



St Thomas More Catholic Primary School

*With Christ we Achieve, Believe and Create.*



## NEWSLETTER 13/10/2023

### Opening Prayer



*Come, Holy Spirit, fill the hearts of your faithful  
and kindle in them the fire of your love.*

*Send forth your Spirit and they shall be created,  
and you shall renew the face of the earth.*

*Let us pray.*

*O God, who have taught the hearts of the faithful  
by the light of the Holy Spirit,  
grant that in the same Spirit we may be truly wise  
and ever rejoice in his consolation.*

*Through Christ our Lord.*

*Amen.*



## Heads News

*Dear Parents and Carers,*

*We only have one week left of this half-term, time has flown by and the children have been amazing as always. Years 4 and 5 attended PGL Adventure Centre in Swindon for 3 nights last week. We certainly saw them display our school values. Their determination to complete some challenging activities shone through and the unity they showed through teamwork was impressive. It was lovely to have the feedback from the PGL staff who stated "you are one of the best groups we have had in a long time, your children are so well behaved and it was great that the staff joined in with all the activities". I would like to extend my thanks to Mrs Long, Mrs Naser, Mrs Steenberg, Mr Young, and Mrs Langston for taking time away from their families to ensure that the children had a wonderful time.*

*Year 6 head off to the Beacon on Monday and I am sure they will have an equally successful trip.*

*Years 3 and 5 had Class Mass in the last two weeks. Once again Fr. Prem explained beautifully to the children that the Mass is always about the presence of Jesus. We thank Fr. Prem for his Ministry and we will keep him in our prayers.*

*The joint fundraiser quiz was a huge success and with more joint School and parish fundraisers planned our relationship with the parish is going from strength to strength.*

*As always, if you have any concerns or questions, please do get in contact with me. We are a partnership, and it is important that you feel able to reach out.*

*Wishing you a wonderful weekend,*

*Every blessing,*

*Julieann*



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# Notices and Information

## Place2Be

Place2Be provide mental health support in our school through one-to-one and group counselling using tried and tested methods backed by research. In addition, they also offer expert training and professional qualifications.



*Birthdays: If it is your child's birthday, they can come to school in non-school uniform.*

*If their birthday falls on a weekend or in the holidays, they can come to school in non-school uniform the following school day.*

**Book Fair in School 31st October - 7th November. Cash or card payment accepted**







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# Notices and Information



## The Great Big Dinosaur Family Show with Simon Mole & Gecko

Oxford University Museum of Natural History

Mon 23 & Tue 24 Oct

**1.15pm & 3.30pm**

Free but booking essential  
at [oumnh.ox.ac.uk](http://oumnh.ox.ac.uk)

Ages  
3-11





### October Half Term



**NW Inventors 8 - 11 yrs**  
**Whodunnit Workshop**

Join us this October half term to discover characters, solve mysteries and crack the case! We will spend three days learning how to build tension in a story, create mysterious characters and surprise the audience!

£50 for 3 half days  
Full bursary places available



**YouthLab 12 - 17 yrs**  
**Ceramics Masterclass**

Join us in October half term to learn how to use clay to make a component 'Vase'. This project will explore various forms of making including: potter's wheel, extruding clay and different types of hand building. What will you make?

£75 for 3 days  
Full bursary places available

**Book Now**      [www.thenorthwall.com](http://www.thenorthwall.com)

M6 Theatre Company  
presents

# Nest

"The excellent M6"  
Lyn Gardner

"Leaders in their field"  
Children's Theatre Reviews





**Saturday 28 October 11am & 2pm**  
**Tickets:** £9 adult, £7 child  
[thenorthwall.com](http://thenorthwall.com) / 01865 319450

Ages  
**3+**

And  
**Families**



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# Attendance

## ATTENDANCE MATTERS

6 days or less  
absence per year  
**97% or above**  
**VERY GOOD**  
**THIS IS YOUR**  
**TARGET**

Between  
7 and 19 days  
absence per year  
**90% - 96%**  
**BELOW**  
**EXPECTATIONS**

More  
than 19 days  
absence per year  
**Under 90%**  
**POOR**  
**ATTENDANCE**

*Please arrive to school on time every day*

*Gates open at 8:40am*

*Children go straight to class and lessons  
start at 8:45am*

# Internet Safety

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

## POSITIVE IMPACTS

## EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

## SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

## A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe." Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

## NEGATIVE IMPACTS

## SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

## HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unwetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

## ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

## CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



**National  
Online  
Safety®**  
JpWednesday

## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



### HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

**SOURCES OF HELP:**

- **Childline**, 0800 1111 or visit their website
- **Bullying UK**, 0808 800222
- **Young Minds Parents line**, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rsgph.org.uk/uploads/assets/upload-ed-62be270a-a55f-4719-ad6868c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warrior-illness-mental-health-risk>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

**Twitter - @natonlinesafety**

**Facebook - /NationalOnlineSafety**

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# Values Celebration Assembly

*Congratulations to all of these children who showed one of our school values this week. We are very proud of you all!*

## *Reception- Paddington Family*

*Cameron for showing our value of Determination*

*Lara for showing our value of Humility*

*Anjolaoluwa for showing our value of Determination*

*Ignacio for showing our value of Respect*

## *YEAR 1 - Matilda Family*

*Ana for showing our value of Fairness*

*Breyden for showing our value of Determination*

*Ella for showing our value of Respect*

*Lia for showing our value of Respect*

## *YEAR 2 - Muggle-Wump Family*

*Taliah for showing our value of Unity*

*Casper for showing our value of Humility*

*Elliot for showing our value of Determination*

*Antek for showing our value of Unity*



### *YEAR 3 – Mr Fox Family*

*Thomas for showing our value of Determination*  
*Annika for showing our values of Humility & Fairness*  
*Jimmy for showing our value of Determination*  
*David for showing our value of Determination*

### *YEAR 4 – Malala Family*

*Alana for showing our value of Determination*  
*Matthew for showing our value of Respect*  
*Jeffrey for showing our value of Determination*  
*Mariah for showing our value of Determination*

### *YEAR 5 – Gates Family*

*Aimi for showing our values of Fairness & Unity*  
*Filip for showing our values of Determination & Fairness*  
*Anna for showing our values of Respect & Unity*  
*Marwan for showing our values of Determination and Unity*

### *YEAR 6 – Potter Family*

*Soraya for showing our value of Determination*  
*Libby for showing our value of Determination*  
*Edith for showing our value of Unity*  
*Mariana for showing our value of Unity*