



NEWSLETTER

www.parish.st-helens.sch.uk 01744 678 430 TWITTER: @parishschool1

Learning and Growing Together in Faith, Hope and Love

2023-2024 Issue Number 26—Thursday 28th March 2024

'Learn to do right. Seek justice.' Isaiah 1.17

OUR VALUE THIS HALF

TERM IS:

**HOPE THROUGH
JUSTICE**

A message from Mrs Young

Dear Parents/Carers,

What a wonderful week and wonderful term we have had finishing with lots of Easter fun including our annual Easter services, Easter bingo, visiting Prayer Spaces at Parish Church, Easter Egg hunts and Easter Bonnet parades.

Today we joined together online with schools across our Academy Trust for our Easter worship. We celebrated Easter through song and prayer. It was lovely to see all of our schools together as our LDST Family.



I hope you all have a restful Easter break and we will see you back in school on Wednesday 10th April.

Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

Attendance

Whole School	97.3%
Reception	98.9%
Year 1	97.1%
Year 2	98.9%
Year 3	94.3%
Year 4	97.5%
Year 5	97.8%
Year 6	96.7%

Equates to:



191 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: 97.3%

Our attendance for the year so far is: 94.9%

Living Values Award WINNERS

Hope through Justice

NURSERY	Loui Everall
RECEPTION	Curtis Chapman
YEAR 1	Michelle Osoba
YEAR 2	Laura Osoba
YEAR 3	Agyapomah Kyei
YEAR 4	Ayena Kumaragama
YEAR 5	Mathew Baker
YEAR 6	Lily Mae Bacon

Headteacher's Award WINNERS

Nurturing Curiosity

NURSERY	Amaya Faraj
RECEPTION	Lincoln Huyton
YEAR 1	Jacob Bacon
YEAR 2	Alex Balaz
YEAR 3	Harvey Lowe
YEAR 4	Sammy Ali
YEAR 5	Karol Kuflewski
YEAR 6	Harasees Kaur

PE DAYS Summer 1

Nursery & Reception Thursday

Year 1—Wednesday and Friday

Year 2—Thursday and Friday

Year 3— Tuesday and Wednesday

Year 4— Wednesday and Friday

Year 5—Thursday and Friday

Year 6—Monday and Wednesday

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 UNIFORM AND EXPECTATIONS MUST BE FOLLOWED.

Attendance Challenge and Rewards

We're so close to our pizza party! We will continue this challenge after the half term break. 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.
- ★ Speak 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.

School Uniform Reminders

Please see below a few reminders about our school uniform.

Our Uniform

The uniform is as follows:

- Grey v-necked jumper, grey tank top or grey cardigan (with or without the school logo)
- White polo shirt
- White shirt with green tie (KS2 only)
- Black trousers/Black Shorts
- Black skirt/pinafore (in summer, a green and white summer dress may be worn)
- Black, sensible shoes (not trainers)
- Grey, black or white socks (green frill permitted)
- Grey or black tights
- Green book bag (with or without the school logo)

Trainers, open-toed sandals and large, thick boots are not considered suitable footwear for school.

Sensible, plain black shoes must be worn by both boys and girls.

Our PE Kit

Children are asked to come into school on the day of their PE lesson wearing their PE kit. They can wear it for the full school day.

Parents/carers are responsible for ensuring their child is dressed appropriately for PE.

The PE kit is as follows:

- Plain white T-shirt (with or without the school logo)
- Black zipped hoody or sweatshirt or normal school jumper (with or without school logo)
- Black tracksuit bottoms or leggings
- Black shorts (in summer)
- Plain, suitable trainers or black pumps

Jewellery

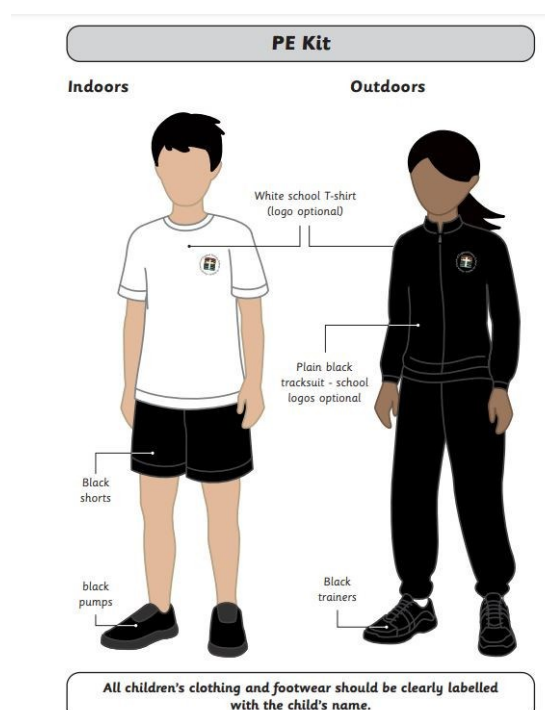
The only permitted jewellery that may be worn is:

- One pair of stud earrings (no other piercings are permitted)
- A sensible wristwatch (not a smartwatch)

School Bag

Pupils must use an appropriately sized green book bag. These can be with or without the school logo.

Large bags / large rucksacks are not permitted



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 February
- 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

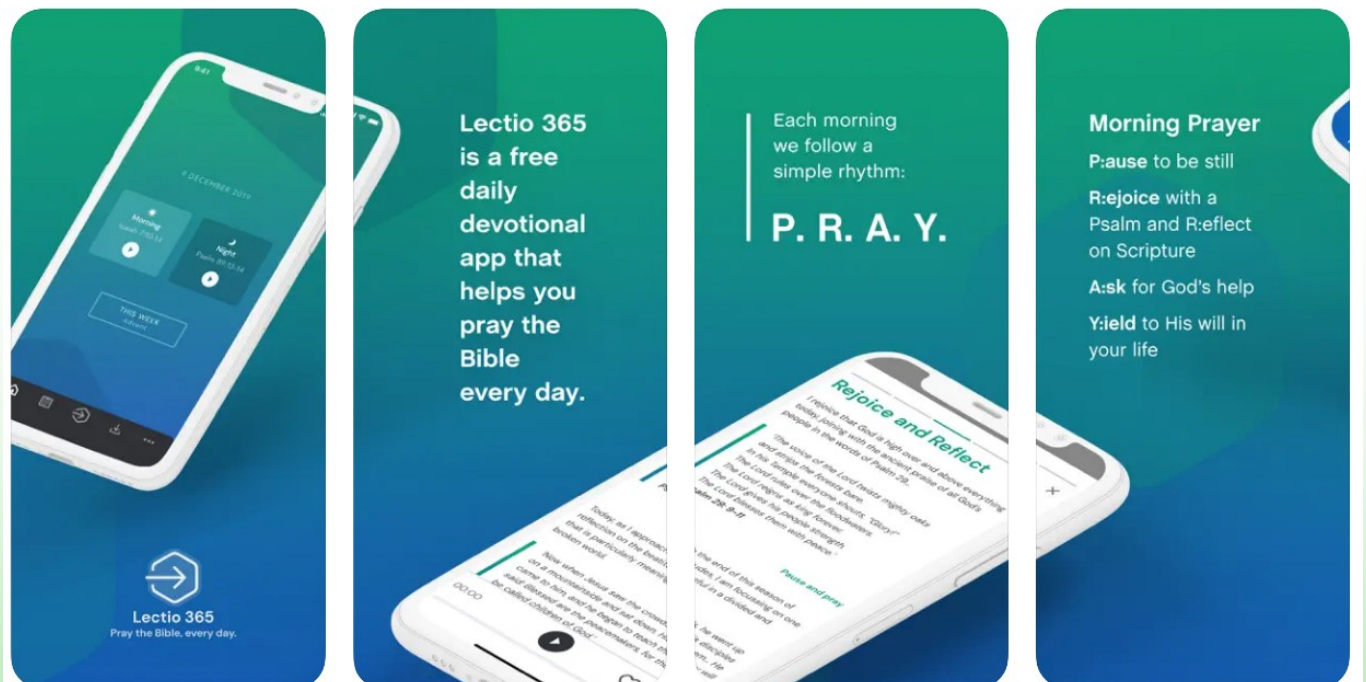
Webinars will be recorded.
No chat function will be available
for safety purposes.

Lectio 365

Lectio 365 is a free daily devotional app that helps you pray the Bible every day.

Lectio 365 is a free daily devotional resource for adults that helps you pray the Bible every day.

Tune into God's presence and peace by slowing down, meditating on scripture, listening to God and praying for 10 minutes at the beginning and end of each day.



For iPhone

For Android

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

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CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



**National
Online
Safety®**

#WakeUpWednesday



ST HELENS

PARISH CHURCH

COME ON OUR EASTER JOURNEY

A FREE
interactive experience
suitable for all ages.

Come in for a moment of stillness in a busy
world, and experience the sorrow, mystery and
joy of Easter

Opening times:

Wed 20th March **12:30 – 2.30PM**

Thurs 21st March **12:30 – 2.30PM**

Fri 22nd March **12:30 – 2.30PM**

Mon 25th March **9.00AM – 2.30PM**

Wed 27th March **12:30 – 2.30PM**

Thurs 28th March **9.00AM – 2.30PM**

Friday 29th March **10.30AM – 2.30PM**

Sat 30th March **9.00AM – 12.00PM**

See our  page for more details

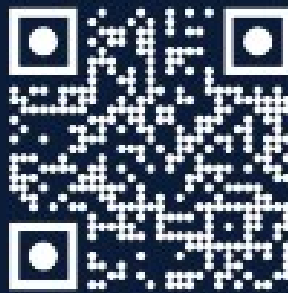


ST HELENS
CARES

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/>

03303 530 541
Monday, Tuesday & Thursday 9am - 5pm
Monday & Wednesday 9am - 11am

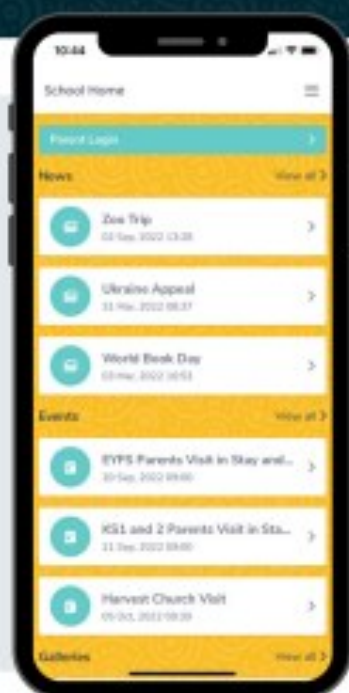


Guide to our app for parents & carers



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!



How to get started

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!

Take a look around...

See all action items on your dashboard

Click to respond or book for each child



Click the envelope to see your recent messages

Click these 3 lines to:

- Switch between areas
- Edit your profile
- Logout

DOWNLOAD NOW





We will be regularly highlighting the support we can offer to Young Carers in our school. Please see the Young Carers page on our website for more, and to let us know in confidence if you know a young person who would benefit from this support.

Mrs Morris and Mrs Moore will be supporting children in school as Young Carer Champions. You can come and ask for confidential advice from us.



Mrs D Morris
Pastoral and Safeguarding Manager/
Deputy DSL/Young Carers Champion



Mrs H Moore
Inclusion Lead (SENCo) /
Young Carers Champion



You can now watch our Amazing dramatic movie "Hidden" about the life of a Young Carer and starring St Helens Young Carers Ambassador, Jude Riordan
(Sam from Coronation Street)