



St. Mary's News

"SHINE AS A LIGHT IN THE WORLD"

Matthew 5:16

Newsletter No: 34



Dear Parents and Guardians,

Another busy week has come to an end. The children have really been working hard and have been enjoying learning in different ways. This week Silver Birch had a visit from Mr. Willis who taught them all about fire safety while Sycamore had a Zoom call with Christina Balit who is the author of their class text 'Escape to Pompeii'. The whole school have also been learning about Harvest in a fabulous food to fork talk from Mrs. Foxhall. A very big thank you to everyone for helping our children develop and grow.

Although it hasn't been an issue at St Mary's, some schools have been having concerns about the number of mobile phones being brought into schools. Please may I remind you that no children should be bringing mobile phones or mobile based technology such as smart watches into school. If children bring it by mistake, we keep them securely in the school safe until a parent or guardian can pick them up at the end of the day. Sometimes exceptions to the rule have to be made. If you feel your child/ren has exceptional circumstances (often for medical reasons) then we will work with you to find a mutual agreement. St Mary's cannot and does not take any responsibility for any mobile phones or similar technology brought into school.

From Friday 13th October we will be welcoming parents and guardians to join us for our weekly Celebration Worship. During the worship we celebrate attendance, Star of the Week and awards from home. After dropping your child/ren off in the morning please come into the hall for a cup of tea or coffee. We start worship at 9.30am and aim to finish at 9.50am. If your child/ren is receiving a certificate from school (e.g. Star of the Week) we will contact you on Wednesday via text and Class Dojo. Hopefully, this will give enough time to arrange for someone to come and watch from your child's family. As ever, if you are unable to attend, please don't worry as all of the children and staff in the St Mary's family cheer for everyone.

Mrs. N R Brennan
Head Of School

Parent Book Look

Thursday 5th October All parents/guardians welcome from 2:45 to 3:15pm to come and see the wonderful work the children have been doing as well as their new classrooms.

Harvest Festival

Friday 6th October at St. Mary's church which will be led by Reverend Rachel. Please join us to celebrate.

Hello yellow

Tuesday 10th October children to wear something yellow for raising awareness for children's mental health.. This is the first event being run by our Pupil Leadership Team.

Parents evening

Monday 9th and Tuesday 10th October





Species	Percentage
Cherry	90%
Willow	98.4%
Oak	100%
Silver Birch	98.6%
Sycamore	97.6%

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

or above..

Star of the week

Class	Pupil
Cherry	Edith
Willow	Alissa
Oak	Sophia
Silver Birch	William
Sycamore	Jessica

**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**

Free School Meals

Are you entitled?



Are you entitled to Free school meals, please use the link below.

<https://www.staffordshire.gov.uk/education/Educational-awards-benefits/FreeSchoolMeals/Apply-online.aspx>

WEEK 2

Allergy information available on request

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main				
Macaroni Cheese (v)	Butter Chicken Curry with Brown Rice	Roast of the Day with Roast Potatoes and Gravy	Beef Bolognese with Pasta	Fish Fingers and Chips
Vegetarian				
Sweet Potato and Bean Chilli with Jacket Wedges (v)	Veggie Enchilada (v)	Vegan Sausage with Roast Potatoes and Gravy (v)	Roasted Vegetable and Mozzarella Tray Bake with Rice (v)	Onion Bhaji with Chutney and Chips (v)
3rd Options				
Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw	Jacket Potato with Baked Beans, Cheese, Tuna Mayo or Coleslaw
Deli Option				
Deli Option with Ham, Cheese, Tuna Mayo or Egg Mayo				
Vegetables				
Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables	Hot Seasonal Vegetables
Dessert				
Summer Cake	Fruit Jelly	Fruit Flapjack	Chocolate Brownie	Fruit Mousse
Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt	Fruit/Yoghurt

Fresh seasonal salad and bread available daily. Fresh fruit and yoghurt available daily as an alternative to the dessert of the day.

11th Sep, 2nd Oct, 23rd Oct

SPECIAL DAY

Thursday 5th October

Main

Hot Dog
Pizza (v)

Sides

Chips
Vegetables

Followed by
Iced Sponge

A healthy food meal is important for children and young people to keep healthy and improve their performance

ST MARY'S

P.T.A NEEDS YOU

YOUR TIME - YOUR SUGGESTIONS
YOUR SKILLS - YOUR IDEAS
YOUR ENTHUSIASM - YOUR HELP

IF YOU WOULD LIKE TO JOIN
THE PTA MESSAGE JO
ON 07813974118
JOIN US FOR OUR AGM
18th OCTOBER 8.00pm
AT THE COACH AND HORSES

WITHOUT THE PTA, EVENTS WILL NO LONGER TAKE PLACE
AND VALUABLE LEARNING RESOURCES WILL NO LONGER BE FUNDED FOR THE SCHOOL
PLEASE HELP AS MUCH OR AS LITTLE AS YOU CAN IT ALL COUNTS

Join the PTA!



MESSY CHURCH FOR HARVEST

Crafts, Stories and song..
Followed by lunch.

Children – Don't forget
you need to have your
grown-ups with you!



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

UNDERSTAND THE ALGORITHM

A rank content by user someone who regularly with sports news, say, will see results at the top of their feed. If a user browses at can cause harm, that's be recommended to them in someone who's had a bad day for posts which reflect their find similar content being to them more and more.

TO THE MAIN FEEDS

The default feeds on social platforms limit the content recommended content. Users can opt to only see the accounts they're restricted modes, or posts that they don't want to see. Explore the platform settings to see how you can control what your child's phone sees when they open the app.

DISCUSS WHAT YOU'VE SEEN

Discuss what your child's seen on social media. Don't assume they're screening out inappropriate material, or even that they would recognise content as harmful. Discuss who they follow, what they like and what is in their feeds. It's important to be able to talk to or seek support.

KNOW HOW TO CONTROL CONTENT

If a child stumbles across inappropriate content on social media, there's the option to hide it as well as indicating you'd like similar material not to be shown in future. On some platforms, you might also be able to report posts that contain specific harmful content. This is an excellent way to take control of what your child sees online.

DAILY LIMITS

Most apps can tell you how much time they're being used. Too long online can mean a child misses out on other activities important to all-round wellbeing. You could set some family rules, such as screen time limits, or free spaces: involving your child in setting this agreement can make them more likely to stick to it.

Our Expert

Shazia Azim is executive headteacher at a specialist school and, as an emotional therapy coach, works with children to focus on the SEMH, mental health and wellbeing. Shazia is a passionate advocate for vulnerable learners. Shazia is a Chartered College of Teaching and the author of *The Mindful Mind*, a book which supports children with SEMH needs.



6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

NOS National Online Safety®
#WakeUpWednesday