



St. John's Catholic Primary School

Newsletter 6 - 13th October 2023

Our values: In Christ we are: **Joyful** in our faith, **Aspirational** in our learning, **Confident** in being me, **Caring** in our hearts.

Taken from the Gospel for Sunday 22nd October 2023 (Matthew 22:15-21): Giving God His Due The Pharisees went away to work out between them how to trap Jesus in what he said. And they sent their disciples to him, together with the Herodians, to say, 'Master, we know that you are an honest man and teach the way of God in an honest way, and that you are not afraid of anyone, because a man's rank means nothing to you. Tell us your opinion, then. Is it permissible to pay taxes to Caesar or not?' But Jesus was aware of their malice and replied, 'You hypocrites! Why do you set this trap for me? Let me see the money you pay the tax with.' They handed him a denarius, and he said, 'Whose head is this? Whose name?' 'Caesar's,' they replied. He then said to them, 'Very well, give back to Caesar what belongs to Caesar - and to God what belongs to God.'

Stars of the week 18/10/23



Reception - Ariana for always wanting to try and do more, and challenge herself. Well done!



Year 1 - Olivia for always trying hard in our carpet sessions and always giving it a go.



Year 2 - Arjun for working independently to identify the actions and symbols used at Baptism.



Year 3 - Arina for always working hard and for being a kind friend.



Year 4 - Therese as she is always thoughtful, kind and hard working. A joy to teach. Superstar!



Year 5 - Kert for being first into class each morning and setting a positive example.



Year 6 - Callen for his fabulous team spirit, his resilience, and his impeccable manners.



A special star from a proud Mrs Clough to Logan Wright (Y6) for the most amazing pen pal letter.

Harvest Festival

On Thursday 19th October we will be celebrating Harvest Festival in school.

Each year we ask you to support us in providing local charities with dry food goods, and this year is no different.

Horsham food banks are in need of supplies as they try and support families in need.

Therefore, on Thursday 19th please can we ask you to bring in some of the following items. These items have been identified by the food banks as being in short supply:

Tinned fruit	Tinned meats
Custard/ creamed rice	Instant noodles
Rice and Pasta	Coffee
Fruit juice	Toilet roll
Ketchup	Brown Sauce
Mayonnaise	Long life milk

We will then be able to give all the food we collect to the food banks.

We appreciate that times are hard for all at the moment but anything you can provide will be a great help.

Thank you for your generosity in advance.

Attendance

Year 3 and Year 1! Well done!

Dates for the Diary

Half Term - Monday 23rd to Friday 27th October

Inset Day - Monday 30th October

Christmas Fair - Friday 24th November - 5pm to 7pm

Reception and KS1 Christmas play dates: December 11th 2.00pm, December 12th 2.00pm and Wednesday 13th December 9.30am

13th December 2.00pm KS2 will be holding a Christmas story depiction at St John's Catholic Church – families welcome. More details to follow closer to the time.

Proud Work - 13th October 2023

Fantastic proud work this week.

Reception - Mia for her very skilful scissor work creating a zig zag

Year 1 - Ameerah for thinking of some great ideas in her science lesson

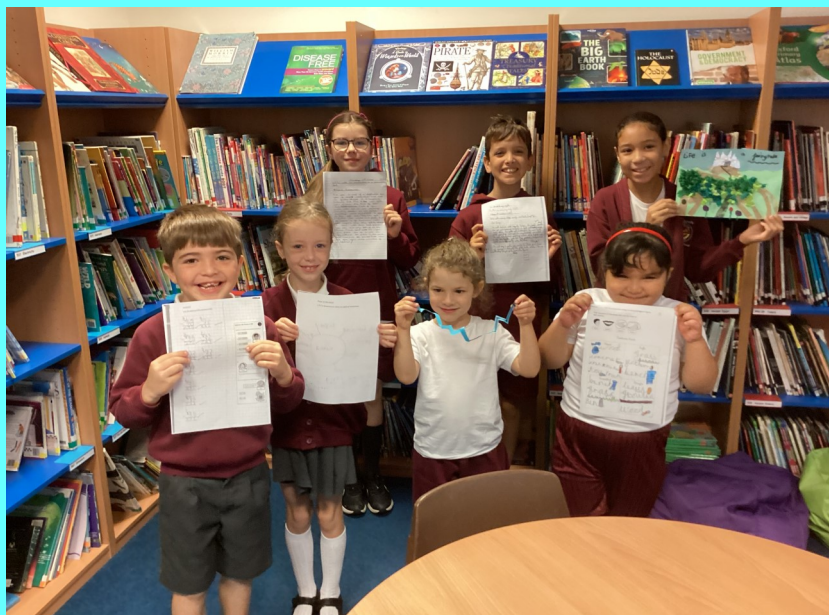
Year 2 - Megan for her brainstorming work using similes and expanded noun phrases

Year 3 - Flynn for his brilliant work in maths

Year 4 - Ruby for her 'Life as a Fairytale' collage

Year 5 - Finn for his Sparta diary entry

Year 6 - Paige for her fabulous persuasive introduction



Online Safety focus

There is a publication from the National Online Safety organisation called **'#WakeUpWednesday'** they offer a weekly newsletter that is emailed to you will support and guidance for the digital world. Opposite I have include a poster from them this week as it focuses around supporting children to deal with upsetting content.

'Our guide this week addresses the timely and delicate issue of speaking to children about worrying content that they've seen online. Young people are so connected to the world through their devices that, by now, the vast majority of them will be aware of recent events in Israel, even if they're not quite old enough to comprehend them fully.

Many children will have watched or read potentially distressing online news items covering the violence – and will possibly need extra reassurance from trusted adults in these unsettling days. Our guide has practical advice on broaching upsetting subjects with young ones, allowing them to express their concerns and helping them to avoid becoming overwhelmed by their fears.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold on to and need conversations about online safety with their children. Should they feel it is needed, this guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guidance, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**
There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- RIGHT TIME, RIGHT PLACE**
Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**
With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.
- EMPHASISE HOPE**
Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**
All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**
It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- SET LIMITS**
Managing screen-time and content can be difficult, even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- TAKE THINGS SLOWLY**
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ENCOURAGE QUESTIONS**
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- FIND A BALANCE**
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- BUILD RESILIENCE**
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**
It's hugely important that children know difficult to find support if they encounter upsetting content online. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

Meet Our Expert
Cayley Jorgensen is the director of *FocusUp* South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. *FocusUp* helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

NOS National Online Safety
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

Parent Workshops

Back in September you may remember reading in our newsletter that we will be running parent workshops on various topics during the school year

The first of these workshops will take place next **Tuesday 17th October at 9am** in the school hall.

The theme is **Mental Health**.

We will look at what we mean by mental health, signs to look for in children and how to support our children. Mrs Clough and Mrs Burke will be leading this workshop.

We look forward to seeing as many of you who can make it on Tuesday.



Friday 13th October - Visit by Jeremy Quinn MP

The Rt Hon Jeremy Quinn, MP for Horsham, visited the school this morning Mr Quinn enjoyed our celebration assembly and commented on what a super way it was to start the day. He spoke with Mrs Farr about the challenges faced by schools in the current climate but also all the positive sides of education. We spoke about the Ofsted report and how proud we all were of it. Mr Quinn then had a tour of the school and spoke to the children about his job, previous roles in Parliament and the day he rode in a carriage with the late Queen. He answered some tough and insightful questions from the children, some of which included asking about the Governments commitment to climate change, the value of the pound compared to other countries, whether he liked hot dogs and why he wanted to become an Member of Parliament and was it a stressful job? Mr Quinn explained the roles that he undertook for the Government and also how he serves Horsham and really enjoys this part of his job. Mrs Farr was very proud of everyone at St John's for showing Mr Quinn what a special school we have.



FRIENDS OF ST JOHN'S NEWS 13th October 2023

Thank you to all who came to the AGM.

We said goodbye to Sarah our Treasurer who has done an amazing job over the last few years. Michelle was voted to stay on as Chair, and Charlotte has moved to Secretary/ Co-Chair role. Thank you to Becky and Tara who have joined as joint Treasurer, and Gabi as Assistant Secretary. We will update the website shortly with new pictures so you know who we are.

A big thank you to Hannah Clarke who runs the sale of the end hand uniform. Her event last month made an amazing £155.

Thank you for all the Christmas Card orders. We have raised approximately £175.

Also thank you to all the helpers at the Discos last week. Everyone enjoyed themselves and we made just under £500 profit. We have just recently purchased some KS2 books and Glockenspiels for the school.

Please add a date to your diary - Christmas Fair on Friday 24th November 5-7pm. **For this to go ahead we do need volunteers.** Please go to the Friends website to sign up. For this event we will be raising money towards the new forest area of the school.