



Dear Parents and Carers,

I would like to use this week's newsletter to highlight the School's growing concerns regarding parking and road safety outside St Ursula's Catholic Primary School. The majority of parents and carers are considerate in their actions, and we thank them for this. However, a significant minority give cause for concern.

ILLEGAL & DANGEROUS PARKING

For those parents who have come to speak to myself or a member of staff over time about different parking issues, we would like to assure you that we are trying to take action. St Ursula's Catholic Primary school has no jurisdiction over parking outside the school gates; however, we are continuing to work to improve the situation through raising awareness and requesting support from the appropriate authorities.

Recently I raised my concerns with the Local Authority as to the lack of support the school was receiving on this matter – I have now been informed that my concerns have been escalated and I now hope that what has been offered/promised from those who do have jurisdiction, will start to have the desired effect. I was pleased to hear that the Police were present this week to support us. Thank you to those parents who took the time to share their concerns with them.

Once again we have been advised that more action will be taken if people are regularly reporting illegal parking on the Havering website. Parking enforcement will only become more present if people are reporting. We have shared the link below on several occasions and it can also be found on our school website.

<https://www.havering.gov.uk/info/20004/parking/121/parking tickets and traffic fines/8>

CHILD SAFETY BEFORE CONVENIENCE

We have had several reports of pupils being encouraged to exit vehicles at red lights and when sitting in traffic. In addition to this ,we also have parents and carers who are running through traffic with their children, instead of using the pedestrian crossing.

We work incredibly hard to teach our children about the importance of road safety and this work is undone when parents are openly encouraging pupils to do the things we are teaching them not to do.

As a school we have a duty of care for our pupils and although these actions are taking place outside the school grounds we still have a duty to report concerns when children are put in harms way. Having spoken the London Borough of Havering Safeguarding team, I want to inform and remind our community that encouraging children to exit a vehicle in a dangerous position or encouraging them to run through traffic are acts of neglect and therefore will be reported by the school.

The School prides itself in being a positive addition to the local community. Considerate parking and behaviour goes a long way to positively promoting the school. We ask for parents and guardians to support the School in maintaining a good relationship with our neighbours but also to help keep our school community safe. I am hoping that this week's newsletter will make good what could become a really sad situation for all.

As already stated, we would like to stress that the majority of parents and carers are considerate in their actions, and we thank you for this.

Attendance TOP FIVE

1	St Paul's	100%
2	St Catherine's	98.21%
3	St Jude's	97.92%
4	St Margaret's & St Philomena's	97.50%
5	St Edmund's	97.41%

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: Divine (Year 1)

Faith: Joshwin (Year 3)

Respect: Sia (Year 2)

Respect: Seyi (Year 4)

Kindness: Evelyn (Reception)

Kindness: Kierra (Year 5)

Honesty: Cairo (Year 1)

Honesty: Luna (Year 6)

Resilience: Jeremiah (Year 2)

Resilience: Boris (Year 3)

“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

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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