



# St. Mary's News

*"SHINE AS A LIGHT IN THE WORLD"*

*Matthew 5:16*

Newsletter No: 21



*Dear Parents and Guardians,*

*Thank you so much to everyone who came for the Book Look yesterday. The children work so hard it is wonderful to see them showing you, their learning. We always welcome your feedback and suggestions for making St. Mary's a better place to learn. These are some of the responses to your comments last time:*

**Please can we have more after school clubs?**

We now offer a gardening club, TMA kickboxing and Multi Skills with a new cricket club starting after Easter.

**Please can we have more opportunities to be with the children in school?**

We have started to increase parental involvement with our Mother's Day lunches, EYFS music workshop and Year 1 Tiger Tea Party. More is planned for the next half term!

**Please can we have more updates on Class Dojo?**

The teaching staff have been trying to share more of the children's learning with you through videos and images as well as messages.

*Today we welcomed parents and guardians from Cherry, Willow and Oak class to join in with a music workshop run by Mr Dean our peripatetic music teacher from Staffordshire Local Authority. It certainly sounded like everyone had a wonderful time developing musical skills together.*



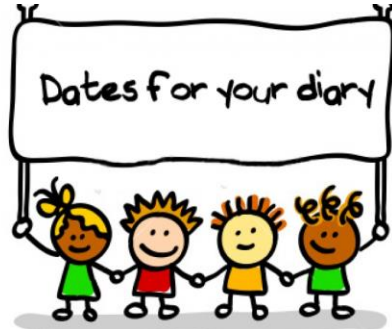
*Recently, some parents have approached me with concerns regarding our catering provider and the portion size of children's meals. Both myself and Mr Dickson have been meeting with the MiQuills team to raise your concerns. I will keep you updated as more information comes.*



*We have a busy week coming up next week with individual school photographs, Year 4 taking part in a 'Stations of the Cross' activity afternoon and the whole school going to church on Thursday. If you are able to walk with us for the church service, please do join us. Further details to follow next week.*

*Have a wonderful weekend and see you all on Monday,*

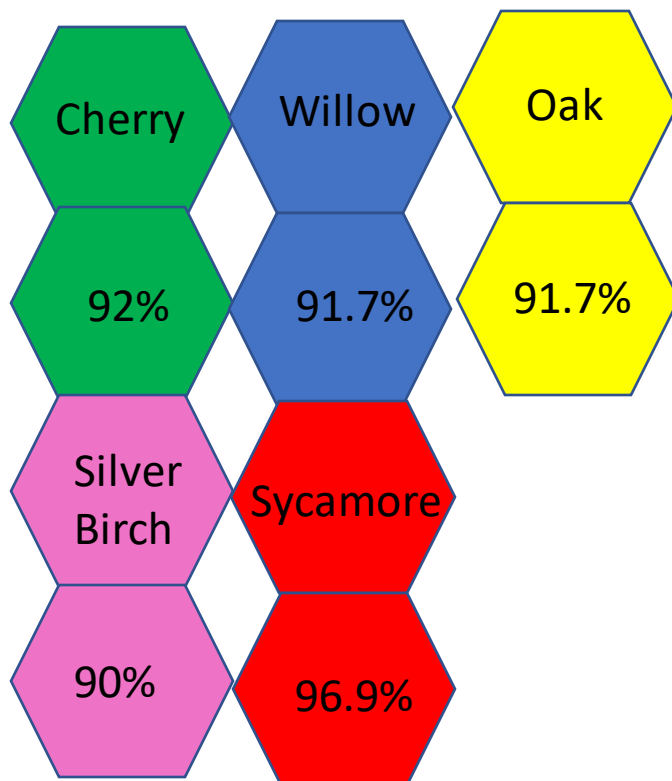
*Many thanks  
Mrs. N R Brennan*



## Attendance Matters



28 <sup>th</sup> March	Academy Photography - Class leavers and individual photographs.
28 <sup>th</sup> March	Year 4 at Church - 'Stations of the Cross' activity afternoon
29 <sup>th</sup> - 30 <sup>th</sup> March	Parents Evening - Please book an appointment via School Cloud
30 <sup>th</sup> March	Whole school at Church
3 <sup>rd</sup> April - 14 <sup>th</sup> April	Easter Holiday - Schools closed
17 <sup>th</sup> April	Inset Day - school closed to pupils
18 <sup>th</sup> April	All Children welcome back
18 <sup>th</sup> April	Year 4 Swimming Lessons.
20 <sup>th</sup> April	Mini Medics - for years 2,3 and 4
26 <sup>th</sup> - 27 <sup>th</sup>	Book Fair - Information to follow.
28 <sup>th</sup> April	Dance workshop at Brewood Middle.
1 <sup>st</sup> May	May Day - school closed.
9 <sup>th</sup> May	Parents book look at 2:45pm
10 <sup>th</sup> - 12 <sup>th</sup> May	Year 4 Residential - Laches wood



Congratulations to all our classes who have reached our government's expectation of 96% or above..



### Star of the week



Class	Pupil
Cherry	Nellie
Willow	Layla
Oak	Amelia
Silver Birch	Walter
Sycamore	George

A massive well done to all children for all their hard work this week. We are proud to call you a part of our St Mary's Family

# DINE

WITH MIQUILL

WEEK THREE

DINE

Main Meal

DINE

Vegetarian

Desert STOP

Sweet Options

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



## Would you like to join our Nursery



If your child is 3 before the 31<sup>st</sup> August 2023 and you would like a nursery place in September please email  
 Lesley King on  
[nurseryteacher@stmaryswheatonaston.staffs.sch.uk](mailto:nurseryteacher@stmaryswheatonaston.staffs.sch.uk)







# FREE



## Easter Holiday Club

Free to all children on Free School Meals Benefit thanks to the Government-backed HAF Programme. Lunch will be provided to any child attending. This is an inclusive programme.

**Bilbrook Village Hall, Joeys lane,  
Bilbrook, South Staffordshire,  
WV8 1JL**

**11th - 14th April  
HAF Provision for FSM  
HAF Provision for SEND  
is 8:30 am to 12:30 pm**

**Bilbrook Village Hall, Joeys lane,  
Bilbrook, South Staffordshire,  
WV8 1JL**

**11th - 14th April  
HAF Provision for FSM  
HAF Provision for SEND  
is 1:00 pm to 5:00 pm**

 **07816 540275**  **sarah.t@sportscool.org**

**FREE for children eligible for Free School Meals benefit**

**GLOW IN THE DARK  
DODGEBALL**

**ARCHERY**

**TABLE TENNIS**

**YOGA**

**FOOTBALL**

**WHAT TO EXPECT**

**EASTER EGG HUNT**

**VOLLEYBALL**

**TRI-GOLF**

**MULTI SPORTS**

**AND MUCH MORE!!**

**LIMITED PLACES AVAILABLE**

**Please book now to guarantee your place:**

To book on to one of our clubs, follow the simple steps below!

1. Please visit [www.sportscoolwolves.schoolipal.co.uk](http://www.sportscoolwolves.schoolipal.co.uk)

Log in to your account (first time users will need to register and provide the required details).

3. Select the holiday club you wish to book for.

4. Select which child/ren you wish to attend.

6. Once completed you will be fully booked onto the course.





# EASTER FUN!



**FREE**

## Holiday Activities and Food



for children and young people aged  
5-16 who get free school meals\*



Registration opens: 4pm, 17th March 2023

**[staffordshire.gov.uk/holidayactivities](https://staffordshire.gov.uk/holidayactivities)**

\*Eligible children and young people will be sent a code from school to register



Scan Me



Department  
for Education



Staffordshire  
County Council

**HOLIDAY  
ACTIVITIES  
AND FOOD**



# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

### 4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

### 6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

### 7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**NOS** National Online Safety  
#WakeUpWednesday



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