



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

19.01.24

#15

Dear Parents and Carers,

I wanted to use this week's newsletter to share the extracurricular activities that we have on offer at St Ursula's Catholic Primary School. We are endeavouring to provide beyond what is expected, to ensure that our pupils have access to a wide and rich set of experiences which develop their range of talents and interests.

Club	Provider	Day (15:15-16:15/30)
Athletics Club KS1 & KS2	Super Star Sports	Monday
Fun Football (KS1 Only)	Super Star Sports	Tuesday
Gymnastics (KS1 Only)	Super Star Sports	Wednesday
Chess Club KS2	(St Ursula's)	Wednesday
Spanish Club (KS1 & KS2)	Lingotot	Wednesday
Fun Football (KS2 Only)	Super Star Sports	Thursday
Pokémon Club KS2	St Ursula's	Thursday
Basketball (KS2 Only)	Super Star Sports	Friday

Booking details

Super Star Sports	www.superstarsportessex.org
Lingotot	https://www.lingotot.com/centre/south-havering Enter SIBS465 for 10% discount
St Ursula's	01708 345200

To find out more information about our clubs and to see our other clubs that take place during curriculum time, please use the following link: <https://stursulascatholicprimary.co.uk/activities>

PARKING

The School prides itself in being a positive addition to the local community. Considerate parking goes a long way to positively promoting the school. We would hope for parents and guardians to support the School in maintaining a good relationship with our neighbours.

Therefore, again I urge all parents and carers to think about where you park, how you park and your conduct outside our school gates. As a school, we have requested daily patrols by parking wardens, regular visits from the parking patrol car and for special constables to be more visible at drop-off and collection times; however, we have been advised that more action will only be taken if people are regularly reporting illegal parking near the school, through the Havering website:

https://www.havering.gov.uk/info/20004/parking/121/parking_tickets_and_traffic_fines/8

ROAD SAFETY

It has been reported that some of our parents are encouraging their children to exit their car whilst waiting at a red light, whilst others are choosing to not use the pedestrian crossing but rather walk/run with their children in front of moving traffic. Both are extremely dangerous and as a school we have a duty to report concerns about pupil safety. Therefore, we ask those few parents to release their children whilst safely parked and to use the pedestrian crossing. Should you ignore this advice, the school will have no other option but to report this safeguarding issue to the appropriate authorities.

Attendance TOP FOUR

1	St Helen's	100%
2	St Teresa's	99.05%
3	St Paul's	98.90%
4	St John's	97.54%
4	St Anne's	97.54%

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.

SCHOOL UNIFORM SHOP

The School Uniform shop will be visiting on Wednesday 7th February 2024.

The shop will be open from 3:30pm and will be located in the Key Stage 2 building, as before. You will be able to access the shop via the Key Stage 2 playground.

CHILDREN'S RIGHTS'

Today's newsletter shared some of the many clubs we offer to our pupils. These clubs play a part in the rights of our children, such as Article 15 - **Freedom of Association**. Every child has the right to meet with other children and to join groups and organisations, as long as this does not stop other people from enjoying their rights. Article 15 is about the right of association which is having the opportunity to gather with others for different purposes.



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.

At St Ursula's we have our School Value trophies that are given out during our weekly Achievement Assembly.

There is an award for each of our 5 values:

Faith
Respect
Kindness
Honesty
Resilience



These trophies are awarded to different pupils from Reception to Year 6, who have lived out our Gospel Values. These trophies are taken back to class and displayed on our classroom prayer tables.

THIS WEEK'S WINNERS – CONGRATULATIONS!

Faith: Arianna (Year 1)

Faith: Bella (Year 4)

Respect: Zainab (Year 2)

Respect: Emmanuel (Year 5)

Kindness: Aurora (Reception)

Kindness: Chloe (Year 6)

Honesty: Harriet (Year 1)

Honesty: Claircis (Year 3)

Resilience: Daniel (Year 2)

Resilience: Ethan (Year 4)

“There is a great need in our days for people who know how to make a courageous testimony of the moral values taught by the Gospel.” Pope Francis

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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

NOS National Online Safety
#WakeUpWednesday