



14TH JULY 2023

## 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.



## MASS 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*

## ASSEMBLY DATES

**LEAVERS**  
celebrate together



**Monday 17th July Y6 Leavers Mass 9.30 am in Church**

**Tuesday 18th July Y6 Leavers Assembly 10-11.30 am**



## HOLIDAY DATES

School closes Friday 21st July

School re-opens Wednesday 6th September

## PENALTY NOTICES



Every student. Every day.

### 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.





FREE drop-in event



You're invited to our

# BIG COMMUNITY WELCOME!

Further details on our website:  
[www.stjohnthebaptistrc.org](http://www.stjohnthebaptistrc.org)

28th & 29th July 2023

11am to 3pm

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



St John's Church, Dowling  
Street, OL11 1EX



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 GIFT 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%



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# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

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

## WHAT IS DIGITAL RESILIENCE?



Digital resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" forever. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: how we respond and adapt to these situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience can help reduce the impact of cyberbullying and help them engage with digital content around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



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

Monitor your screen time and stick to your limits.

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

Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

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



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

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

## Meet Our Expert

Dr. Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in various capacities, offering counselling to teens, teenagers and young adults. She is the founder of Engage-ment, an app focusing on mental health awareness with the goal of being accessible and suitable to schools/universities.



## REACH OUT FOR SUPPORT

- ✔ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✔ Follow people on social media who have the same values and morals as you.
- ✔ You could always talk to a friend, or a trusted adult 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 causing 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 how did it make you feel?
- ✔ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.



National  
Online  
Safety

#WakeUpWednesday