



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.'

'It is more blessed to give than to receive.'

Acts 20:35

Friday 17th March 2023

Headteacher's news

This Tuesday and Thursday we will be hosting our Spring term Parents evenings. If you have not made an appointment then please speak to your class teacher at the door in the morning or after school so an appointment can be arranged.

Entry to the parents evening is through the main front doors, you will be greeted by some of our Prefects who will direct you to your child's classroom.

Dates for your diary for the Spring term ...

Tuesday 21 st March	Parents Evening
Thursday 23 rd March	Parents Evening
Tuesday 28 th March	Easter Service - at St. Paul's Church Infant service - 9.30am Junior service - 10.30am
Friday 31 st March	School closes at 1.35pm for the end of term break

Keep up to date as more dates are to be added over the next few newsletters.

Easter Service

This year, our Easter service will be held in St. Paul's church on Tuesday 28th April. Infants will take place at 9.30am and the juniors will be at 10.30am.

Pupil Leaders

Together, we have raised a staggering £866 during our 'Drop Everything and Read' event. Thank you so much for your sponsorships- it is greatly appreciated and I know the children will enjoy the new books.

A huge well done to our winners of the 'Character Spoon' competition. Our 'Reading Champions' had a very tricky task of choosing a winner from each class due to the amazing entries. The winning children were; Theo (Berries), Freddie (Acorns), Joseph (Ashes), Rupert (Sycamores), Millie (Alders), Louie (Elms), Freddie (Maples), Martha (Elders), Joe (Willows), Freya (Oaks)



St. Paul's Awards.

	<u>Learner of the week</u>	<u>Topic award learner of the week</u>	<u>Value winner</u>
Amazing Acorns	Theo	Lily	Armaan
Awesome Ashes	Hannah	Edsn	Emmie
Super Sycamores	Ava B	Luca	Oscar
Outstanding Alders	Heidi	Joe	Nuala
Enchanted Elms	Monroe	Hattie	Annie
Marvellous Maples	James	George	Ben B
Dazzling Elders	Millie	Joe C	Mac
Wonderful Willows	Hannah F	Joe H	Toby B
Mighty Oaks	Will	Oliver C	Jasper
Budding Blossoms		Dean H	

PTA News

🐰 EASTER HAMPER RAFFLE 🐰

🐰 We've got 3 lovely hampers for you to win this Easter.

📄 Tickets can be purchased now on ParentPay at £1 per ticket.
Entries will close 9am Monday 27th March.

🐱 We'll draw the winners on Facebook on Monday 27th March at 7pm.

😊 GOOD LUCK EVERYONE 😊

Good luck!

Kath McArragher - PTA Chair

Reflective Friday





HAF

Rossendale
Holiday Activities & Food



In Rossendale, we are running a **free holiday club programme** for children and young people who receive free school meals.

Come and enjoy fun activities, healthy meals, meet new people and learn new skills.

Scan me



Sessions run from Monday 3rd April to Friday 14th April 2023

For more information & to register visit www.rltrust.co.uk/haf

Holiday activities for primary and secondary school age young people.



**HOLIDAY ACTIVITIES
AND FOOD PROGRAMME**

rossendale
leisure trust



Department
for Education





Action for Happiness

Mindfulness March

Let's pause, breathe and notice, so we can respond more mindfully.

Mindful March 2023



MONDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today dayofhappiness.net

27 Appreciate nature around you, wherever you are

TUESDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

WEDNESDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

THURSDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

FRIDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

SATURDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

SUNDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



ACTION FOR HAPPINESS

Happier · Kinder · Together





VIRTUAL FRIENDSHIPS

Why Do Young People Make Friends Online?

57% of teens have met a new friend online. Social media and games are the most common places to meet friends.

In today's digital culture, becoming friends with people online is as natural as becoming friends with people in the same class at school. Although this might seem strange to certain generations, the concept of making friends with someone you've never met isn't anything new: organised pen pal services have been around for nearly 100 years!

RISKS

CYBERBULLYING AND TROLLING



It is not unusual to hear young people talking about how their school friendship group has fallen out or the mean words said behind their back by their best friend. However, these types of disagreements and fights can take on a different form when they play out online, especially if there is a core group or community (such as a fandom) that all become involved, and one person becomes a target. Unlike in a school, a victim who is targeted online can be harassed 24/7 by their bullies, who are often without the limitations of worrying that a parent, carer or teacher might be a witness to their actions.



HOW DO YOUNG PEOPLE MEET ONLINE FRIENDS?

- SPECIFIC INTEREST WEBSITES
- FRIEND FINDING APPS
- SOCIAL MEDIA SITES
- ONLINE GAMING
- FANDOMS



FAKE PROFILES AND CATFISHING

Unless apps and platforms implement the use of age verification and facial recognition tools and software, there will always be a risk that users aren't who they portray themselves to be. There's an almost endless list of why someone might create a fake profile – from seeking financial gain through fraud or with the intention of grooming, through to boredom or being unhappy with their appearance and/or real-life circumstances.



WHY MAKE FRIENDS ONLINE?

There are many reasons why young people make friends online, including feeling socially isolated in 'real life' or living far away from others in their peer group.

Making friends online is not always born out of responding to a negative situation, of course! In fact, most young people will make friends online as a positive addition to their lives, alongside friends they make through school and hobbies.



GROOMING

Building a friendship with someone online can be a tactic used as a part of grooming. A young person may feel they can trust this person and therefore might tell them personal information that will put them at risk, such as what school they go to. If a young person believes they are talking to a real friend or an online romantic partner, there is the potential to be convinced, tricked or bribed into sending self-generated child sexual abuse materials.



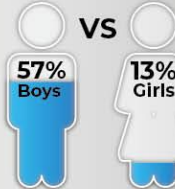
SCREEN TIME AND ISOLATION



If a young person is feeling lonely and isolated in 'real life', they may turn to the digital world to find friendships and a community. Although this may bring a lot of positives, for some young people there could be risks associated with this such as:

- Too much screen time.** There is no definitive answer to 'how much screen time is too much?' although studies have shown effects include shrinkage in parts of the brain needed for executive function, and some psychologists have expressed concern.
- Exposure to extremism and radicalisation.** People who are isolated, unhappy, feeling angry and 'different' are some of the factors that might make a young person vulnerable to being targeted by extremist groups.

Boys are substantially more likely to meet new friends while playing games online.



TOP TIPS!



TALK ABOUT WHAT FRIENDSHIP MEANS. Ask the young person in your life about what friendship looks like to them – how does a friend act? How does a friend make you feel? Discuss together what a 'warning sign' might be that someone may not be a real friend, such as pressuring you for your time, money or photos.



ASK ABOUT THEIR ONLINE FRIENDS. Just as you would discuss their friends from school or sports club, make talking about online friends just as part of the norm. This way, if something happens with an online friend that upsets or worries them, the young person in your life will feel safe to come to you as you've already established a rapport about online friends.



KEEP CALM! Don't jump to conclusions that all online friends are potential 'predators' or have nefarious purposes – even if the concept of online friendships is unusual to you. Remember that is quite normal in today's culture for young people to have friends online that they've never met.



TALK ABOUT CATFISHING AND FAKE PROFILES. Learn together some of the tell-tale signs that a profile might not be real, such as a lack of photos or other people interacting with their profile.



HAVE CONVERSATIONS ABOUT PERSONAL INFORMATION. Encourage the young person in your care to stop and think before putting photos and posts online or discussing with an online friend anything that may give away personal information.



CHECK SAFETY SETTINGS AND LEARN HOW TO BLOCK AND REPORT. Double check your safety settings together to help keep them safer online.

