<u>100%</u>
Year 4	89.4%
Year 5	91.3%
Year 6	87.1%

163 pupils with
• •
perfect attendance
this week!



Attendance Update

We need to try really hard each and every week to make sure every year group is beating our 97% target—
this will help us to succeed!

Our attendance this week is: 92.1%

Our attendance for the year so far
is: 95.4%





The Bumper Breakfast Attendance Bonanza!

To celebrate 'National Hot Breakfast Month' being in the month of February, we are launching an exciting competition!

Come to school each day from 29th January to 9th February (10 school days) and you will be in with a chance of winning a luxury breakfast hamper to enjoy with your family over the half term break.

Breakfast items will include all of the essentials to make a delicious hot breakfast plus lots of luxury added extra treats for you to enjoy! Drink items to wash down your yummy hot breakfasts will be included too!

Good Luck!





Attendance Steps to Success:





Ring the school office as soon as possible to explain any absence.



Be on time! Remember that gates close at 8:50am. Any absence after 9:20am is unauthorised.



Provide evidence for any medical appointments.



<u>Speak</u> to a member of the attendance team if you need support with your child's attendance - we are here to help!



Read any information and letters (including the newsletter) carefully.

Diary Dates

05/02/2024—TTR Rockstars Day

06/02/2024—Safer Internet Day

08/02/2024—Parish Praise launch event

09/02/2024—Faith. Hope and Love Day

09/02/2024—Guide Dog & Owner to visit Y2

09/02/2024—End of half term

19/02/2024—Spring 2 begins

19/02/2024—Lunar New Year

27/02/2024—Parish University Oracy session

27/02/2024—SATS Information Meeting Y2

28/02/2024—SATS Information Meeting Y6

29/02/2024—Leap Year Fundraising Event (More Information to Follow)



Headteacher's Award WINNERS Influencing Aspirations

NURSERY	Toby Rawsthorne								
RECEPTION	Anna Parr								
YEAR 1	Tom Nguyen								
YEAR 2	Thomas Rees								
YEAR 3	Rocky Foy								
YEAR 4	Eva Murphy								
YEAR 5	Kai Gibbons								
YEAR 6	Jack Dunphy								

PE DAYS SPRING 1

TUESDAY—YEAR 1

WEDNESDAY—YEAR 1, YEAR 3, YEAR 4 & YEAR 5 THURSDAY—NURSERY, RECEPTION, YEAR 2, YEAR 3, YEAR 5 & YEAR 6.

FRIDAY—YEAR 2 & YEAR 4

Full PE kit on these days.

Black tracksuit/shorts and plain white T.Shirt (logo optional)

NO SLOGAN/BRANDED T SHIRTS
OR BRIGHT COLOURS. THIS IS PART
OF SCHOOL UNIFROM AND EXPECTATIONS MUST BE FOLLOWED.



What's on this week at St Helens Parish Church

Sunday 28th January

10.30am Contemplative Worship

A new gathering at St Helens Parish Church, there will be stillness, silence, celtic liturgy and music as well as bible readings and a talk.

4pm Tea and Stories

Our cafe style all age gathering moves to tea time from this month. This month we celebrate Christingle.

4pm Nine Lessons and Carols by Candlelight

A beautiful start to our Christmas celebrations, Cowley College Choir are leading us in song as we sing carols, listen to bible readings retelling the coming of the Messiah. Refreshments served afterwards, everyone is welcome.

Coming up...

Sunday 4th February

If you are on the Wardens or Welcome/Stewards Team, Phil and Cath would like to invite you to come to a meeting over a light lunch after the Sunday Worship gathering to have a conversation about the different roles, and learn about a new app we are going to be using to count people!

Thursday 1st February 11-12.30

Core Team Meeting

Sunday 11th February 12noon

Let's Explore - first session

Once a month we will be gathering to explore an area of our discipleship in a bit more depth, and then join with Come Follow Me for a light lunch. This first session will look at the bible - what do the different versions mean? how can we read it? what's the most accurate version to read?

Thursday 8th February 3.20pm

Parish Praise!

First session of a new worshipping community at Parish Primary School. Please be praying, and if you know any parents and children at Parish - let them know!

Parish Praise

Parish Praise is back for 2024!

Join us on Thursday 8th February for our the first of our relaunched 'Parish Praise' sessions on the theme of....



There will be refreshments, craft activities, stories and more. All members of the family welcome.

Thursday 8th February

3.25pm - 4.15pm

At School



Please note all children should be accompanied by an adult



ComputerXplorers are running a February Half term Holiday camp at Rainford High School on Wednesday 14th and Thursday 15th February 2024. They are offering a variety of activities from Minecraft Education, Lego Robotics, Digital Animation and more. They have availability for morning and afternoon sessions as well as a full day's (9am – 3pm).

If a child books an all day session then a healthy lunch will be provided. We are also delighted to provide a limited number of funded places for any children who are entitled to benefit related free school meals or are Torus Housing residents.

Please use the link above if your child is interested in taking part.

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What Parents & Carers Need to Know about

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WHAT ARE THE RISKS?

BULLYING

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to

everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied — as well as providing opportunities for inappropriate content to be shared and viewed.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat-allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed and or the standard or they are they a

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert: potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host appor platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction — especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutheriand is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK USA and Australia.



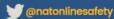




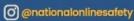


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This term we will be focussing in school on the value HOPE.

We hope your family will find these ideas helpful as you
explore the value and have fun together.

TALK TOGETHER about Hope

The value **hope** is about much more than just wishing as hard as we can that things will be different, it is about believing that the world can be better and being prepared to do something!

The character Noah in the story opposite, was willing to look silly in front of his neighbours by building a huge boat even though he lived miles from the ocean, because he **hoped** and believed that God had a plan. As a family you may want to talk about:

- your hopes and dreams for the future
- what you can do to make them happen
- · what others need to do

THINK TOGETHER Words of Wisdom

"Learn from yesterday, live for today, hope for tomorrow" Albert Einstein



READ TOGETHER... God's Special Promise

The world that God had made was a beautiful, colourful place – brimming with life and bursting with good things. It was his precious gift given with all his love. God **hoped** that people would care for it and care for each other but now they were doing just the opposite! They were quarrelling, fighting, and spoiling everything. God saw that there was only one thing to do; to begin all over again.

But God also saw that not everyone on the earth was wicked. There was one man and his family trying to do their best to look after the world and to look after each other and to listen to him. The man's name was Noah. God told Noah to build an ark – a huge, magnificent boat. Noah was mystified because he lived miles from the ocean and was not sure why he would ever need a boat. As word got around about the enormous boat Noah's neighbours made his life miserable with their taunts and jibes. Sometimes Noah was tempted to lose **hope**, but he knew from experience that he could trust God for the future, so he and his family kept on building.

When the work was finally finished God told Noah to gather two of every kind of creature as well as all his family together and set up home in the ark. It took a long time but Noah had to just keep on trusting God. And then the first raindrops began to fall, followed by showers, then torrents and finally floods. On and on it rained for forty days and forty nights. When Noah was beginning to lose **hope** of ever seeing the sun again, the rain suddenly stopped. Noah sent out a dove and when it did not return he knew that the bird had found dry land on which to build a nest. They were safe at last!

And then a wonderful thing happened. God sent a rainbow - a beautiful, colourful bow in the sky. It was a sign of **hope** and promise. The world had been washed clean, and was all ready for a new beginning.

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lithis study based on General Land

Find the words from the story of Noah. 12 creatures are also hidden in the word search. They were on the boat!

NOAH	CREATURE	FORTY
ARK	DAYS	HOPE
BOAT	DOVE	NEST
BUILD	FLOODS	PROMISE
	GOD	RAINBOW
100		WORLD

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The Basket of Dreams

This beautiful sculpture is on the hills overlooking Lake Wakatipu in New Zealand. It is called the Basket



of Dreams and is made from a spiral of steel.

Spirals can remind us that we have a choice about the way we live. We can either travel inwards towards self-centredness where we only try to think of ourselves or we can travel outwards towards the world and other people.



FASCINATING FACTS

Rainbows

After a shower of rain we sometimes see a magnificent rainbow arched across the sky.

- rainbows are the reflection of the sun in the rain droplets in the sky
- · they are curved because raindrops are round
- they are multi-coloured because each raindrop splits the sunlight into a spectrum of colours
- the colours of the rainbow are always in the same order – red, orange, yellow, green, blue, indigo and violet – and red is highest in the sky
- an easy way to remember the order is using the mnemonic 'Richard Of York Gave Battle In Vain'. The first letter of each word is also the first letter of the colour.



Spiral of Hope

Start with a circle of paper or light card and draw a spiral.

On the spiral write a **hope** or dream that you have that will make the world a safer, cleaner or more healthy place to live. Cut along the lines until you get to the centre, leaving a circle in the middle. Make a hole in the middle

so you can hang your spiral from a thread. (You may want to practice

drawing a good spiral on some scrap paper before you start.)





HALL OF FAME

Sir David Attenborough

Sir David Attenborough is best known as a natural history film maker. He has made expeditions all over the world to watch and film wildlife in its natural habitat. His many TV documentary programmes have allowed us all to understand the wonder of nature and the importance of conserving the natural environment if species are to survive.

Sir David has shown us the impact humans have too often made on the natural world and the consequent



struggle of wildlife to survive. His **hope** is that we leave future generations a planet that is healthy and inhabitable by all species.



HOME-SCHOOL CHALLENGE Make a 'hopes and dreams' catcher

Dream catchers are traditionally made from a looped willow branch onto which a net or web is woven. The net is then decorated with feathers, beads and other decorations. According to American Indian folklore, as we sleep, dreams are caught in the net and with the first rays of sunlight any bad dreams are burned away.

Find a long twig that can be bent and tied to make a hoop or frame. Use natural string or thread stretched across the frame to make the net and then decorate it creatively to catch all the **hopes** and dreams you can!



Mental Health Support Team



WELLBEING WEBINARS

Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

TOPICS AND DATES

- Worry Management 19 January
- Parenting for Anxiety 23 Febraury
- Low Mood 22 March
- · Neurodiversity 26 April
- · Parent Skills for Behaviour 17 May
- LGBTQ+ 21 June
- · Emotional Regulation 19 July



WHEN 4pm to 4:45pm



WHERE Zoom

(link will be emailed)



To register please email which webinar you want to attend to events@merseycare.nhs.uk

Webinars will be recorded.

No chat function will be available for safety purposes.

School Nurse Drop-In

If you have any questions relating to your child's health and wellbeing, please come and meet our school nurse Sam. She'll be holding a parent drop-in on Tuesday 23rd January between 3 and 4pm.

Please go to the school office to see her.





A Wondrous Storytelling Festival for Families

Tickets 23.10 or 210 for a group of 4. Book online at wonderarts.co.uk

Kid Carpet: The Noisy Garden Centre



St Helens Library Saturday 10th February 10.30am & 2.30pm

Hands Down Circus:

Tape That



Thatto Heath Library Wednesday 14th February 10.30am & 2.30pm

Crows Nest Theatre:

Is that a Yeti Hetty?



Friday 16th February 11.45am, 12.30pm, 1.15pm & 2.00pm

Daryl & Co:

Boxed In



Chester Lane Library Monday 12th February 2:30pm

Hurly Burty:

You are the Sun



Chester Lane Library Thursday 15th February 10.30am & 2.30pm

Oliver Sykes: Creative Writing Workshop



Eccleston Library Friday 16th February 2.30pm

Angel Exit Theatre: Book Club for Super Spies



Haydock & Moss Bank Libraries Tuesday 13th February 10.30am & 2.30pm

Oliver Sykes:

Fishing for Rainbows



Eccleston Library Friday 16th February 10.30am

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SPLATI



Newton Le Willows Library Saturday 17th February 10.30am & 2.30pm





















thesleepcharity.org.uk

Sleep Charity Referral for St Helens Sleep Pathway

Your chance to work directly with our sleep practitioners who are here to help you and your child sleep better



Use the following QR code or link to book one of our 1-2-1 sleep clinic appointments, available via telephone or video calls

https://ecv.microsoft.com/C35gdvbYBj

Why not book on our Foundation Sleep Workshop?

Free training that provides you with knowledge around sleep, some of the common reasons for poor sleep and how you can help to improve your child's sleep

To book, please contact brian@thesleepcharity.org.uk

For more information on the local St Helens sleep pathway and accessing support, or for any concerns you may have regarding your child's sleep patterns, then please contact your health visitor, school nurse, early help worker or children's centre

> Children's information support available here: https://thesleepcharity.org.uk/information-support/children/



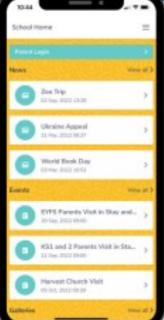


Guide to our app

for parents & carers

School Spider allows you to receive and return information directly to and from the school. Receive instant messages, complete surveys, book your parents' evenings and report absences.

Select your school to get started! SchoolSpider



How to get started

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Once you have selected the school, you will see posts from the school website. Click parent dashboard to login or create an account. Create an account by pressing "create account" and enter your email address.

You must have your email linked with the school!

