

St Joseph's Catholic Primary School: Newsletter 06.12.24

Mission

Together we love, learn, follow Jesus

Vision

At St Joseph's Catholic Primary School, through an open and generous heart, we learn together as a family in faith, following the gospel values of love.

Values

Hope Thankfulness Collaboration Compassion Friendship Resilience Empathy Creativity Justice Respect

A Message from Miss Dewhurst: It has been extremely festive in school this week. As a school community, we shared a lovely Advent mass. Thank you to Class 5/6 for leading this and to Father Raphael for celebrating mass for us.

This afternoon, as we were all dressed in Christmas attire, the children and parents joined in our wonderful "Christmas Tree Switch On". A huge thank you to Mr and Mrs Webster for donating our Christmas tree lights and coming to set them up for us. We had a lovely rendition of "On a starry night" around the tree and then the children got ready for their "Santa Dash", whilst parents enjoyed warm drinks and a mince pie inside. The children had a fantastic time. Another huge thank you to the PTFA and, especially Mrs Latham, for helping to organise these enriching activities. It is, indeed, beginning to feel a lot like Christmas!



Pope Francis: *The heart of Christ is openness, gift, and encounter. In Christ, we learn to relate to one another in wholesome and happy ways, in order to build up God's kingdom of love and justice on earth. United with the heart of Christ, our hearts are capable of working this social miracle.*



Happy Birthday to:

Roman

Classroom Round Up: What a joyful and festive week we've had in **Class R/1!** Our performance of "Baarmy Bethlehem" was the perfect way to spread Christmas cheer. The children have enjoyed learning about the Christmas story over the past few weeks as part of our Prophecy and Promise themed RE Unit. They understand that for Christians, the Christmas story reveals God's love by sending Jesus his Son. In Science this week, we continued our forces learning in which the children investigated and compared how wheels turn when sand and water is poured through them. To end the week, the children enjoyed designing and labelling their own 'Extraordinary Gardens' inspired by "Joe the Extraordinary Gardener". Year One worked incredibly hard to write a set of instructions on how to build their extraordinary garden too. We are looking forward to welcoming our **Class R/1** families into school again next week on Friday 13th December for our Christmas Craft themed stay and play 2:15-3:15pm.

This week the Christmas spirit has been evident in **CI 2/3/4**. In RE, we compared the Gospels of Matthew and Luke and their versions of the Nativity story. We sorted Christmas cards into piles that depicted Matthew's and Luke's Gospels. In maths, Year 4 continued to explore area, Year 3 began to explore multiplication and Year 2 started to look at shape. Everyone got very creative in English this week, writing their own versions of a fable, including lots of grammatical features especially punctuated speech. In science, we explored why humans need a skeleton and had a go at labelling all the bones in the body!

As always, it has been a very busy week in **CI 5/6**. Year 5 have been looking at finding equivalent fractions in maths, using fraction walls and fractions cubes for support. Meanwhile, Year 6 have been looking at multiplying and dividing fractions and have done incredibly well with this. Our focus in geography this half term is 'save our planet' and this week we have been looking at the impact food has on our world. We looked at the farm-to-fork journey of different foods and how the sharing of food globally (although great for our diet) is incredibly harmful to our planet due to increased pressures on farmers, air miles and packaging. We also finished off our end of term assessments this week and I could not be prouder; the children have given their all.

Advance Notice: Here is a reminder about upcoming dates for your diary

Friday, 13th December	Christmas jumper day* *donations for the Gregson Lane appeal (see below) Christmas lunch CI R/1 Christmas craft stay & play at 2.15pm
Wednesday, 18th December	Rock Steady concert at 10am Class Christmas parties in the afternoon
Thursday, 19th December	Christmas Mass in school at 10.45am School closes at 1.15pm
Monday, 6th January	School re-opens at 8.40am

Sunday Gospel: At the time when Pontius Pilate was the Roman governor of Judea, the word of God came to John son of Zechariah, who was living in the desert. John went through the whole Jordan district proclaiming a baptism of repentance for the forgiveness of sins, as it is written in the book of the sayings of the prophet Isaiah: "A voice cries in the wilderness; prepare a way for the Lord, make his paths straight. Every valley will be filled in, every mountain and hill be laid low, winding ways will be straightened and rough roads made smooth. And all people will see the saving power of God."
Luke 3: 1-6 (Wednesday Word)

Reindeer Food: Packets, made by one of our Year One pupils, are still available—for a donation—from the school office. All proceeds will go towards buying Christmas craft materials for school!

5 Gold G's Appeal: In exchange for wearing their Christmas jumper next Friday (December 13th), we would like pupils to bring a donation for the 5 Gold G's Appeal which will be given to Home-Start Central Lancashire for Christmas. There is also a donation box in the foyer at school for any other items you are able to give.

Suggested donations include:

- *pasta *dried spaghetti *canned vegetables
- *jars *cordial *baked beans *tinned spaghetti
- *cereal *porridge oats *ketchup *brown sauce
- *mayo *long life milk *sugar *teabag *coffee
- *chocolate *sweets *toiletries *nappies *baby wipes
- *nappy sacks *kitchen roll *cling film *tin foil
- *toilet rolls *cat food *dog food *pet treats
- *pet biscuits



Individual Liberty

Everyone has the right to be included in sports.
Through our choices and our actions, we can help to ensure everyone is included.



Lost Property & Nearly New Items: Pupils in CI 2/3/4 & CI 5/6 who have lost or missing items of PE kit or school uniform, should check the two green boxes that are in the cloakroom first. When staff are clearing the cloakroom, all items are being put into these containers. If you need any additional items of school uniform, please help yourself to those on the rail in the foyer—these have been washed ready for recycling and are free of charge. The lost property box in the foyer will be emptied at the end of term. Most items have been in there for a few weeks, but please do check it!

Baarmy Bethlehem: Well done to CI R/1 and our Nursery children for their Nativity performances this week. The whole school enjoyed watching the dress rehearsal on Monday afternoon and the hall was packed with family and friends on Tuesday. Parents, please check Tapestry for even more photographs.



Recent Correspondence

Please find below a list of information that has been sent out this week.

Remember to check School Spider for all communication from school:

Multi Sports After School Club

Flooded playground

Christmas Baubles!

After School Choir

PTFA Rainbow Raffle

Reminders for 06.12.24

Year 3 Stanley Grange

Wednesday Word: 04.12.24

School Meals: 09.12.24

Online Safety Newsletter: December

Volleyball Competition

Menu Change: The choices for Wednesday (December 11th) will now be fish & chips, pizza, jacket potato or a sandwich instead of the options sent out on School Spider. Do not worry if you already pre-ordered, staff will check on the morning and your child will be able to select from one of the available options.

Rainbow Raffle: Your child has brought home five strips of raffle tickets. They are £1 per strip. Please return one half—clearly labelled with a name—to the school office with your money. Additional tickets will be available from the office prior to the draw on Wednesday, 18th December. As well as 8 colour hampers, other prizes include :

- ⇒ a Nets Bar voucher
- ⇒ £15 voucher for Gregson Lane Chippy
- ⇒ A Raw and Order voucher
- ⇒ A family photo shoot with Red Curl Photography





St Joseph's

CHRISTMAS ART COMPETITION

Children are invited to create a piece of
artwork based on the theme
'Winter Wonderland'

*All entries must be handed into
Miss Ollerton by Wednesday 18th
December.*

**A winner will be chosen from
each year group.**



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



SCHOOL ADMISSIONS PRIMARY

SOUTH

**Do you have a child starting
primary school in September 2025
and living in Lancashire?**

Closing date: 15 January 2025

You **must** apply even if a brother or sister is already at the school, or the school is linked to your child's nursery. Please read the admission criteria for your chosen schools on the website, or get a copy from them.

Apply for a school place now by scanning
the QR code or visit [lancashire.gov.uk/schools](https://www.lancashire.gov.uk/schools)



If travel cost is an important factor in your school preference,
please check the guidance on our website, or call **01772 532109**.

**HAVE
YOUR SAY**

*Between 1 October and 31 January schools are consulting with
you to make sure admission arrangements meet future needs.
To find out more please visit www.lancashire.gov.uk/schoolplaces
and click 'school admission policies'.*

[lancashire.gov.uk](https://www.lancashire.gov.uk)



Lancashire
County
Council



Copyright © 2025