



St. John's RC Primary School

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

Newsletter: Issue 7
Friday 31st March 2023

Head's News...

What a busy spring term we have had at St. John's! It has been filled with wonderful, enriching opportunities for our children as well as being immersed in Catholic Life.

Our children continue to work incredibly hard so the Easter holidays will be a welcomed break to rest and recharge.

From all the staff and governors at St. John's, we would like to thank you for your continued, dedicated support and wish our families a restful and Holy Easter.



Wow! Frankie from Year 5 has accomplished his Bronze Survival Swimming Award – brilliant news, Frankie! How impressive!



Happy Easter

As we come to the end of this term, we sadly say goodbye to Mrs Kinch and Mrs Fearn who are both leaving our St. John's community. We wish them the very best in their new endeavours and thank them for their hard-work and dedication.

We welcome Mrs Jacobson and Miss Barsby to our school after the Easter break.

Prayer
Lord,

We thank you for the beauty and wonder that can be seen in all of creation. As You breathed life into this World and into our beings, we ask You to breathe life into us, once again. We pray for You to give us the strength to respond to creation in a way which reflects Your loving care and concern for all things. As we breathe in Your love, help us to breathe out Your love. As we breathe in Your grace, help us to breathe out Your grace. As we breathe in Your beauty, help us to breathe out Your beauty. May we reflect Your nature in all that we do.

Amen.

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Upcoming Birthdays



Emmanuella Y5

Alice-Mae Y6

Iza Y6



Stefan Y2

Daisy Y6

Henry Y2



HOUSE POINTS

The winning house AGAIN this week is  FIRE  with a total of 160 points.

Excellent efforts!

Thank you to Mrs Avilez and Mrs Trivett for their fantastic efforts and hard-work for our beautiful Lenten Retreat last week.

The children loved welcoming BGN sixth formers into school.

It was wonderful to see so many members of our community join us.



ATTENDANCE

FOR 20TH – 24TH MARCH

'Attend today, achieve tomorrow'

Early Years: 82%

Year 1: 96%

Year 2: 95%

Year 3: 91%

Year 4: 95%

Year 5: 99%

Year 6: 96%

Our Governing Body are seeking to appoint a Parent Governor to join them. For any parents who are interested in applying, or want further information about what the role involves, please direct any email to

Kathy.Smith@Oxfordshire.gov.uk

the deadline for applications is 21st April 2023.

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

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 22 nd April	Sponsors' Mass Confirmation 4pm St. John's Church
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
Friday 12 th May	Class Photos - all children to be in full school uniform
Saturday 13 th May	Holy Communion Preparation 4pm St. John's Church
Monday 16 th May-Thursday 18 th May	KS1 SATs Tests
Tuesday 23 rd May	Year 6 Confirmation 6:30pm St. John's Church
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
Friday 16 th June	Father's Day Stall
Friday 16 th June	Year 1 Parents' Meeting
Saturday 17 th June	Year 3 First Holy Communion St. John's Church 12:00pm
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

★ St. John's RC Primary School ★

SUMMER FETE

★ SAVE THE DATE ★
15TH JULY



GAMES ★ LICENSED BAR ★ PRIZES ★ BBQ
★ STALLS ★ BOUNCY CASTLE ★

Parenikind
Member Association

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

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.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very 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 – it 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 apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like 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 quickfire exchanges of text – but using fewer words can cause distressing miscommunications 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 membership is 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 a problem: it spurs us into action to keep ourselves safe. 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. Sadly, it does 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 grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

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 evolved 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.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person 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.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted 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.

KEEP CHECKING IN

Healthy 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 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting 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 Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>



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#WakeUpWednesday

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