



St. Mary's News

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16

Newsletter No: 15

Dear Parents and Guardians,

It's been a wonderful week here at St Mary's. The children have been very busy immersing themselves in their learning. I was delighted to eat some of the chickpea curry and nan bread cooked and prepared by Sycamore Class...perhaps we have the next Gordon Ramsey amongst us!

Thank you so much to all of the parents, carers and family members who have volunteered to hear our children read. We can't wait to welcome you into school next week. If you are able to volunteer, please do speak to myself or Mrs. Johnson so we can organize the correct DBS for you.

At both St Mary's and Brewood Middle Academy we are focusing on mental health for all. Staff have already had access to training and now we are delighted to offer a parent workshop via the charity 'stem4'. Please see further information within the newsletter. The children will be having a dedicated week to learn about the importance of healthy minds which will include visiting speakers and the whole school reading 'The Colour Thief'.

Have a wonderful weekend and, if you are celebrating on Sunday, kung hei fat choy! (Happy New Year in Cantonese)

Many thanks
Mrs. NR Brennan



Cherry Spring 1



Cherry class have been using the text Owl babies, to support their learning. They have been creating owls using play dough with small parts and thinking about feelings and emotions. We have introduced the language of size and using positional language hiding the owls around the room. The children are becoming more independent in their writing using our topic resources.

DINE

WITH MIQUILL

WEEK THREE

DINE

Main Meal

DINE

Vegetarian

Dessert STOP

Sweet Options

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All Day Breakfast <i>Sausage, egg, tomato, hash brown & baked beans</i>	Homemade BBQ Chicken Pizza <i>Homemade pizza base, bbq sauce topped with chicken & cheese and served with crudites</i>	Roast Gammon <i>with Mashed Potatoes, Fresh Vegetables and Gravy</i>	Chilli Con Carne <i>Mild beef chilli served with wholegrain rice & broccoli</i>	Fish Fingers <i>Golden Breaded Salmon or Pollock Fish Fingers with Chips & Peas</i>
Veggie All Day Breakfast <i>Veggie Sausage, egg, tomato, hash brown & baked beans</i>	Homemade Veggie Supreme Pizza <i>Homemade pizza base & sauce topped with veggies & cheese and served with crudites</i>	Cheese & Potato Pie <i>Puff Pastry topped pie with Mashed Potatoes, Fresh Vegetables and Gravy</i>	Veggie Bean Burrito <i>Roasted Veg, beans, rice & cheese rolled up in a soft flour tortilla and served with broccoli</i>	Super Veggie Burger <i>Homemade burger in a floured bap served with Chips & Peas</i>
Filled Jackets and freshly made sandwiches and baguettes are also available				
Chocolate & Beetroot Brownie <i>Rich & sticky choc brownie</i>	Golden Syrup Sponge <i>Served with custard</i>	Traditional Vanilla Shortbread Biscuits	Oat Cookie & Fruit Slices <i>The Best Oat Cookies around</i>	Jelly & Fruit <i>Orange Flavoured Jelly served with fruit slices</i>

Fresh Bread, Yoghurt and Fruit are available daily

14.11.11.2022. 05.12.2022. 02.01.2023. 23.01.2023. 13.02.2023



Parent Mental Health Day

As the Brewood and Wheaton Aston family we are always looking for ways to support our families and wanted to let you know that this year sees the first Parent Mental Health Day, established by the charity stem4 taking place on 27th January 2023.

There will be a free Zoom webinar taking place on 26th January 2023 at 7pm, which will focus on how parents and carers can successfully adapt to challenging life situations, and deal with their own stress and anxiety, while navigating their family through difficult times.

Speakers will explore how resilience can be built with a minimal negative impact on either the parents and carers or their children and young people.

Please see the link below to the stem4 website which has a range of information and resources to offer support to our parents, carers and pupils and has a link to the webinar:

[Parent Mental Health Day - 27th January - stem4](#)

Thursday 26th January 7pm

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.

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CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety

#WakeUpWednesday