



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

26.01.24

#16

Dear Parents and Carers,

Your role at St Ursula's adds enormous value to our children's learning opportunities and experiences and I am always extremely grateful for the support you provide the school.

I want our school to be open and welcoming to all who would like to support us and so we are continuing to develop ways in which we can engage with parents and carers. This week alone St Ursula's hosted the Love Food, Hate Waste workshop and our monthly Parent Coffee Morning.

If you want to be more involved, the greatest way to do this is through our PTA. On Wednesday 24th January, a survey was sent to all parents regarding future PTA events. We have already received 85 responses - the more we receive the better informed our actions will be. The responses so far have given us a very clear view of what events parents and pupils want to see at St Ursula's. Please use the following link to complete the survey: [Click Here](#)

As many of you are working parents or have caring responsibilities, we appreciate the pressures of family and work and so we value any amount of time parents can spare us. With the events we host we hope to strike a happy balance between home, work and PTA life – but with more volunteers on board it will definitely help to share the load!

There are other ways that you can be involved that don't require you to be part of the PTA, such as:

- Celebrating Whole school and Year Group Mass at St Dominic's;
- Attending Monthly Coffee Mornings – biscuits included!
- Attending Termly Celebration Afternoons to look at the work completed by your children;
- Attending Year Group Assemblies/productions;
- Attending Parent and Pupil Workshops.

In the summer I offered parents/carers the chance to volunteer and accompany our staff and children on school trips—this offer remains open. You will be responsible for a small group of children, but you will always be supported by school staff. As a volunteer there will be necessary safeguarding checks as required by the London Borough of Havering's policy in the form of a DBS, but the school will apply and pay for these and once received you will be able to attend a trip.

We would love to have your help so if you would like to be a school trip volunteer, please request a Volunteer Letter from the School Office.



Attendance TOP FIVE

1	St Margaret's	100%
2	St Thomas'	99.52%
3	St John's	99.51%
4	St Anne's	98.52%
5	St Jude's	98.10%

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.

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: Samuel (Year 2)

Faith: Samuel (Year 5)

Respect: Edgar (Reception)

Respect: Justin (Year 6)

Kindness: Tia (Year 1)

Kindness: Aiyannah (Year 3)

Honesty: Dylan (Year 2)

Honesty: Emihle (Year 4)

Resilience: Teddy (Reception)

Resilience: David (Year 5)

“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

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday