# Sacred Heart R.C. Primary School Newsletter

# DATES FOR YOUR DIARY

Please log onto PARENTPAY to make payments for trips and meals

We are now able to issue Foodbank vouchers to families in our school who may be struggling financially. If you feel that this would benefit you and your children then please contact the school office, in confidence, for support.



# **ASSEMBLY DATES**





Monday 17th July Y6 Leavers Mass 9.30 am in Church Tuesday 18th July Y6 Leavers Assembly 10-11.30 am



# <u>HOLIDAY DATES</u>

School closes Friday 21st July School re-opens Wednesday 6th September



14TH JULY 2023

# M*ass* times

#### **Sacred Heart Church Mass Times**

There are two Churches in our Parish. Holy Family in Kirkholt and Sacred Heart on Kingsway. The Parish Priest is Father Simon and he resides in Sacred Heart Presbytery.

> Saturday at Sacred Heart 5.15 Confessions 6.00 Vigil Mass Sunday 9 am at Holy Family 11 am at Sacred Heart

### PENALTY NOTICES



#### Poor attendance

Children who miss more than 20 sessions/10 school days unauthorised absence in a 12 week period will receive a Penalty Notice which is £60 per parent.

#### Holiday absences

Children who miss 10 sessions/5 school days unauthorised absences will receive a Penalty Notice which is £60 per parent, per child. Holiday requests will be reviewed separately and in some circumstances may be approved.

# **CAPTAINS TABLE**

Captains Table children (and friends) all chosen this week for being a lovely lunch time friend/improved behaviour and for displaying lovely table manners.



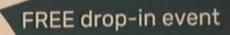
#### HEADTEACHERS AWARD

Headteachers award children chosen this week for helping adults around the unit/showing super sitting during the register/always using beautiful manners and being a good role model/for listening well on the carpet/good use of positional language in math/excellent use of punctuation including inverted commas/super work and contributions in class discussions on Africa/super suggestions for exciting vocabulary/great contribution to all lessons/improved attitude to learning and great contributions to our lessons/always showing enthusiasm for learning and a huge smile/for a much improved attitude towards learning/for being a kind and caring friend and for always being so helpful and willing to go the extra mile.

Well done everyone.







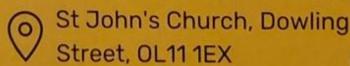


You're invited to our

# BIG www.stjo

28th & 29th July 2023 11am to 3pm Further details on our website: www.stjohnthebaptistrc.org

- · Family arts & crafts
- Guided tours
- Community exhibition
- Refreshments
- Music





St John the Baptist Church

# **GIFT TEAM**

The Year 6 GIFT Team have prepared a lovely assembly to hand over their role to the Year 5 team. They will share this with the whole school on the last day of term. We finished our meeting this week with prayers, thanking God for the talents of the group and all they have done this year to lead our school in prayer and to give opportunities for children to grow the faith. Thank you Year 6 GITF Team for everything you have done this year in our meetings and for the whole school.



# **ATTENDANCE**

Well done Years 1 and 3 for achieving the highest percentage attendance this week of 97%





# Top Tips for Adopting SAFE & HEALTHY NI INF HARITS

Everyone has so much going on in their lives, and that includes children; from exams and deadlines to analety and mental health struggles. It's quite easy to send memes, make jokes and vent ordine about the things that initiate us, but when was the last time you — or your child — took a moment to share comething kind or positive instead? In fact, when did you last stop and think about your family's online activities? To into 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 come popular strategies here ...

# HAT IS DIGITAL ESILIENCE?

Ellerice doesn't mean being so gh that nothing gets to you, and it's about 'putting up with things' ner, instead, it's the ability to over from sathacia, it'eryone feels, worried, scared or upset at times: how we respond and adapt to se standions which is important, fall resilience is about making oldes that keep us safe and happy line, even when we're exposed to neithing regative or upsetting, killing your child's digital resilience. I help reduce the impact of sential risks as they engage with a navigate cround the online world.

éo.

# LAKE POSITIVE TRESTYLE CHOICES

Make time for the people and things that make you happy.

donitor your ecreen time and stick to your limits.

On social media, follow people that make you test good about yourself – and unfollow the ones who don't.

spread some positivity: poet good reviews, leave encouraging comments and share good news.

#### EP YOUR HEALTH IN MIND

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Try to factor in regular breata offline and away from your screen – ideally, outdoors for some revitalising freeh air.

Dancies is a brilliant stress-buster: even a walk around the block, a blice ride or a stroll to your local shop can mally work wonders.

Be strict with yourself obout putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for slaying healthy.

## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on sockde who have the same values and marals as you
- You could always talk to a friend, or a trusted could 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 oausing 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 haw did it make you fee!?
- If someone's behaviour online is causing you strees, try to remind yourself of all the steps you can tak if a person's being unkind online.

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