



# INSKIP ST. PETER'S C.E. PRIMARY SCHOOL NEWSLETTER

*Learning, Loving and Living with Jesus*



Keep your roots deep in Jesus Christ the Lord, build your lives on him

and always be thankful. *Colossians 2:7*

**Compassion Friendship Respect Forgiveness Trust Thankfulness**

**Week Beginning Monday 20th March 2023**

We will finish for the Easter holiday at **1.15pm on Friday 31st March**. Children should still bring their swimming kit as they will be swimming in the morning.

## Mother's Day Service

What a lovely service we had to celebrate our Mums with Bishop Philip. Our children joined in with the service: reading prayers and handing out the posies to all the ladies at church.

## Christian Values

Our Christian value theme this half term is  
**'Forgiveness'**.

Here's a way of exploring this theme at home.

THINK TOGETHER  
ABOUT WORDS OF WISDOM

"Without **forgiveness** there is no future.... If you can **forgive**, then you can move on and even help the person you are forgiving to become a better person"

*Desmond Tutu*

FAITH  
FRIENDS

A huge **thank you to Prags Birk** for coming in last week to share with our pupils her faith of Hinduism.



## School Website

Please take a look at our school blogs and see lots of the inspiring learning your children have been doing in class. Click on the title of the blog to open it in a new window. Please comment at the bottom of the blog posts your thoughts of encouragement for the children to read.

News  
&  
Events  
[Swimming!](#)

Lower  
School  
[Learning About  
Hinduism](#)  
[Mothering Sunday](#)

Middle  
School  
[Middle School  
Handball](#)  
[Let's Go Sing!](#)

Upper School  
[Learning About Hinduism](#)  
[Digitally Enhancing Photos](#)  
[Persuasive Devices in Adver-  
tisements](#)



## Online Activity

We all want our children to be safe online and with that in mind we will be providing you with information about online behaviours, apps and games which will be useful to you in supporting your child to stay safe. This will also support the daily teaching of online safety at school.

This week we inform parents and carers about 'Safe and Healthy Online Habits'. Please also take a look on our website at [Our Safeguarding](#) page where you will discover our 2022-23 new academic year safeguarding.

### Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

#### WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

#### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

#### MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

#### KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

#### PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

#### GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

#### Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of

**NOS** National Online Safety®

## Friends Corner

We would love for as many of our families, neighbours and friends to get involved with all our exciting events and therefore we have a few dates that you may want to pencil in your diaries.



### School Fundraiser



Inskip St Peter's C of E School have organised a Bag2School collection. Please drop your donations into the container on the school drive on **Friday 21st April or Monday 24th April 2023.**

Why not have a Spring clean whilst also helping to raise money for our school. The whole collection will be weighed and the school paid per kilo. Bag2School also helps the environment by helping to divert unwanted textiles away from landfill. If you fill the donation bag and still have more, you can use any other bag to donate your items and don't forget to ask family, friends and neighbours if they would like to have a sort out as well! Bag2School will be collecting from school on Tuesday 25th April 2023 at 9am. If you require assistance to collect bags from your home please call our school office on 01772 690438 and we will happily organise someone from our school community to pick it up from you.

Bag2School will accept the following 'good quality' items for RE-USE: Men's, Ladies', Children's clothing and paired shoes (tied together or elastic band around), handbags, belts and accessories.

Please DO NOT send: Duvets and blankets, Pillows, Cushions, Carpets, rugs and mats (including bath, shower and toilet mats) Soiled, painted, ripped or wet clothing, School uniforms with and without logo, Corporate clothing and workwear.

**Many thanks indeed for helping us with this fundraising opportunity!**

### **EGG-CELLENT NEWS EVERYONE.....**

The Friends Committee have arranged an "**EASTER FUN**" event for the children to enjoy on **Thursday 30th March**, straight after school, with pickup at 4:45pm.

There will be a treasure hunt for the reception and year 1 children with fun prizes and an Easter Egg Bingo for all the other children, followed by a Disco for the whole school in the main hall! Sweeties, snacks and drinks will be provided to the children during the disco.

This is an optional event and will cost **£2 per child**.

The usual end of the month **non-uniform day** will be held on the same day with the normal **£1** contribution in the morning.

This event will be replacing the normal after-school basketball club. Please could you return your child's slip into school before the event.

**THANKS EVERYONE AND WE HOPE TO SEE YOU THERE XX**





### Spring Events

Below are some lovely Spring events that you might like to attend are being held at various local venues. Please do take a look and call the below numbers for more details. Thank you.

# St Anne's Church Copp St Peter's Church Inskip



**Spring Into Life**  
**March 2023**

**With Special Guests Bishop Tony & Lucille Porter**

- |                                 |   |
|---------------------------------|---|
| <b>Friday 24<sup>th</sup></b>   | <b>Coffee Morning at YIPs Centre Inskip from 10am to Midday</b>   |
| <b>Friday 24<sup>th</sup></b>   | <b>Cheese and Wine &amp; Fun Quiz at Gt Eccleston Cricket Club starting at 7.30pm ~ Tickets £5 per person</b>                               |
| <b>Saturday 25<sup>th</sup></b> | <b>Sports Breakfast at Saswick House Elswick from 9.30 to 11.15am (Bishop Tony was chaplain to Manchester City) ~ Tickets £7 per person</b> |
| <b>Saturday 25<sup>th</sup></b> | <b>Children's Easter Craft Afternoon at Gt Eccleston Village 2 to 4pm ~ Free but Ticket required</b>  |
| <b>Sunday 26<sup>th</sup></b>   | <b>10.30am Morning Service at St Peter's Church followed by Tea, Coffee and Cake</b>  |
| <b>Sunday 26<sup>th</sup></b>   | <b>4pm Songs Of Praise at St Anne's Copp followed by Afternoon Tea</b>  |

**For more details and tickets please contact**

**Allison: 07879 467877 or Linda: 07846 008457**

**Rick: 01772 690016 or Paul 01772 690157**

## Dates for the diary:-

Monday 20th—Friday 31st March	Daily Swimming Lessons at School
Tuesday 21st March	Friends Meeting
Thursday 30th March	Friends Non-Uniform Day
Thursday 30th March	Friends Easter Fun Event
Friday 31st March	School Closes for Easter
Monday 17th April	Primary School Offers Confirmed
Monday 17th April	School Reopens
Tuesday 25th April	Bags2School collected at 9am

## This Week's Clubs:-

MONDAY 20th	8:00am Breakfast Club 3.30pm Sports Club with Corey
TUESDAY 21st	8:00am Breakfast Club 3.30pm Tennis with Simon
WEDNESDAY 22nd	8:00am Breakfast Club 3.30pm Forest School with Claire
THURSDAY 23rd	8:00am Breakfast Club 3.30pm Basketball with Fleetwood Town
FRIDAY 24th	8:00am Breakfast Club 3.30pm Football Club with Corey



**Birthdays this week:**

**Ethan on 20th March**

**Alfie on 21st March**

### Library Van Visit

Unfortunately the library van was unable to come to school last Friday. Our next school visit is **Friday 21st April**.

**LOVE**  
the **LIBRARY**

### Spring Forward

Don't forget to set your clocks **forward** this **Sunday**.

