



**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 3<sup>rd</sup> February 2023

**Headteacher's news**

**Life Van**

We thoroughly enjoyed our visit from the Lifevan and all of the class were still very excited to meet Harold again. Thank you for your contributions to enable this to happen. The children had lots of questions for Emma. Thank you Emma, It was a pleasure having you in our school.

**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 6<sup>th</sup> 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](mailto:school@constablelee.lancs.sch.uk)

**Kids Rock**

If any of the pupils in our infant classes would like to join our kids Rock after school club on Wednesday's then please complete the application letter and send it into school by Monday. If you would like a place and cannot find the letter then please email [school@constablelee.lancs.sch.uk](mailto:school@constablelee.lancs.sch.uk) with your childs name and we will forward on the information.

**St Paul's Church News**

On Tuesday our new Reverend, Reverend Samuel Hameem came to visit school to meet the children. He was so impressed with our school and saw the vision in action, with children and staff caring and encouraging each other. He is excited to be working closely with us in the future.

**Dates for your diary for the Spring term ...**

Monday 13th February - Friday 17th February 2023	School closes at the end of the day for half term break.
Monday 20 <sup>th</sup> February	School re opens





## St. Paul's Awards.

	Learner of the week	Topic award learner of the week.	Value winner
Amazing Acorns	Ollie	Sebastian	Charlotte
Awesome Ashes	Noah	Ethan	Myla
Super Sycamores	Freddie	Jacob	Ava
Outstanding Alders	Jude	Evie	Hannah
Enchanted Elms	Ivy	Jack	Layton
Marvellous Maples	Archie	Jessica	Freddie
Dazzling Elders	Miley	Ayla	Charlie
Wonderful Willows	Rowan	Ben	Eliana
Mighty Oaks	Jasmine	Emily	Louis
Budding Blossoms	Lucy		

## Reflective Friday





### St Paul's Pupil Voice Leaders

On Thursday 9th February we are having a cake sale after school, to raise money for school resources. We want to buy whiteboards, handwriting pens, white board pens and pencils. Please can cakes be brought into school before Thursday for us to sell. Cakes will be 20p to £1.00. Reminder no citrus (orange, lemon and lime), sesame or nuts.

Thank you from Student Voice

### 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

# Friendly February

Be friendly to others and give your relationships a boost 😊

Friendly February 2023

MONDAY



TUESDAY



WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Send a message to let someone know you're thinking of them

2 Ask a friend how they have been feeling recently

3 Do an act of kindness to make life easier for someone

4 Invite a friend over for a 'tea break' (in person or virtual)

5 Make time to have a friendly chat with a neighbour

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones



27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



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](http://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, lumpy 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/](http://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](http://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/](http://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](http://lancashire.gov.uk)



facebook.com/RossendaleFamilyZone

**Lancashire**  
County  
Council 

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

*Mrs Charlesworth*

