



ST JOHN THE BAPTIST RC PRIMARY SCHOOL

A Voluntary Academy

(Romero Catholic Academy Trust)

Thames Ave, Burnley, Lancashire BB10 2PZ

email: office@stjohns.lancs.sch.uk

website: www.stjohnsrcprimary.co.uk

tel: 01282 438120

Headteacher: Mrs S Price

Head of School: Mrs H Bibby



Newsletter

Friday 6th January 2023

Welcome back

Happy New Year! It's lovely to start the new term and to welcome everyone back to school.

Sunday's Gospel

"A voice spoke from heaven, "This is my Son, the Beloved; my favour rests on Him."

Matthew 3: 16-17

Chaplaincy Team

Members of the School Chaplaincy team are going to Blessed Trinity RC College to attend Romero Catholic Academy Trust Chaplains Day on Friday 13th January. During the day they will reflect and celebrate the life of St Oscar Romero, the patron saint of our academy trust.

School Admissions

Remember that you must apply by 15th January if you have a child starting school in September this year. If you need help, Mrs Thompson (Pupil and Family Support Manager) is happy to help. Please make sure you complete the supplementary faith information form too.

Vacancy

We have a vacancy for a Teaching Assistant in our KS2 classes. Please visit our website for more details.

Gymnastic Coach

This half term, Class 2 will have weekly sessions with a gymnastic coach from Burnley Gymnastic Club.

Mission and Values Week

This week, in school we will be celebrating our school's Mission and Values. We will be reflecting on the fundamental British Value of Rule of Law. Our Caritas focus for this term is Rights and Responsibilities.

Online Safety

Many children have a social media account, so it's important that trusted adults know what content they are consuming, what they're posting and the interactions they're having. Please see the attached poster.

Reading Challenge

Congratulations to Daisy in Class 6 who has achieved her Gold Reading Challenge Award. She has read and reviewed 100 books. Well done.

Faith Life

Please follow the link below for our January Parent's newsletter.

<http://www.tentenresources.co.uk/prayers-for-home/parent-newsletter/>

Family Information Network Directory (FIND) newsletter

Please follow the attached link for the latest FIND newsletter for the Parents and Carers of children with additional needs.

<https://www.lancashire.gov.uk/media/939696/find-newsletter-winter-2022.pdf>

Times Tables Rockstars

Class 5 have the best participation this week. Most played this week: Class 3 - Jaden, Class 4 - Aaryaan, Class 5- Logan, Class 6 – Maira and Class 7 – Abel.

Our top performers this week are Abel (Class 7), Eddie (Class 7) and Ben (Class 5).

Please make sure your child keeps practising everyday and at weekends as part of their homework.

	Class Winners	Readers of the Week	Writers of the Week
Class 1	Hallie	Noah	Aaron
Class 2	Sofia	Lola G	Heidi
Class 3	Monami	Noah	Kobe
Class 4	Aaryaan	Olivia	Lily
Class 5	Lukas	Chiara	Monica
Class 6	Finley	Zayn	Jack
Class 7	Esteban	Kamilis	Nico

All material for the safety, we follow in empowering parents, carers and trusted adults with the information to make 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 guidance, tips and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness; recognising when something isn't OK – and knowing what to do about content that upsets them.

- ### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest; someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- ### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- ### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.
- ### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- ### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to their wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces. Involving your child in creating this agreement makes them more likely to stick to it.
- ### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence, but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- ### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority – and these notifications will still be there later, when we have more time.
- ### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area of home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- ### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and regular sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- ### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
 Shazka Sarwar – Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the child, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazka is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

NOS National Online Safety
 #WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. Notability is entered into. Current as of the date of release: 30.11.2022.