



17TH NOVEMBER 2023

GENTLE REMINDER

Please be considerate when parking near school many of our neighbours need 24 hours access to their drive ways . Thank you

Thursday 23rd November	3.15—5 pm	KS2 Cinema Evening
Thursday 30th November	3.15—4.15	Christmas Fair
Tuesday 5th December	3.15-4.30	EYFS/KS1 Supper with Santa
Thursday 7th December	EYFS Nativity 3.15 pm	tea/coffee mince pies
Tuesday 12th December	Y3 Ukulele Concert	2.15 pm
Wednesday 13th December	3.15	Y5 + Y6 Christmas Carol Concert
Thursday 14th December	KS1 Nativity 3.15 pm	tea/coffee mince pies
Tuesday 19th December	EYFS/KS1 Christmas Party	am KS2 pm
Tuesday 19th December	Christmas Dinner	day



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

PENALTY NOTICES



VISITORS

Wednesday 22nd November Y5 Education Recycling Lesson

ASSEMBLY DATES

Friday 24th November Y3 8.50 am

TRIPS

Thursday 14th December EYFS Imagine That Liverpool

Monday 8th January Y2 Runway Manchester Airport

Christmas Fair

Thursday 30th November 3.15-4.15



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 always lining up quietly and beautiful manners, giving her place up in the dinner line to someone and for always smiling and bringing joy to lunch time



HEADTEACHERS AWARD

Headteachers award children chosen this week for (R) sitting so much better on his carpet space and using his listening skills, sharing and helping her friends in shared provision (Y1) for a big improvement in his phonics, excellent effort in all subjects this week (Y2) amazing ideas and understanding in whole class reading, for improved handwriting (Y3) for always listening and trying hard, for participating in spellings and making great suggestions (Y4) his continuous improvement in phonics and reading, showing an excellent attitude to learning and quietly completing her work (Y5) for always being on task and great contributions in English, super contributions in guided reading (Y6) for creating some excellent pieces of artwork during our class trip to The Lowry. Well done everyone.



SCHOOL COUNCIL



Our School Council successfully delivered two assemblies this week. One for Odd Socks Day, to mark the start of Anti-bullying week and one for the International Day for Tolerance.



GIFT TEAM



The GIFT team have started early with their preparations for Advent. They have all planned a liturgy to share with classes to celebrate the first Sunday of Advent and have focused on the theme of hope. They have also been collecting ideas for our upcoming Mission Day.

ATTENDANCE

Well done to Y4 on achieving the highest percentage attendance this week of 97%
Who will get to 100% first?



Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online – and being excluded from online – can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childronlinebehaviourinenglandandwales/yearendingmarch2020>

