



ST. PAUL'S
CHURCH OF ENGLAND
PRIMARY SCHOOL

WEEKLY NEWSLETTER

ENGAGE - INSPIRE - ACHIEVE

From the words of St. Paul... 'Encourage one another and build each other up.'

'Love your neighbour as you love yourself.'

Luke 10

Friday 27th January 2023

Headteacher's news

Strike Action - Partial School Closure

On last week's newsletter I informed you that the National Education Union (NEU) intend to carry out industrial action over school funding and that their members plan to strike over a number of days in the coming months. It is important to know that the strikes are not just about teachers' pay, school budgets have had a huge shortfall which impacts on what we can provide for our pupils. Our staff are hugely dedicated to providing the best education for your children however we can only do this with adequate funding. Hence our NEU staff fighting for our pupils in this strike.

The impact of the action will mean that if your child is in [Alders, Elms, Maples, Elders Willows and Oaks](#) you will need to consider alternative childcare arrangements on [Wednesday 1st February](#)

The strikes will continue on the following dates:

Tuesday 28th February

Wednesday 15th March

Thursday 16th March

Whilst as a school we regret any inconvenience this may cause; we must respect that the members of any profession/union have the right to take this action following a legal ballot.

Dates for your diary for the Spring term ...

| | |
|---|--|
| Tuesday 31 st January - 2 nd February | Life Education Bus |
| Wednesday 1 st February | Alders, Elms, Maples, Elders Willows and Oaks class closure - please make alternative arrangements for this date |
| Monday 13 th February - Friday 17 th February 2023 | School closes at the end of the day for half term break. |
| Monday 20 th February | School re opens |





Year 2 SAT's Parent information session

Parents of year 2 pupils in Miss Fielding and Miss Gribben's class are welcome to join us for a KS1 SAT's information sharing meeting on **Monday 6th February** at **9.15am** in school.

If you wish to join us, please show your interest by emailing your name and pupils name to school@constablelee.lancs.sch.uk

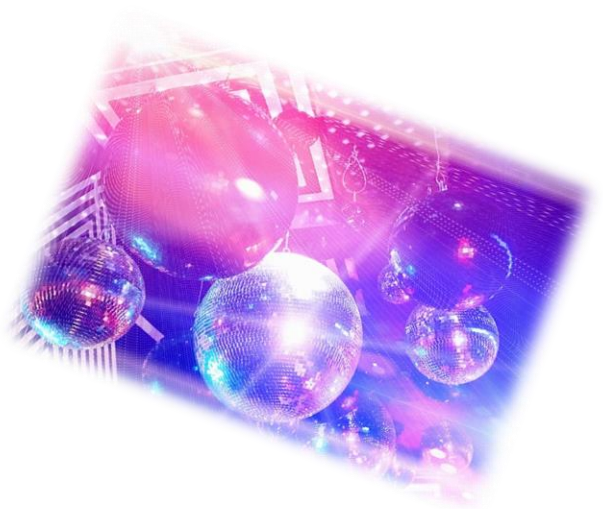
Reflective Friday



PTA News

The discos are back and in the original format. Our next Disco will be held in school on Thursday 9th February 2023.

The doors open for children in **Reception and Year 1** at **6.00pm**, together with any older siblings of these children. All other children (**Year 2 upwards**) should arrive at **6.30pm**. This allows the younger children time to settle in before the older children arrive. All children need to be collected from school by **8.00pm** by a responsible adult. Please refer to the letter emailed to parents yesterday and the posters in class notice boards.



To make this event a success we need lots of volunteers on the night and help beforehand too.....we will make sure you know how/what to do for anyone new thinking of helping. It's a great event and the kids have lots of fun. If you can help please message the PTA or leave your name and details at the school reception.

Thank you for your continued support.
Kath McArragher - PTA Chair





Action for Happiness

Happier January -

If you look for reasons to be unhappy you will find them. If you look for reasons to be happy, you'll find them too. 😊

Happier January 2023

SUNDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

15 Get outside and notice five things that are beautiful

22 Plan something fun and invite others to join you

29 Say hello to a neighbour and get to know them better

MONDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

16 Contribute positively to your local community

23 Put away digital devices and focus on being in the moment

30 See how many people you can smile at today

TUESDAY

3 Do a kind act for someone else to help brighten their day

10 Thank someone you're grateful to and tell them why

17 Be gentle with yourself when you make mistakes

24 Take a small step towards an important goal

31 Write down your hopes or plans for the future

WEDNESDAY

4 Write a list of things you feel grateful for and why

11 Switch off all your tech at least an hour before bedtime

18 Get back in contact with an old friend

25 Decide to lift people up rather than put them down



THURSDAY

5 Look for the good in others and notice their strengths

12 Connect with someone near you - share a smile or chat

19 Focus on what's good, even if today feels tough

26 Choose one of your strengths and find a way to use it today



FRIDAY

6 Take five minutes to sit still and just breathe

13 Take a different route today and see what you notice

20 Go to bed in good time and allow yourself to recharge

27 Challenge your negative thoughts and look for the upside



SATURDAY

7 Learn something new and share it with others

14 Eat healthy food which really nourishes you today

21 Try out something new to get out of your comfort zone

28 Ask other people about things they've enjoyed recently



ACTION FOR HAPPINESS

Happier · Kinder · Together



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is ok.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.
Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/
National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html
The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





February Family Fun Arts, Crafts and Games

Children and Family
Wellbeing
Service



Mon 13th February at The Maden Centre 1-3pm

Suitable 0-11 years

Maden Centre, Rochdale Road, Bacup

Tues 14th February at Haslingden Link 10-12pm

Suitable 0-11 years

Haslingden Neighbourhood Centre, Bury Road, Haslingden

Thurs 16th February at The Zone 1-3pm

Suitable 0-11 years

The Zone, Burnley Road, Rawtenstall



Limited places, booking essential

To reserve your place call

01706 237780/237788/237782

or email

RossendaleGroupWork@lancashire.gov.uk

lancashire.gov.uk



facebook.com/RossendaleFamilyZone

Lancashire
County
Council 

Wishing you all a lovely weekend filled with fun and laughter.

Mrs Charlesworth

