



NEWSLETTER

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Learning and Growing Together in Faith, Hope and Love

2023-2024 Issue Number 18 Friday 26th January 2024

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,

On Monday we had a staff twilight focusing on Environment Enhancements and it was amazing to see so many new displays and areas being created around school. We are very proud of our beautiful school and our research driven approaches to the learning environment ensure that Parish is a warm, calm and welcoming place to learn.

Great end to the week this week with Y5's magnificent class assembly based on their WW2 learning. I was blown away by how articulately they delivered their lines and their singing was just beautiful. I really was so proud of them all.

Next week is National Storytelling Week and Mrs Flanders, our English Leader, has been busy organising a week full of activities to promote our love of storytelling. Please keep an eye on Twitter/X as we share this with you across the week.

Also next week we have our Diversity Coffee Morning and I am looking forward to welcoming you to school to find out more about the amazing work we do in educating children about equality, diversity and inclusion.

Have a lovely weekend,

Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

| Attendance | |
|--------------|--------|
| Whole School | 94.9 % |
| Reception | 90% |
| Year 1 | 96.6% |
| Year 2 | 95.8% |
| Year 3 | 99 % |
| Year 4 | 92.1% |
| Year 5 | 96.3% |
| Year 6 | 94.6% |



176 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: 94.9%

Our attendance for the year so far is: 94.9



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.
- ★ 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.

Diary Dates

01/02/2024—Diversity Coffee Morning
01/02/2024—Parish Cultural Heritage showcase
05/02/2024—Keeping Safe Week
06/02/2024—Safer Internet Day
08/02/2024—Parish Praise launch event
09/02/2024—Faith. Hope and Love Day
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)

NEXT WEEK:



Headteacher's Award WINNERS

Influencing Aspirations

| | |
|-----------|---------------------|
| NURSERY | Lucy Williams |
| RECEPTION | Violet Wilson |
| YEAR 1 | Franciszek Debinski |
| YEAR 2 | Atticus Akafo |
| YEAR 3 | Filippos Alikai |
| YEAR 4 | Elliot Swift |
| YEAR 5 | Khaleesi Powell |
| YEAR 6 | Lily Mae Bacon |

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 UNIFORM AND EXPECTATIONS MUST BE FOLLOWED.



ST HELENS PARISH CHURCH

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!

School Policy Focus

Medical Policy

Our school medical policy is available on the school website. If your child is on short term medication, such as antibiotics we can administer this medication in school. You will need to complete a 'short term medication' form at the school office with details about how this should be administered. If your child is on long term medication such as an inhaler they will need a healthcare plan completing. Please speak to your child's class teacher if you believe they may need one.

We now have Calpol and Calpol Six Plus available in school. If your child is unwell, we may give you a call to ask if we can administer Calpol. We are unable to administer this without parent/guardian permission. We will then ask you to sign to say this has been administered at the end of the school day or upon collection from school.

Timestable Rockstars and Numbots Relaunch Day

Be sure to check out the letter from Mr Hardy sent on the app this week about our upcoming TTRS and Numbots Relaunch Day on Monday 5th February.



Collection from School

If your child is being collected by someone different than usual or who members of staff have not met before, it is vital that the School Office or the Class Teacher is informed. If this is not done, we will have to call you to confirm the arrangements. This is to ensure that your child is released into your care safely. Furthermore, we will only hand over pupils to older siblings provided they are 14 years old or above (however, if the professional judgement of the adult at school deems the older sibling not to be suitable, they will not hand the child over). You can support us with this by making us aware of any changes to your child's collection arrangements in advance.



Computer Xplorers

Leading the way in providing tech-based activities that are both inspirational and educational!

FEBRUARY HALF TERM TECH CLUBS

ST HELENS



Rainford High School

Higher Lane, Rainford, W11 8NY



14th & 15th Feb 2024



9am-3pm

half days available



Providing fun, educational activities-
Wednesday- Lego Robotics & Minecraft Education
Thursday- Digital Video Creator & Minecraft Education
Both paid and funded places are available to book for kids aged 5-15.

Supported by



*FREE places available to eligible Warrington borough resident children who are in receipt of benefit related free school meals



BOOK! Visit the link or scan the code-
computerxplorers.co.uk/bolton-wigan/book



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 GROUP CHATS

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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.

WHAT ARE THE RISKS?

BULLYING

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.

EXCLUSION AND ISOLATION

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.

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 once or for a short time.

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.

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.

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.

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.

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.

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.

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 app or 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.

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 Sutherland 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.



NOS National Online Safety®
#WakeUpWednesday

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.



FAMILY FOCUS

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.)



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 **R**ichard **O**f **Y**ork **G**ave **B**attle **I**n **V**ain'. The first letter of each word is also the first letter of the colour.



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 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.

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.

NHS

St Helens StoryFest

10th - 17th February

A **Wondrous** Storytelling Festival for Families

Tickets **£3.10** or **£10** 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

Daryl & Co:
Boxed In



Chester Lane Library
Monday 12th February
2.30pm

Angel Exit Theatre:
Book Club for
Super Spies



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

Hands Down Circus:
Tape That



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

Hurly Burly:
You are the Sun



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

Oliver Sykes:

Fishing for Rainbows



Eccleston Library
Friday 16th February
10.30am

Crows Nest Theatre:
Is that a Yeti Hetty?



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

Oliver Sykes:
Creative Writing
Workshop



Eccleston Library
Friday 16th February
2.30pm

Of the Jackal:

SPLAT!



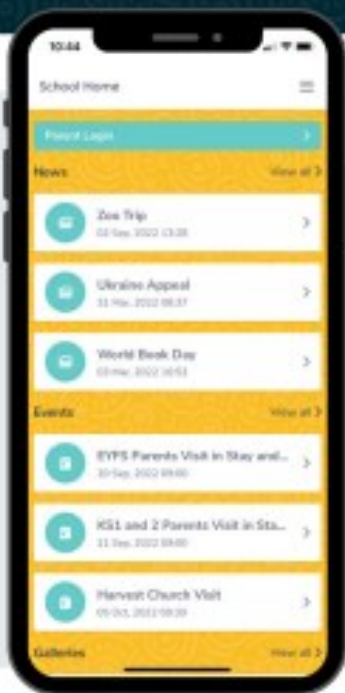
Newton Le Willows Library
Saturday 17th February
10.30am & 2.30pm

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

