



St. Mary's News

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16

Newsletter No: 12



Dear Parents and Guardians,

What a busy week we've had! The week began with Cherry, Willow and Oak class visiting Lichfield Cathedral to continue learning about the nativity story. Silver Birch then went to the Exotic Zoo in Telford to get hands on experience with animals and mini beasts that live in the rainforest. On Thursday, our Rock Steady children performed the songs they have been learning this term. We also all joined together as a school family to enjoy Christmas dinner and helped Santa resolve a magical problem in the North Pole by completing the Santa Dash on Friday.

You will have seen the letter regarding Mrs Egan's early retirement along with Miss Shinton and Miss Barnsley's change of career. They will all be truly missed. As we say goodbye, we also take the opportunity to welcome Mrs Handley to the team. Please see an introduction from Mrs Handley attached.

As with many schools, we continue to monitor the health of our school community. Like all senior leaders, I am in regular contact with Public Health England. If you would like further information about Scarlett Fever/ Strep A please see guidance at: www.nhs.uk/conditions/strep-a

In a similar line to most infectious diseases, handwashing is the main control measure, together with rigorous cleaning of surfaces and common areas.

The signs to look for are:

- Sore throat
- Headache
- Fever
- Nausea and vomiting
- A rash that typically appears on the chest then rapidly spreads to other parts of the body, giving the skin a sandpaper-like texture. On more darkly pigmented skin, the scarlet rash may be harder to spot, although the sandpaper feel should be present.
- Children typically have flushed cheeks and pallor around the mouth.
- This may be accompanied by a 'strawberry tongue'.

If your child is presenting with these symptoms at school, we will call you and ask you to collect them and ask that you make a GP appointment for further advice.

Have a wonderful weekend and try to keep warm with the frosty weather due to arrive tomorrow!

Many thanks

Mrs. NR Brennan

Hello everyone,

I am very excited that I have been given the opportunity to join the team at St Mary's. I am currently in my fourth year of teaching, however I have been working in schools for the last eleven years. I enjoy teaching all subjects especially maths and PE. I am a Forest School leader too and I love to be outdoors. Teaching is definitely my dream job, I enjoy promoting the love of learning and always try to think of new ideas to engage the children.

My family and I are very keen rugby supporters and I have spent many weekends watching my sons who are 13 and 17 years old, and my husband play rugby in all weathers! I am not a rugby player myself, however I do enjoy running a tag rugby club and hopefully the children at St Mary's would like to participate in a future club.

I am looking forward to meeting you all, I have heard so many amazing things about the St Mary's community.

Wishing you all a wonderful Christmas and see you all very soon.

Mrs Handley.



WEEK ONE

DINE

Main Meal

DINE

Vegetarian

Sweet Options

MONDAY

All Day Breakfast

Sausage, egg, tomato, hash brown & baked beans

Veggie All Day Breakfast

Veggie Sausage, egg, tomato, hash brown & baked beans

Chocolate Crispy Cakes

A rice crispie school classic

TUESDAY

Spaghetti Bolognese

Italian classic beef bolognese served with crudites

Homemade Margherita Pizza

Homemade pizza base & sauce topped with cheese and served with crudites

Apple Sponge Cake

Served with Custard

WEDNESDAY

Roast Turkey

with Mashed Potatoes, Fresh Vegetables and Gravy

Cheese & Tomato Quiche

with Mashed Potatoes, Fresh Vegetables and Gravy

Fruit Flapjack

Traditional Flapjack with raisins

THURSDAY

Chicken Tikka Masala

Served with Wholegrain Rice and Indian Carrots & Peas

Sweet Potato & Chickpea Curry

Served with Wholegrain Rice and Indian Carrots & Peas

Vanilla Cookie

The Best Vanilla Cookies around

FRIDAY

Fish Fingers

Golden Breaded Salmon or Pollock Fish Fingers with Chips & Peas

Plant Based Sausage Roll

Served with Chips and Peas

Jelly & Fruit

Orange Flavoured Jelly served with fruit slices

Filled Jackets and freshly made sandwiches and baguettes are also available

Fresh Bread, Yoghurt and Fruit are available daily

31.10.2022. 21.11.2022. 12.12.2022. 09.01.2023. 30.01.2023.

MIQUILL

What children need to know about

ONLINE BULLYING



What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON

BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National
Online
Safety

#WakeUpWednesday



Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COCOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.

