



# St. Alban's Catholic Primary School Newsletter

Friday 11th January



## WELCOME BACK TO SCHOOL

**Welcome back everyone and a very Happy New Year! We hope you all had a lovely break for Christmas. We look forward to a busy half term as we head in to the New Year.**

**Our Healthy Eating Senedd Group have already been busy organising a number of things around the school. See further on in the newsletter for details on their activities.**



**Our Year 4 pupils are beginning their swimming lessons next week. All children should have received a letter on Wednesday giving all the details of the classes. The classes will be taking place every day over a two week period, so please make sure your child has their swimming costume, towel and if necessary, goggles. The pupils will be walked over to the Splott Hyb by Mrs Vanstone and Miss Fenton.**

### Uniform

**It has been great so see nearly all pupils arriving back in school wearing the correct uniform. If your child is one of the few who hasn't worn a yellow polo shirt and maroon sweatshirt to school this week, please could you ensure that you get these items as soon as possible. If you need to order any uniform from school, please pop into the school office.**

**Also, we will have a hanging rail with spare clean and ironed school uniform in the entrance foyer from the middle of next week. If you need any uniform for your child please make a small donation.**

## **The Leprosy Mission**

### **Collecting Used Stamps**

The Leprosy Mission is an international Christian charity with **141 years** of experience. Through The Leprosy Mission's global family we serve a population of **305 million people** in around **30 leprosy-affected countries**.

In order to raise money for this charity, St Alban's school, in conjunction with St Alban's Church are asking for people to donate any used stamps they might have. These will then be used to raise money for this wonderful charity.

Please bring any stamps you might have into school & we will pass them on to Father Scanlon. Thank you for your support.

**Attendance this week is 91.50%.**

**The individual year group attendance this week is -**



**Rec - 88.82%**

**Year 2 - 89.57%**

**Year 4 - 90.00%**

**Year 1 - 93.33%**

**Year 3 - 95.22%**

**Year 5 - 86.90%**

**Year 6 - 99.41%**

**Let's try to beat each class' attendance next week!**



### **AN EPIPHANY PRAYER**

God of wonder,  
help us to have as much faith  
as the wise men who followed  
your star to find Jesus.  
Lead us down the right paths  
and help us to recognise Jesus  
in the people that we meet  
as we travel through life.  
Amen.



## **St Alban's Digital Developers** **Online Safety tip of the week.**

**St Alban's Digital  
Developers say:**

**‘Don't share your personal  
information online’.**

**This includes:**

- 1. Your full name**
- 2. Your address**
- 3. Your date of birth**
- 4. Where you go to school**
- 5. Your passwords for websites**

## Healthy Eating Initiative



As part of our Healthy Eating initiative, our Healthy Eating Senedd group are asking that if your child is bringing in a snack to school, that it is either fruit or vegetables & not crisps chocolates or biscuits to eat at break time.

This is so we can promote healthy eating throughout the school.

From Tuesday 22nd January pupils will be preparing toast for our children to eat at break time.



This will be made with wholemeal bread, which helps to continue our efforts as a healthy school, and will be available at a cost of 20p per slice.

Thank you.

## Back By Popular Demand!



## Tea & Toast



On Tuesday 22nd of January, Year 6 will be opening the hall doors to invite their parents and family to come and enjoy some tea and toast. The children will take your order from your seat, prepare your food and drink, and serve it to you while you chat.

If you have time, why not come along and put your feet up for half an hour while spending time in your child's school. Doors open at 9am!



# 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



3

PLAY AGAIN?  
YES NO

How does this game/app work?  
Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



5

Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



# **DATES FOR YOUR DIARY**

## **Term Dates for 2018-19**

### **SPRING TERM**

Half Term Ends	Friday 22nd February 2019
Half Term	Monday 25th February 2019 to Friday 1st March 2019
School Re-opens	Monday 4th March 2019
Term Ends	Friday 12th April 2019
Easter Holidays	Monday 15th April 2019 to Friday 26th April 2019

### **SUMMER TERM**

Term Starts	Monday 29th April 2019
Half Term Ends	Friday 24th May 2019
Half Term	Monday 27th May 2019 to Friday 31st May 2019
School Re-opens	Monday 3rd June 2019
Term Ends for pupils	Friday 19th July

### **INSET DAYS**

~~Monday & Tuesday 3rd & 4th September 2018~~

~~Monday 5th November 2018~~

Monday 21st January 2019

Monday 22nd July 2019



### **Wellbeing Project**

During the past couple of weeks, the children have been carrying out a survey entitled The Wellbeing Project. The project aims to support the social and emotional wellbeing of pupils, by assessing how they feel about themselves and others. The project is based on the philosophy that 'happy pupils learn more'.

The children completed the online surveys either individually or in groups on computers whilst supervised by a staff member. Before beginning the surveys, it was explained to the children that they would be filling in a survey about their feelings and experiences at school, and a survey about their friends and classmates at school. There were no right or wrong answers as it was a survey to help the school understand more about how pupils are feeling and getting on with each other, and to make the school an even better place for everyone.

The information gathered through the surveys that the children have completed, will be used to improve the wellbeing of pupils in our school through different whole school and classroom methods.

If you would like any further information on the project please contact Mrs Woodward.