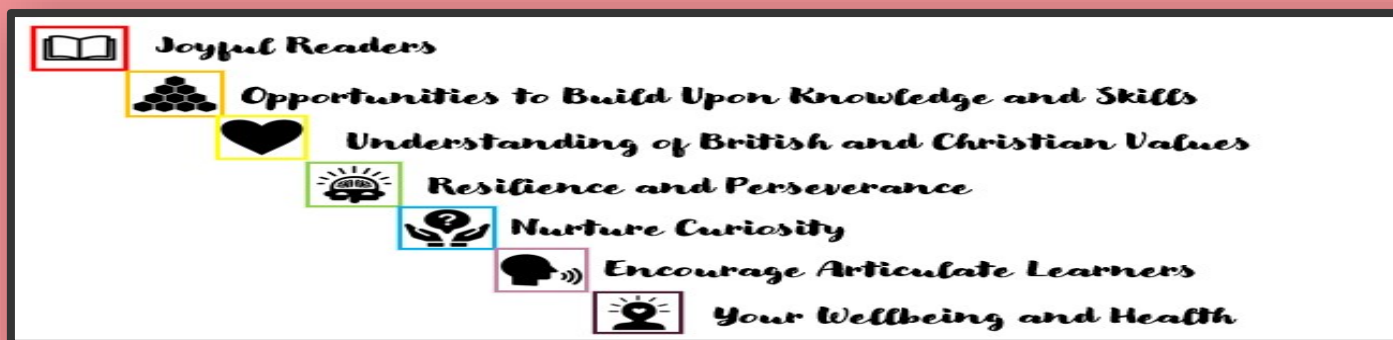


# NEWSLETTER

Email: [www.stjamesceprimary.co.uk](http://www.stjamesceprimary.co.uk)

Twitter: @StJamesCEsth

*Learn, Laugh and Live with the Love of God*



2023-2024 Issue Number 16 Friday 19th January 2024

**OUR VALUE THIS  
HALF TERM IS:  
PERSEVERANCE**

A message from Mrs Young

Dear Parents and Carers,

What a cold and wintry week we have had this week!



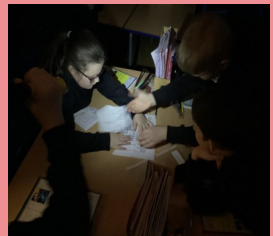
On Tuesday we really valued your support in our decision to allow children to go outside and enjoy the snow! They absolutely loved making snow people, throwing snowballs and just enjoying the magical sensation that snow brings as we run and crunch through it! The ice brought a few problems but the children were very sensible and this allowed us to timetable the KS1 playground at lunchtime to ensure that all classes got at least 10 minutes outdoor play despite the KS2 playground being too dangerous.

We continued this week to look at our Christian Value of perseverance and I have certainly seen lots of perseverance in lessons as I walk around school and see the children hard at work and increasing their knowledge and skills!

Next week we are looking forward to welcoming our friends at the Christian Theatre Company, 'The B-Tales', back into St James to work with Reception. We will post updates on our Twitter account for you!

Have a lovely weekend,

Mrs Young x



# School Matters!



**Attend Today, Achieve Tomorrow**

## Attendance

Whole School	94.9%
Reception	97.8%
Year 1	95.9%
Year 2	98.0%
Year 3	93.9%
Year 4	92.1%
Year 5	98.9%
Year 6	89.3%



## Attendance Matters



## Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **97% target**—this will help us to succeed!

**Our attendance this week is:**

**95.3%**



**Be In SCHOOL  
Be On TIME**



**142**

**pupils**

**with perfect attendance this week.**

**Can we beat this next week?**







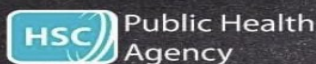
## The Bumper Breakfast Attendance Bonanza!

To celebrate 'National Hot Breakfast Month' being in the month of February, we are launching an exciting competition!

Come to school each day from 29th January to 9th February (10 school days) and you will be in with a chance of winning a luxury breakfast hamper to enjoy with your family over the half term break.

Breakfast items will include all of the essentials to make a delicious hot breakfast plus lots of luxury added extra treats for you to enjoy! Drink items to wash down your yummy hot breakfasts will be included too!

Good Luck!



## Do I need to keep my child off school?



<b>Chicken Pox</b> At least 5 days from onset of rash and until all spots have crusted over	<b>Conjunctivitis</b> No need to stay off but school or nursery should be informed	<b>Diarrhea &amp; /or Vomiting</b> 48 hours from last episode	<b>Respiratory Illness</b> (e.g colds & flu) Can return when no longer have a high temperature and well enough	<b>Glandular Fever</b> No need to stay off but school or nursery should be informed	
<b>Hand, foot &amp; mouth</b> No need to stay off if well enough, but school or nursery should be informed	<b>Impetigo</b> Until lesions are crusted & healed or 48 hours after commencing antibiotics	<b>Head Lice</b> No need to stay off but school or nursery should be informed	<b>Measles</b> 4 days from onset of rash	<b>Mumps</b> 5 days from onset of swelling	<b>German Measles (Rubella)</b> 5 days from onset of rash
<b>Scarlet Fever</b> 24 hours after commencing antibiotics	<b>Scabies</b> Until after first treatment	<b>Slapped Cheek</b> No need to stay off but school or nursery should be informed	<b>Threadworms</b> No need to stay off but school or nursery should be informed	<b>Tonsillitis</b> Can return when no longer have a temperature and well enough, school or nursery should be informed	<b>Whooping Cough</b> 48 hours after commencing antibiotics

Use this guide to find out when they should stay off, and when they can go back if they are well enough to do so.

# AWARD WINNERS

## Journey Driver Focus:

Understanding British

and

Christian Values

RECEPTION	Rodin Culduz
YEAR 1	Sofia Bate
YEAR 2	Nylah-Rae Lee
YEAR 3	Gracie-Mae Rigby
YEAR 4	Ryder Seddon
YEAR 5	Joey Roscoe
YEAR 6	Kai Finch

CONGRATULATIONS  
TIME TO  
**Celebrate**  
WELL  
DONE!

THANK YOU  
FOR YOUR  
SUPPORT

### PE Days Spring 1

Children are to come to school in their PE kit on their PE days.

<b>Monday</b>	Year 1, Year 4 and Year 5
<b>Tuesday</b>	Year 3 and Year 6
<b>Wednesday</b>	Reception, Year 1 and Year 6
<b>Thursday</b>	Year 2 and Year 5
<b>Friday</b>	Year 2, Year 3 and Year 4

### Snack



Children in Years 1-6 can bring in their own **healthy snack** to eat at breaktime.

**This must not be chocolate, crisps or a sugary cereal bar.**

### Sports Clubs

If your child has a Sports After School Club, and it is not their PE day, please ensure that you send suitable kit for them to get changed into.



### Clubs

We are running the following after school clubs this half term:

- **Monday**-Sports for Y3 and Y4 with the Sports Coach
- **Tuesday**-FAB Club for KS2 with Miss Barratt
- **Thursday**-Board Games Club for Y1 and Y2 with Miss Hunter
- **Thursday**-Computing Club for Y1 and Y2 with Miss McDonald
- **Friday**-Book Club for Y5 and Y6 with Mrs Briers





### Whole School events Spring 1

Date	Event
6/01/24	School re-opens for Spring Term 1
12/01/24	Science Coffee Morning 9.00am
22/01/24	No Seashells Afterschool Club
22/01/24	B-Tales Drama Workshop - Reception
26/01/24	Year 5 Class Assembly - 9.00am
29/01/24	Start of National Storytelling Week
30/01/24	Year 6 Football Competition
02/02/24	Candlemass Eucharist - St James' Church 9.30am
05/02/24	Times Tables Rockstar/Numbots Day
05/02/24	Start of Whole School Safety Week 2024
06/02/24	Winter Warmer - Year 4
08/02/24	Year 5 Football Competition
07/02/24	Winter Warmer - Year 4
09/02/24	School Closes for half term

### **Numbots and Times Table Rockstars Relaunch Day:**



To celebrate our relaunch, on Monday 5th February, your child is invited to:

Reception and Y1 – Attend school wearing an item of clothing with a number on this day. This can be accompanied by children wearing their own clothes with uniform not required.

Y2, Y3, Y4, Y5, Y6 - Attend school for the day dressed as a 'Rockstar.' There is no expectation that a 'costume' has to be bought or made- this could be any bright or musical themed clothing although creativity as always is welcome!



## Food Bank Vouchers



We have recently registered with St Helens Foodbank and are now able to issue Food Bank Vouchers (subject to conditions). If you feel like you are struggling to put food on the table, please contact Mrs Maloney, in the School Office, for more information. We can also provide long term support through Early Help which Mrs Briers and

Mrs Conant .

# Schools Catering Service

2023/24



28th September 2023  
**VEG POWER!  
SIMPLY VEG SHOWCASE**  
Celebrating and encouraging  
us all to eat more veg.  
A campaign by 'Veg Power'



6th - 10th November 2023  
**LACA - NATIONAL SCHOOL  
MEALS WEEK**  
An annual celebration  
by LACA



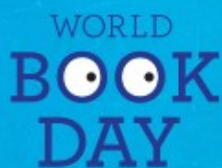
12th November 2023  
**REMEMBRANCE  
SUNDAY**  
Honouring those who  
have served. (Actual day  
11th November)



Across December  
**CHRISTMAS  
LUNCH**  
A traditional  
Christmas lunch



25th January 2024  
**BURNS  
NIGHT**  
A Scottish staple  
celebrating the poet  
Robert Burns



7th March 2024  
**WORLD  
BOOK DAY**  
Bringing iconic stories  
to the table



8th - 17th March 2024  
**BRITISH  
SCIENCE WEEK**  
Celebrating science  
within the UK and our  
fantastic achievements



28th April 2024  
**NATIONAL  
SUPERHERO DAY**  
Fuel to save the world



10th May 2024  
**WOMEN'S  
FA CUP FINAL**  
Football themed menu as  
11 vs 11 play at Wembley  
(Actual day 12th May)



17th July 2024  
**PARIS SUMMER  
OLYMPICS 2024**  
Starting 26th July, a huge  
sporting event bringing  
together nations from  
across the globe



## **Safeguarding Tip of the Week**

### **Positive Parenting**

This week our safeguarding focus is positive parenting and techniques to help support with managing challenging behaviour at home. A child's needs and behaviours can change as they grow and it is how we respond to those changes that can make a difference. Every child needs love, guidance, rules and boundaries. It is important to have set routines and be consistent with these. Rewards and sanctions can be used effectively to manage challenging behaviour. It is important to clearly define the rewards and sanctions that you are setting and then ensure that you are seeing these through. Always remain calm and try not to get into a confrontation with your child. Talk to them about the behaviours being displayed and try to find the underlying cause for these behaviours.



## **Online Safety -Tip of the Week**

### **Smart Phone Safety Tips**

One in three 8-year-olds in Britain own a smartphone and that proportion rises to more than 90% by the time children reach 12. This concerted increase – driven by factors both personal (blossoming independence) and practical (the transition to secondary school) – makes it all the more valuable for young people to know how to use such devices safely. Indeed, more than half of parents (52%) surveyed by Ofcom admitted to worrying about their child being bullied via their mobile phone – and with hazards like scams, screen addiction and inappropriate content to consider, that's far from the only risk around. This week's #WakeUpWednesday guide this week pulls together some simple but solid smartphone safety tips.



# SMARTPHONE SAFETY TIPS

## for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

### NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

### RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

### TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

### STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

### DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

### IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

### ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

### REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

### THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

### SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

### 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.



The National College

NOS National Online Safety  
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023



# Mental Health Support Team WELLBEING WEBINARS

Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

## TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



**WHEN**  
4pm to 4:45pm



**WHERE**  
Zoom  
(link will be emailed)



To register please email which webinar you want to attend to **events@merseycare.nhs.uk**

Webinars will be recorded.  
No chat function will be available for safety purposes.



## YEAR 6 TRANSITION FREE ONLINE PARENT / CARER SESSIONS

If your child has an SEN or significant worries and is due to transition to secondary school in September 2024, we would love you to join us on our online sessions to share preparation tips and advice.

**By 31<sup>st</sup> October 2023 you will have submitted a secondary school application to name your 3 preferred schools.**

We are delighted to offer you some advice and support to be able to effectively plan the next steps of your child's journey.

**Many of the strategies will work for most children who require that little bit of additional support.**

Sessions will be delivered online through TEAMS directed to parents/carers (not to children); if you can attend all four it would be more beneficial.

For further information please email us on [LASCStransitions@sthelens.gov.uk](mailto:LASCStransitions@sthelens.gov.uk) so we can send you a TEAMS link to the sessions

Session One - The Year Ahead	Friday 1 <sup>st</sup> December 2023 12:30 - 1:30pm	<ul style="list-style-type: none"> <li>• Differences between Primary &amp; Secondary</li> <li>• Independence &amp; Preparation</li> <li>• Travel to school</li> <li>• Next Steps</li> </ul>
Session Two - Building Blocks	Friday 2 <sup>nd</sup> February 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> <li>• What is a transition?</li> <li>• Managing change</li> <li>• Developing independence</li> </ul>
Session Three - A Helping Hand	Friday 22 <sup>nd</sup> March 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> <li>• Managing worries &amp; nerves</li> <li>• Emotions Scales</li> <li>• Looking for the positives</li> </ul>
Session Four - The Finish Line is in Sight!	Friday 10 <sup>th</sup> May 2024 12:30 - 1:30pm	<ul style="list-style-type: none"> <li>• Being Prepared</li> <li>• One Page Profiles</li> <li>• Communication</li> <li>• Preparation &amp; Practice</li> </ul>