



St. Joseph's Catholic Primary School

We will love one another in Christ knowing that Jesus loves us very much



Newsletter 2nd February 2024

Our attendance target is 98% Please strive to make every effort to ensure your child attends school every day.

| Attendance | Rec | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|----------------|-------|--------|--------|--------|--------|--------|--------|
| w.c. 22.1.2024 | 98.3% | 94.3% | 96.7% | 96.8% | 95.2% | 95.3% | 100% |
| w.c. 29.1.2024 | 97.8% | 94.3% | 98% | 96.4% | 95.3% | 96.2% | 95.9% |

Dear Families,

Next week we break for the Lenten half term. The half term has come early this year and many parents have quite rightly pointed out to me that the Bishop Wilkinson Trust Schools don't quite fall in line with the rest of the local authority. However, the rest of the academic year does and all of the next academic year 24/25 holidays from within the Bishop Wilkinson Trust match the local authority schools.

I couldn't ask for much more from our children this term as they have worked incredibly hard so far and most pupils' attendance has been commendable. Parents will continue to receive regular attendance progress reports after half term in the form of a letter and at the forthcoming parent consultation evenings in February. Our Trust target for all our pupils is 97% which is very achievable.

Well done to all our Y6 pupils who have began attending our Monday SATs Booster class. The class is aimed at preparing the pupils for their SATs in May. Many thanks to all staff who are giving their own time to attend these sessions.

It was lovely to see so many parents attend Mrs Douglas's Y6 Liturgy last Wednesday in which will be one of our Y6s final liturgies at St Joseph's. It was a wonderful attendance, and our thanks is extended to Fr Adrian for his attendance. We have a lot planned for the Y6s this year and I look forward to the Y6 coffee afternoon later this term.

Well done to our Y1 and Reception pupils who made a visit to St Anne's church this week as part of their RE topic. The children were really behaved and a credit our school.

This week we held our school's council parents meeting regarding their Parliamentary visit to London in March which will be incredibly exciting. However, we also have meetings planned after half term for Y5's venture to Weardale and Y4s visit to Holy Island. The dates for these evenings are both in the diary section of the newsletter.

I am delighted that we have some PTA dates for parents and letters have already gone out this week about numerous events and activities. However, we still need more parental support to help the PTA operate. If you can spare any time, please contact the school office and a member of the PTA will contact you directly.

We have a number of school surveys going out between now and the end of term and would appreciate if parents could complete the survey which will help us understand how parents feel about aspects of school.



Term Dates 2023/2024

Monday 12th February - Friday 16th February - Half Term

Friday 29th March - Friday 12th April - Easter Holidays

Monday 6th May - Bank Holiday

Monday 27th May - Friday 31st May - Half Term

Dates for Diary

Tuesday 27th February - Spring Disco

Friday 1st March - Year 5 Class Assembly, more details to follow

Week beginning 4th March - Parents' Evenings, more details to follow

Wednesday 6th March - Year 3 Liturgy, Year 3 families welcome from 9:00am in the school hall

Wednesday 13th March - Reception Class Liturgy, Reception families welcome from 9:00am in the school hall

Wednesday 13th March - Meeting for Year 5 parents at 3:30 pm regarding the Weardale residential

Monday 18th March - Year 6 Coffee Afternoon

Friday 22nd March - Year 4 Class Assembly, more details to

Wednesday 24th - Friday 26th April - Year 4 Holy Island Residential

Wednesday 8th - Friday 10th May - Year 5 Weardale Adventure Centre Residential

Monday 17th - Wednesday 19th June - Year 6 Youth Ministry Trust Residential

Pre-Loved First Holy Communion Wear for BWCET Schools

The Trust will be holding their very first Pre-Loved First Holy Communion Event. They are hopeful that the event will be the first of many and will be as successful as their Year 11 Prom event for pre-loved prom wear they held. Families will be able to borrow items and return in the same condition. Year 4 families will receive further information from the Trust.

If anyone has any Holy Communion items which they would like to donate, they can be brought into the school office, and we will arrange for them to be collected for the pre-loved event.

Children's Achievements out of School

If your child has achieved an award in an out of school activity, we would like to hear about it and will mention it in our next newsletter. Please email details to info@stjb.bwcet.com

Football stickers

Football stickers are only allowed in school on a Friday. Children must hand them into their teacher at the start of the school day and they are responsible for them at lunchtime.

School Shoes

Please can I remind parents that trainers are not allowed in school apart from days in which PE is taking place. Children must all wear a comfortable pair of black polishable school shoes for school. Please see our uniform requirements on the uniform page on our [school website](#).

Awards

| | Pupil of the Week | |
|-----------|--|--|
| | 26 th January | 2 nd February |
| Reception | Esmee - for being a kind friend | Rosie - for always trying to be the best she can be |
| Year 1 | Abbey- for working hard and supporting others | Amelia F - for producing beautiful work and modelling high standards to others |
| Year 2 | Boux - for using her stem sentences in maths | Mya D - for trying hard to give explanations on the carpet in all subjects. |
| Year 3 | Leo - for providing good explanations | Ethan - for excellent work in his times tables this week. |
| Year 4 | Amelia - for wonderful knowledge of her 3 x table | Dani - great effort with her times tables this week |
| Year 5 | Oisin - for being a passionate reader | Freddie - for excellent and industrious maths work in short division |
| Year 6 | Rocco - for growing confidence and making progress due to this | Sofia S - for always applying maximum effort and being successful due to this. |

| | Golden Chair | |
|-----------|--|---|
| | 26 th January | 2 nd February |
| Reception | Charlie - for being the best version of himself | William L - for listening to God and being a kind and loving friend |
| Year 1 | Yasmin - for being a shining example for others, just like Jesus | Mia - for giving thanks to others for their friendship and support |
| Year 2 | Molly - for helping her friends with their work | Alexis V - for listening to God and always using her manners. |
| Year 3 | Lennon - for showing kindness towards others. | Ralphie - for listening to God's message and helping his peers in football |
| Year 4 | Oraiya - for good contributions to history lessons | Estelle - for listening to others and supporting her peers. |
| Year 5 | Amelia L - for demonstrating our curriculum driver of oracy: particularly in maths, science and RE | Olly - for listening to God, hearing what He said and being successful because of the Word. |
| Year 6 | Rebecca - for great contributions to lessons | Emily A - for fabulous progress due to great listening skills. |

| | Curriculum Driver Award | |
|-----|--|--|
| | 26 th January | 2 nd February |
| KS1 | Thomas C Y1- for demonstrating the importance of oracy in their everyday lives. | Coraline Rec- for demonstrating the importance of faith in their everyday lives. |
| KS2 | Amelia L Y5 - for demonstrating the importance of oracy in their everyday lives. | Max Y4 - for demonstrating the importance of faith in their everyday lives. |

Class News

Reception

What an exciting two weeks in Reception Class!



The children have learned and adapted a familiar poem from our story 'The Magic Paintbrush' focusing closely on rhyming pairs. We are so impressed with their rhyming and writing skills.

In Forest School, we have been learning about different methods to create art work. The children put their fine motor skills to the test and

tried to make hapazome art work using petals and other natural materials.

We're looking forward to the week ahead as we prepare to celebrate and learn about Chinese New Year!



Year 1



Year 1 have had a fun and exciting couple of weeks exploring our curriculum.

In science and geography, we are working in our seasonal changes' topic. We have been outside in the school grounds observing the nature around us to find evidence about what season we are in. We were looking at weather, insects, flowers, and trees. We managed to use our scientific vocabulary of coniferous and deciduous trees and spot both during our fieldwork.



In maths we are completing a unit of work on shape. The children have loved this topic especially using the 3d shapes in the classroom to build whilst developing their vocabulary and knowledge of properties.

In Art, we have been investigating primary and secondary colours. The children love painting and had so much fun.



Every week in PE I am blown away by the children's skills and confidence in gymnastics. Their resilient attitude and development of skills is growing every week which is so lovely to see.

Well done on another wonderful couple of weeks boys and girls!



Year 2



Another fantastic two weeks in year 2. To finish our maths module on money we had a practical lesson where we worked with our partners to make different amounts and buying items around the classroom.

In Science we have been learning about life cycles of humans and animals and got very creative making the life cycle of the butterfly using playdough.



We also had another fantastic Irish dancing lesson. The children are becoming more confident with the different positions, and another 6 medals were given out for their progress.

Year 3



We have had an exciting two week in year 3, in science our current topic is rocks and this week we have been looking at how fossils are formed in rocks. We have been creating our own fossils imprints using dinosaur skeletons and salt dough. We have learned so much about how they're formed.



In English, we have been continuing our class novel of the BFG. As we're coming to the end of this text, we are beginning to plan our very own narrative all about our very own giant! We are all so excited to use our imagination and create a giant that is special to us!

We have also been really focusing on our times tables in year 3, specifically the x2, x3, x4, x4 and x10 tables. We are doing so well and are using TTRS at home to keep working hard at it. If anyone needs their login details again, please ask Mrs Parish and she will send them straight out! Well done to Leo and Ethan F for doing so well at their tables this week!



Year 4

In our music lessons with Joe, we have been working with either a partner or small group to follow rhythms on the xylophone. We took it in turns to practice the rhythm and then played it altogether as a whole class. We had to make sure we stayed in time. They sounded wonderful. Well done Year 4.



In math's we have been focusing on our learning on the times tables. We have looked closely at the 3 times table, the 6 times table and the 9 times table. We continued our learning in the computer room using the hit the button



program. We are trying hard to develop our pace at answering the questions. Well tried Year 4.

Year 5



In Year five, Irish dancing has continued every Tuesday afternoon. The children have shown fast progression in their



steps, balance and performing skills, and are enjoying themselves immensely.



Recently, in maths, we have moved on from fractions and multiplication to short division. The children have extended their knowledge of division as grouping as opposed to sharing. They used place value counters to demonstrate and support their understandings. Well done!

Could I please take this opportunity to remind parents of the 13-year-old minimum age ratings of most social media. In particular, WhatsApp requires a minimum age of 16 years for registration and use. As part of our ongoing online safety education, the children have been made aware of these age requirements. We will be focusing on online safety in the upcoming weeks as a whole school to ensure the ongoing safety of all children. Thank you for your continued support in this very important matter.

Year 6

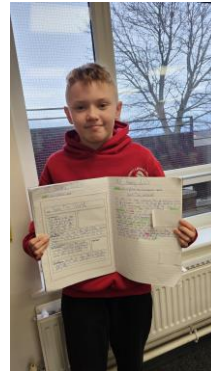


Year 6 have a busy couple of weeks. We led a beautiful liturgy based on the topic of Sources, thinking about the most precious book in the world, the Bible. It was great that Father Adrian joined us, and it was lovely to see so many parents and family members too. We've been working so hard too!



In English, we've enjoyed learning about how we can protect the planet and we've been writing our own non-chronological reports.

We've started our SATs revision classes on Monday nights, and they've been going really well!



Gospel

Sunday 4th February 2024 - Taken from Mark 1:29-39 The Fifth Sunday in Ordinary Time, Year B

On leaving the synagogue, Jesus went with James and John straight to the house of Simon and Andrew. Now Simon's mother-in-law had gone to bed with fever, and they told him about her straightaway. He went to her, took her by the hand and helped her up. And the fever left her and she began to wait on them. That evening, after sunset, they brought to him all who were sick and those who were possessed by devils. The whole town came crowding round the door, and he cured many who were suffering from diseases of one kind or another; he also cast out many devils, but he would not allow them to speak, because they knew who he was. In the morning, long before dawn, he got up and left the house, and went off to a lonely place and prayed there. Simon and his companions set out in search of him, and when they found him they said, "Everybody is looking for you." He answered, "Let us go elsewhere, to the neighbouring country towns, so that I can preach there too, because that is why I came." And he went all through Galilee, preaching in their synagogues and casting out devils.



On behalf of Fr. Adrian, Governors and Staff, we hope you have a lovely weekend.

God Bless,

Paul Naughton

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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