



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 20—Friday 9th February 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,

We have had a lovely end to the half term this week and we are starting to see some signs of Spring appearing slowly but surely.

On Tuesday, thanks to Miss Dodd who leads computing, we celebrated Safer Internet Day which gave us time to reflect on important messages around safe online use across school. Did you know that we teach about online safety in our Parish Spirit Lessons each half term? Such a vital part of our PSHE offer. You will be able to find out more about Parish Spirit in an upcoming Parents' coffee morning.

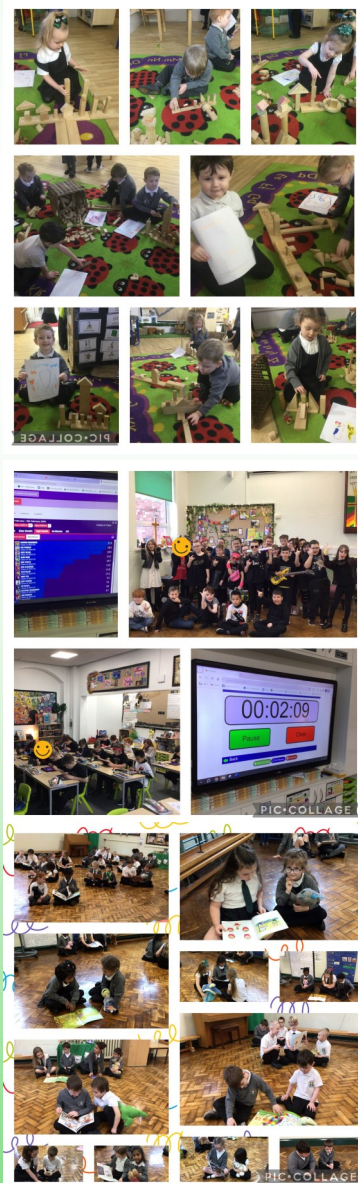
The absolute highlight of my week was last night's Parish Praise event! Thank you to all those who joined Reverend Rachel and school staff for worship after school - it was just great to share in a story, prayers and crafts together. Parish Praise will be held half termly, and all are welcome to join us. Special thanks to Mrs Morgan and Mrs Roberts who helped to put the event together.

Tomorrow marks the start of the Lunar New Year - The year of the dragon! This event is celebrated by many cultures in different ways and in Liverpool and Manchester this weekend there are some amazing events occurring which you may wish to visit. I will be in Liverpool with my family on Sunday so if you see me there please say hello!

<https://www.visitliverpool.com/event/lunar-new-year-2024/38919101/#:~:text=Taking%20place%20from%20Friday%209,the%20Royal%20Albert%20Dock%20Liverpool.>

Have a wonderful half term and I look forward to seeing you all on 19th February,

Mrs Young



School Matters!



Attend Today, Achieve Tomorrow

Attendance

Whole School	91.6%
Reception	82.1%
Year 1	98.3%
Year 2	97.5%
Year 3	84.5%
Year 4	93.5%
Year 5	94.2%
Year 6	91.3%

Equates to:



160 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: 95.2%

Parish Pizza Challenge!



Our next Attendance Challenge is a yummy one!

If your child's class has attendance of above 97% each week, they will earn a pizza party! Spring 2 is 6 weeks long and classes need to have 97% or above for 5 of those weeks. We hope to be buying pizza for every class!

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

19/02/2024—Spring 2 begins

19/02/2024—Lunar New Year

w.b. 19/02/2024—Show the Love Climate Event

w.b. 19/02/2024—Keeping Safe Week

19/02/2024 - Parish University 1st Years to Town Hall

22/02/2024—ExSEL Workshops 1 (Y1-Y6)

22/02/2024—Y1 BASH Library Visit

23/04/2024—Y5 BASH Library Visit

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 (See letter sent 6.2.2024)

EXCITING NEWS!!! ExSEL Workshops Y1 to Y6.

The ExSEL Programme will provide our school with a taste of Social Emotional Learning through a series of engaging **SEL-themed workshops** for pupils. These workshops will cover the 5 areas of SEL (self-awareness, self-management, social awareness, relationship skills and responsible decision making) Workshops will take place monthly starting to the end of the academic year.

Headteacher's Award WINNERS

Influencing Aspirations

NURSERY	Loui Everall
RECEPTION	Avaya Barnes
YEAR 1	Bobby Beardwood
YEAR 2	Mia Morgan
YEAR 3	Jaxon Ladner
YEAR 4	Harry Harper
YEAR 5	Serenity McQuade
YEAR 6	Blake Lennon-Vaughan

PE DAYS SPRING 1

TUESDAY—YEAR 1

WEDNESDAY—YEAR 2, YEAR 4, YEAR 5 & YEAR 6

THURSDAY—NURSERY, RECEPTION, YEAR 1, YEAR 3 & YEAR 6.

FRIDAY— YEAR 2, YEAR 3, YEAR 4 & YEAR 5

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 LIBRARY SERVICE

St Helens Library

What's On in February 2024 for **children**

Speak to library staff for more information

<p>Read and Rhyme Wednesdays and Thursdays at 10.15am</p> <p>Join us for fun rhymes, songs and stories.</p> <p>Drop in</p>	<p>Baby Rhyme Time Please register your interest at the library counter</p> <p>A soothing, sensory Rhyme Time for you and your baby.</p> <p>Book in</p>	<p>Opening hours Monday 10am – 7pm Tuesday 10am – 5pm Wednesday 10am – 1pm Thursday 10am – 5pm Friday 10am – 5pm Saturday 10am – 1pm</p>
<p>Big Games Tuesday 13th Feb 10am -12pm</p> <p>Half Term fun with Big Jenga, connect 4 and board games for all the family.</p> <p>Drop in</p>	<p>Lego and K'nex Friday 16th Feb 2pm-4pm</p> <p>Half term fun, build and create with family and friends.</p> <p>Drop in</p>	<p>Family fun exercise session with Sports development</p> <p>Friday 16th Feb 10.30- 11.30am</p> <p>Beginners fun exercise session with treasure hunt and healthy snack and drink</p> <p>Please book a place in advance</p>
<p>St Helens Library, Chalon Way East, Wa10 1bx Contact: 01744 676954 or email sthelenslibrary@sthelens.gov.uk</p>		



@STHLibraries



@STHLibraries



@sthlibrariesandarts



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

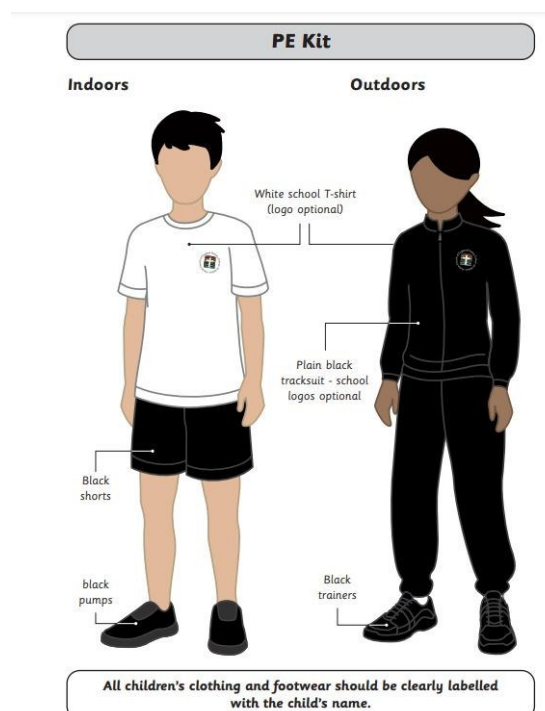
The only permitted jewellery that may be worn is:

- 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



Scarlet fever

Signs & symptoms



The symptoms of scarlet fever are non-specific in early illness and may include;

- sore throat,
- headache,
- high temperature,
- nausea and vomiting.

After 12 to 48 hours the characteristic red, generalised pinhead rash develops, typically first appearing on the chest and stomach, rapidly spreading to other parts of the body, giving the skin a sandpaper-like texture.

Anyone who thinks they or a child may have it should contact a GP for a proper diagnosis and appropriate treatment.

We have been informed that a small number of children have been diagnosed with scarlet fever.

We have sought advice from UK Health Security Agency North West Health Protection Team. They have advised that although scarlet fever is usually a mild illness, it should be treated with antibiotics to minimise the risk of complications and reduce the spread to others.

If you think you or your child have scarlet fever:

- See your GP or contact NHS 111 as soon as possible.
- Ask your GP to take a throat swab to confirm if this is scarlet fever.
- Make sure that you/your child takes the full course of any antibiotics prescribed by the doctor.
- Stay at home and away from nursery, school or work for at least 24 hours after starting the antibiotic treatment, to avoid spreading the infection.



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, Warrington, WA11 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



@CompXBolton

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.



• St Helens •

NEW PANTRY HOURS

We are now open for a daytime and evening pantry at our base in Wesley Church, St Helens, WA10 1DZ.
(Access the Pantry through the rear door)

Tuesdays 11:00am – 1:00pm

Thursdays 5:00pm – 7:00pm

For more information
please visit [hopecentre.org.uk](https://www.hopecentre.org.uk)

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CAN WE HAVE A CHAT?

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

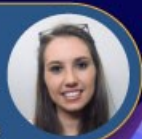
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.education.gov.au/documents/about/program-reports/online-safety-program-teacher-training-program-teacher-inappropriate-content-fact-sheet>
<https://www.teachingonline.co.uk/wp-content/uploads/2020/04/childline-media-see-year-7.pdf>



www.nationalonlinesafety.com



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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.

Write many hopes on G4 cards 6-7-9-11



QUIZ Word Search

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 |
| | | WORLD |

P	R	O	M	I	S	E	T
A	A	C	G	K	D	U	P
R	I	B	F	R	O	G	J
R	N	J	H	G	O	D	D

L	Q	R	O	B	O	A	T	L	E	K	A	N	S
G	O	A	T	O	U	A	M	F	O	R	T	Y	T
D	L	R	O	W	Z	I	H	O	P	E	D	T	S
P	M	K	C	A	M	E	L	X	N	E	L	F	E
O	L	I	O	N	E	V	O	D	S	K	E	O	N
E	R	U	T	A	E	R	C	A	R	B	E	Z	M
V	X	A	Y	G	I	R	A	F	F	E	B	Y	W

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
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

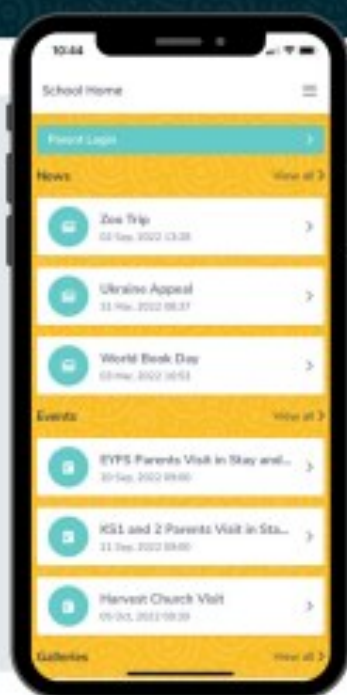


Guide to our app for parents & carers



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

