

St Barnabas CE Primary School Newsletter

31/03/2023



'Let your light shine'

This week our children have been out and about taking part in sporting events and concerts with children from other Warrington schools. Year 3 and 4 performed brilliantly in the rugby festival – not only did they win most of their matches but also demonstrated great sportsmanship and encouragement towards others. Our year 5 children were sensational in the concert at the Parr Hall on Tuesday – their poetry recital and singing stood out – we definitely have some future stars in our midst. One thing I can always guarantee when we take our children out of school is that their behaviour is exemplary and they always make me incredibly proud.

Have a lovely weekend everyone,

Miss Hodgkinson

LETTING OUR LIGHT SHINE: HERE ARE SOME OF THE WAYS WE HAVE LET OUR LIGHT SHINE THIS WEEK...



Nursery have had a busy week developing their fine and gross motor skills. They've also loved singing 'ring a ring a roses'



Reception have had a busy week in their Big Wide World topic, doing map reading and looking at animals that live in hot and cold climates. In maths, they've learned all about the number 7.



Y5 are really getting the hang of programming the crumbles (microcontrollers) in computing. They had both an LED light and a motor attached, and children programmed them both to create their own disco effect.



Year 3 have had a great week learning about how magnets work.



Our Christian Value for this half term is:

'Humility'

"Be completely humble and gentle; be patient, bearing with one another in love."

Ephesians 4:2

This week's big question is: Is being humble a weakness?

Starbooks Easter Reading Cafe

Back due to popular demand, our Starbooks Reading Café is returning on Monday 3rd April from 3:15 – 4:30pm. Come along and spend time in our 'eggcellent' Easter café which is packed full of free refreshments, activities and prizes. If your child attends an after-school club, come along when you pick them up at 4:15pm.



Staying Safe Online

As part of our technology category, our guide this week, gives hints and tips for parent and carers on managing device stress and anxiety. We can use technology for amazing things such as downloading music, staying connected or playing games. However, with continual notifications or issues with social media, our children have stresses, never before faced by a young generation. Our guide is here to support with any worries.

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.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory, creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15 year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE
The internet is swash with sophisticated algorithms that work from our online behaviour and try to predict our wants and needs. There's every helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS
Content is also directed at us through notifications from our app-letting us know we have a new message or social post to read for example. While that's useful in some circumstances, it can also mean we keep going back online (and it's designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, one we're experiencing an 'attack of the pings'?

BLURRED BOUNDARIES
There are now so many ways we can communicate online in real time (via instant messaging apps) or with a delay (such as on social media), that it's possible to be constantly in conversation. Young people often prefer quick exchanges of text – but using fewer words can cause misreading, miscommunication through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY
As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group members may be hugely important to young people – both in digital and real life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS
Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to problems, but if the stress is excessive, though it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS
Social media can bring people together in hugely positive ways. Social media can also have a darker side, including flame war arguments which can escalate quickly and have hurtful consequences. With so many people looking on, group shaming situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS
It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to make sense of what they're seeing. Devices and the digital world can be confusing, so learning to understand them better will give your child the confidence to talk to you about them.

PUSH DISTRACTIONS AWAY
Notifications on our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the parent or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN
Really emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'check-in' and 'reassurance' aren't always the same thing.

TALK IT OUT
If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our developed brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS
This is tricky – and may depend on the child's age – but any sudden changes in behaviour, it worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be praised from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND
Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to actively guide our children through this complex, fast-moving digital environment. Setting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert
Dr David Fessler-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. He consults with children and young people, helping them to build resilience, supporting positive and effective online communication – either by considering some of the more hidden aspects of the various platforms.

National Online Safety
#WakeUpWednesday

Source: www.childrencounselling.gov.uk / the-big-ask.com
www.writing.gov.uk / www.nationalonlinesafety.com / www.nationalonlinesafety.com

Twitter: @nationalonlinesafety | Facebook: /NationalOnlineSafety | Instagram: @nationalonlinesafety | YouTube: national_online_safety

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Decorated Egg Competition

Our annual decorated egg competition is taking place soon. There will be a winner from each class and all entries will receive a chocolate prize. Competition entries should be brought into school on **Monday 3rd April or Tuesday 4th April**. Winners will be announced on **Wednesday 5th April**.

St Barnabas CE Primary School

Grand Easter Raffle

Draw Date 3rd April 2023

1st Prize: Cuddly Sheepdog and Puppies



2nd Prize: Chocolate Hamper



3rd Prize: Pamper Hamper



Tickets on Sale Now!



Want to try something new? If you're in KS2, why not go and visit WYZ on Sunday evenings...

SUNDAY NIGHT IS PROJECT NIGHT 😊

Are you free on a Sunday evening and fancy trying something new?

We have the following sessions starting Sunday 2nd April – 50p per session.

- Book Club
- Choir
- Cooking
- Creative Wellbeing
- Dance Squad
- Introduction to the sewing machine
- Junior Band/Instruments
 - Lego Club
 - Martial Arts
- Performing Arts – rehearsals for Spring Show
 - Rock Climbing
 - Science

*Coming soon - Learn to speak Mandarin Chinese with Mulan Culture

For more details email dawn.dean@wyz.org.uk or book on the Warrington Youth Zone website

HELPING THE COMMUNITY THROUGH THE COST OF LIVING CRISIS

WARM SPACES

HELPING THE COMMUNITY THROUGH THE COST OF LIVING CRISIS

COME AND ENJOY A LIGHT MEAL & DRINKS IN A WARM SPACE COMPLETELY FREE

EVERY OTHER WEEK STARTING SUNDAY 5TH MARCH UNTIL 16TH APRIL @ 3PM

RELENTLESS CHURCH
THEWLIS STREET
WA5 1AJ



Mandarin Chinese Language Course @ WYZ

WYZ are starting a Mandarin Chinese language course at the Youth Zone on Sunday evening 23rd April 5:30-6:30pm for young people 8 years plus, run by the Chinese Mulan – the local Chinese Charity who we have a wonderful partnership with. It's now available to book on Warrington Youth Zone Website.

Easter Holiday Camp 2023

The Easter Holiday Camp is open to all children from Reception to Year 6 and will take place 10am to 2pm on the following dates:

Tuesday 11th April

Wednesday 12th April

Thursday 13th April

Friday 14th April

The club is free to all children eligible for income based free school meals or pupil premium (not the universal free meals) – please speak to the school office if you are unsure.

All other children can book places for £6 per day. This price includes all snacks, drinks and lunch. Fees can be paid in cash or by bank transfer to Warrington Youth Zone.

Children will take part in lots of fun activities including forest schools, team building, treasure hunts, den building, arts & crafts and baking. There is even a circus skills workshop and show booked for this holiday!

Please follow the link on Class Dojo which was posted earlier this week to complete the form and book your place. Places are limited and will be allocated on a first come first served basis.

Dates for your Diary

3.4.23 & 4.4.23	Decorated eggs for Easter competition to be brought into school
Monday 3 rd April	Easter Crafts and Play Session 2pm - 3pm Nursery (start of the week children) and Reception families
3.4.23	3:15 Starbooks Easter Reading Café – all families welcome
5.4.23	Easter Crafts and Play Session 2pm - 3pm Nursery (end of the week children) families
5.4.23	Decorated egg competition
5.4.23	Easter Service at St Barnabas Church
6.4.23	School closes for Easter break
11.4.23 – 14.4.23	Easter Holiday Club
17.4.23	School opens for Summer Term
1.5.23	Bank holiday – school closed
2.5.23 – 26.5.23	KS1 SATS testing period
5.5.23	Coronation Celebration in school
8.5.23	Extra bank holiday for the coronation of His Majesty King Charles III – school closed
9.5.23 – 12.5.23	KS2 SATs Week
15.5.23 – 19.5.23	Christian Aid Week
15.5.23 – 17.5.23	Y6 Residential to Forest Camp Activity Centre
26.5.23	School closes for Whit Break
12.6.23	School opens
30.6.23	Warrington Walking Day – school closed
3.7.23 – 7.7.23	Health and Lifestyles Week
4.7.23	Sports Day
5&6.7.23	Y6 high school transition days
21.7.23	School closes for summer break

