



St. John's RC Primary School

Inspired by the Holy Spirit and guided by the teaching of Jesus

Newsletter: Issue 5
Friday 17th March 2023

Head's News...

We hope that this will be the last week disrupted by industrial action between the Government and Teachers' Union. The disjointed week is not easy for families to navigate, and we apologise for any inconvenience that this has caused.

Looking at our calendar, it is a little scary how quickly the weeks are flying by! We have two full weeks and then we are all off for our Easter Holidays. The children deserve a break, and I am very proud of how hard they are working and how beautifully they greet adults in school. We are very lucky to have such a wonderful bunch!

Our girls will be celebrating National Women's Day on Monday. This is a national initiative that has been driven by the England Women's Football Team, building on their magnificent performance in the Euro Football Finals. Our own little lionesses will be playing matches on Monday afternoon. Please make sure they are all dressed supporting a sports team or ready to play!

Have a safe weekend, we look forward to seeing you all, safe and warm on Monday.

God bless.
Mr Morton

Stars of the Week

Congratulations to the following pupils who received awards this week:

Early Years: Anliya

Year 1: Whole Class

Year 2: Sienna

Year 3: Whole Class

Year 4: Cian

Year 5: Zian

Year 6: Emmanuel

Prayer

Loving God,

During the sacred season of Lent, bring me closer to you.

Prepare a place in my home and heart for silence and solitude, so that I may re-discover the grace of a prayer-full life.

Help me to fast from those things that threaten the well-being of body and soul and remind me of the grace of simplicity.

Enlarge my heart so that I give to those in need and, in so doing, re-discover the grace of gratitude and generosity.

May this season be a grace-filled time to rekindle my love for and faith in you.

Amen.

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FINANCIAL EDUCATION AT ST. JOHN'S HSBC COME TO AWARD OUR SCHOOL!



At St. John's, we are passionate about teaching our children the fundamental life skills all about financial education and the importance of understanding the value of money. During today's assembly, HSBC came into school and awarded us with the 2023 HSBC UK Smart Money Award!



Thank you to Amina from the Banbury HSBC branch for coming into school to present us with our special award!



Attendance

Your child's attendance percentage is directly related to the number of days of education they miss? Here's a breakdown of how many days of education your child will miss based on their attendance percentage:

100% attendance = 0 days missed
95% attendance = 10 days missed
90% attendance = 20 days missed
85% attendance = 30 days missed
80% attendance = 40 days missed

ATTENDANCE FOR 6TH – 10TH MARCH

'Attend today, achieve tomorrow'

Early Years: 97%

Year 1: 89%

Year 2: 96%

Year 3: 92%

Year 4: 90%

Year 5: 96%

Year 6: 95%

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On the 20 March every year, people around the globe unite to put the spotlight on the immense burden caused by oral diseases and the actions that can be taken to prevent and control them.



(©)Community Dental Services CIC, 2023

It's World Oral Health day! We are celebrating 'being proud of your mouth'. What will you do, to make sure your mouth is as healthy as possible?



Upcoming Birthdays



Magnhilda Early Years

Ayaan Year 1

Joseph Early Years



SAFEGUARDING

If you have concerns that a child may be in immediate danger, call the **police on 999** or **MASH on 0345 050 7666**.

If you have safeguarding concerns about a child or family, please do not hesitate to contact us on 01295 263740 and ask to speak to a member of the safeguarding team. Alternatively, you can email our DSL directly louise.kenny@st-johns-banbury.oxon.sch.uk

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Key Dates

Wednesday 15 th March- Wednesday 22 nd March	Scholastic Book Fair NEW
Tuesday 21 st March	Mini Grey Author visit NEW
Tuesday 28 th & Wednesday 29 th	Parents' Meetings
Thursday 30 th March	Youlbury Parents' Meeting Year 4/5 NEW
Friday 31 st March	End of Term
Monday 3rd April – Friday 14th April EASTER HOLIDAYS	
Monday 17 th April	New Term Starts
Wednesday 19 th April	Year 3 Trip Ashmolean Museum
Saturday 21 st April	Sponsors' Mass Confirmation-Time to be confirmed
Wednesday 26 th April	Matilda Theatre Trip
Monday 8 th May	King Charles' Coronation-SCHOOL CLOSED-NEW
Tuesday 9 th May-Thursday 11 th May	KS2 SATs Tests
Saturday 13 th May	Holy Communion Preparation 4pm St. John's Church
Monday 16 th May-Thursday 18 th May	KS1 SATs Tests
Thursday 18 th May	Class Pictures
Friday 26 th May	End of Term
Monday 29th May – Friday 2nd June MAY HALF TERM	
Monday 5 th June	New Term Starts
Monday 5 th June – Friday 16 th June	Year 4 Multiplication Testing Weeks
Monday 5 th June – Tuesday 6 th June	Year 4 Residential to Youlbury
Monday 12 th – Friday 16 th June	Phonics Screening Checks
Monday 12 th – Friday 16 th June	Year 6 Residential
Saturday 17 th June	Year 3 First Holy Communion at St. John's Church
Monday 19 th – Tuesday 20 th	Year 5 Residential to Youlbury
Friday 23 rd June	Year 3 and 4 Bikeability Taster Sessions
Wednesday 28 th June	Matilda Theatre Trip

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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.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT



- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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#WakeUpWednesday

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