



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

25.11.22

#5

Dear Parents and Carers,

Where have the past few weeks gone? It only feels like yesterday that I was writing the first newsletter and welcoming everybody back. Much has happened since the last newsletter and so there is lots to share.

Thank you to those that booked a Parents' Evening consultation in Autumn Term 1, I hope the discussions were useful and gave you an insight into your child's progress and attainment so far this year. Autumn Term reports will be sent out to parents of pupils in KS1 & KS2 at the end of the term and Key stage 1 & 2 parents and carers are invited into school on **December 15th for our Curriculum Celebration Afternoon.**

On Friday 21st October we celebrated the feast of our school's patron saint, St Ursula. During that week the children were reminded of the story of Saint Ursula. Saint Ursula was not afraid to stand up for her faith. She shared her faith with others and encouraged other young people to follow a Christian life. For that reason we look to her when we are feeling lost as we know St Ursula will lead us in the way of Christ. Children were reminded that St Ursula was an intelligent, outgoing and friendly girl. She was deeply spiritual and at an early age had dedicated herself to God.

On this feast day we not only celebrated the feast day of our Patron Saint, St Ursula, but also the commissioning of our new Pupil Chaplains. At the start of the year, Miss Gilligan (RE Lead) offered our Year 6 pupils the opportunity to apply for the role of Pupil Chaplain. Twenty three Pupils applied!

Myself and Miss Gilligan had the pleasure of reading all the applications, and after being short listed the children were invited for a formal interview. Our 23 applicants were asked about their faith and how they could enhance the faith of our school. It was a privilege hearing all of our Year 6 applicants reflect on how their faith has affected their lives.

Congratulation to our 2022-2023 Pupil Chaplains who were commissioned in front of the entire St Ursula's family.

Mr Ashburn.



PARENT WORKSHOPS

Thank you to those who attended the EYFS & Key Stage 1 phonics workshops led by Mrs Stone. During these workshops Mrs Stone spoke about the Read Write Inc. scheme that is used at St. Ursula's Catholic Primary School and explained how parents and carers can support their children with their phonics development at home. Resources were shared and parents were given the opportunity to watch a live phonics lesson led by Mrs Stone.

MRS KENT— DEPUTY SENDCO



At St Ursula's we now have a new Deputy SENDCo (Mrs Kent) in addition to our SENDCo (Mrs Butler). Many of our families have worked closely with Mrs Butler over the years and I wanted to make you aware that Mrs Kent is now part of the SEND team and will be part of the ongoing support we provide. Mrs Kent will be working in collaboration with Mrs Butler to develop and oversee the school's support for SEND pupils. Both Mrs Butler and Mrs Kent are here to provide advice and guidance on supporting pupils with SEN, so please do not hesitate to contact them if you would like to discuss our SEND support further.

Attendance TOP FIVE

1	St Jude's	99.58%
2	St Paul's	99.58%
3	St Martin's	99.57%
4	St Anne's	98.75%
5	St Matthew's	98.33%
5	St Luke's	98.33%

BREAKFAST CLUB

The Breakfast Club is open. To book a place for your child/ren please use our Schoolcomms booking system. If you require any help or guidance with this booking system, please contact the School Office on 01708 345200.

WITH God
AT THE
heart
OF OUR
St Ursula's
family
WE WELCOME
ALL AS WE
learn
AND GROW
TOGETHER

CELEBRATING OUR SCHOOL VALUES

The core values of our school focus on high expectations for all learners, developing skills for life, encouraging good self-esteem and developing a set of core moral values based upon the teachings of Jesus Christ. These values are core to every part of our lives and are reflected in the way that we treat each other, the way that we look for every day opportunities to help those in need and in the example that we demonstrate to all those we meet.

This Half-term, we will be introducing our brand new "School Value Awards" that will be given during our weekly achievement assemblies. There is an award for each of our 5 values:

- Faith
- Respect
- Kindness
- Honesty
- Resilience

These 5 trophies will be awarded to 5 different pupils, who have lived out our Gospel Values. These trophies will be taken back to class and displayed on our prayer tables.



CULTURAL DIVERSITY WEEK

As part of our Cultural Diversity Week here at St Ursula's, our Year 6 pupils transformed their 2 classrooms into international food markets with children selling food and drinks from a country they had chosen to research as part of their CLC topic. During this day, classes from Year 2 to Year 5 were invited to visit the international food markets to purchase treats and take part in games and raffles. This day was a HUGE success and it was wonderful to see members of our school community celebrating diversity.

In addition to the wonderful food, Year 1 to 4 took part in a Spanish workshop, where the Spanish language was brought alive through singing, dancing, games and performances.



Saint Francis Hospice
Caring for you



GO ORANGE

Today our pupils and staff came into school wearing orange in support of Saint Francis Hospice. We would like to thank you for fundraising for this worthy cause. Your donations will help their patients and families. If you forgot to send in your 50p donation, please do so on Monday.

GOODBYE MRS BELL

After 15 years of Service Mrs Bell will be saying farewell to St Ursula's Catholic Primary School. During her time at St Ursula's, Mrs Bell has had a considerable impact on the whole school community, in particular our pupils and their families. I'm sure you will all join me in thanking Mrs Bell for her contribution to our school and wishing her well with the future.

CHILD AND FAMILY COUNSELLING SERVICES

Parents are now able to access direct support for their child by referring them to Brentwood Catholic Children's Society's Child and Family Counselling Services. A team of highly experienced Counsellors, Specialist Child and Adolescent Counsellors and Play Therapists are available within the counselling teams. They offer support to children, young people and parents through talking, play and art therapy. They provide therapy to children, young people and families and support many different issues such as:

Anxiety - Bereavement - Parental separation and family issues or conflict - Bullying - Self harm - Identity

If you are worried about your child and would like to talk to the Child and Family Counselling Services, please either email Catherine at cmunns@bccs.org.uk or call on 07792 732206 and they will be happy to help.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.



National
Online
Safety®

#WakeUpWednesday