



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

15.9.23

Dear Parents and Carers,

It has been a very positive start to the School Year and our pupils have settled back into the busy routine of the school week. This week was 'Positive Relationships Week'. As part of this week's focus, Mrs Claydon spoke to our pupils about sharing worries and concerns and during our Monday Gospel Assembly she discussed our school Worry Monsters.



We have had Worry Monsters in our classrooms for 2 years now and they have played a big role in supporting our pupils to share things that are making them feel worried, anxious or nervous. Our Worry Monsters have particularly helped our children who find it easier to write/draw what they are feeling rather than speak face to face with an adult.

At St Ursula's Catholic Primary School, we are committed to safeguarding children and young people and we expect everyone who works in our school to share this commitment. Adults in our school take all welfare concerns seriously and will continue to encourage our children to talk to us about anything that worries them.

WHO IS OUR SAFEGUARDING TEAM?

Designated Safeguarding Lead



Mr Ashburn
Headteacher

Deputy Designated Safeguarding Lead



Mrs Butler
Head of EYFS/KS1 & SENDCo

Deputy Designated Safeguarding Lead



Mrs Claydon
Head of KS2 & Attendance Officer

Safeguarding Officer



Mrs Walsh
Home-School Support Worker & Attendance

Safeguarding Officer



Mrs Whittet
UNICEF Rights Respecting Lead

Safeguarding Officer



Mrs Marshall
Computing and Online Safety Lead

Attendance TOP FIVE

1	St Margaret's	99.26%
2	St John's	98.89%
3	St Martin's	98.52%
4	St Paul's	98.41%
5	St Edmund's	98.15%

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.

SAFEGUARDING TEAM MESSAGE:

All parents will want the school to ensure the safety of all of our children. This is a statutory and moral responsibility and the school works hard, together with parents, to meet these responsibilities.

Our safeguarding procedures follow best practice guidance and our safeguarding policy can be found on our website.

We would like to remind parents and carers that **the law states that parents must not use physical chastisement that causes a mark, use an implement or includes a prolonged stress position.** If any parent would like to discuss any concerns they have about managing behaviour at home, please contact the school and we will arrange for a confidential conversation to explore possible strategies.

Schools have a statutory responsibility under section 175 of the Education Act 2002 to safeguard and promote the welfare of children both in and out of school.

14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.

1. BE POSITIVE

Post about things that make you happy and that you're thankful for. It could brighten up someone else's day.

2. OFFER TO HELP

Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.

3. SHOW APPRECIATION TO OTHERS

If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.

5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.

7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.

13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.

14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

