



St Ursula's Catholic Primary School

HEADTEACHER'S NEWSLETTER

#6

13.10.23

Dear Parents and Carers,

This week we celebrated 'World Mental Health Week' and today pupils attended school wearing 'comfy clothes'. The aim of this week was to raise awareness of mental health, challenge stigmas and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'. It was wonderful to see everyone get involved!

The money raised this week will go towards funding professional wellbeing support for our pupils at St Ursula's and a donation will be made to Winston's Wish, a childhood bereavement charity. Mrs Clark's letter to parents and Carers provided a useful resource to support parents in openly talking with their children about mental health. Paediatrician Dr. Hina Talib shares some very useful tips in a 2 minute video. Watch on the link below:

<https://www.unicef.org/parenting/health/how-to-talk-to-kids-mental-health>

We are very fortunate at St Ursula's to have a dedicated Wellbeing team who not only support pupils but also our staff and parents. Led by Mrs Clark, this team have ensured that wellbeing is a key strand in the School's vision.

Meet the Wellbeing Team



Mrs Clark



Mrs Walsh



Miss Gilligan



Mrs Whittet



Mr Birbeck

A VISIT FROM CAFOD



I'm pleased to announce that we donated over 577 items of food to the Harold Hill Foodbank – this tied in perfectly with a visit by Margaret from Cafod. Margaret's assembly spoke about 2 of the 7 Catholic social teaching principles 'Human Dignity' and 'The option for the poor'. Pupils explored how their faith calls them to love God and their neighbour and in following in the footsteps of Christ, they can bring justice, love and the peace of God. As we look ahead to the rest of the academic year, our newly appointed Pupil Chaplains will be choosing ways to go forth and follow God's mission in their everyday lives.

Attendance TOP THREE

1	St Paul's	100%
2	St Anne's	100%
3	St Philomena's	99.17%
3	St Jude's	99.17%
3	St Edmund's	99.17%

MAJOR WORKS @ ST URSULAS

Over the next few months you will notice that building works are being completed at St Ursula's. This is part of our development works to improve site security. New fencing and gates are being installed and internal doors replaced. This will mean our usual morning and end-of-day procedures may look different due to access restrictions. We will notify parents/carers in advance of any changes.

CHILDRENS' RIGHTS

This week we continued focusing on article Article 2: Non-Discrimination: Every child has access to their rights no matter their colour, the language they speak or the religion they follow. In the Reception and KS1 Achievement assembly the children explored the achievements of Simone Biles— the most decorated American gymnast



PHONICS 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.

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: Raphael (Year 2)

Faith: Charles (Year 4)

Respect: Katie-Jo (Reception)

Respect: Esther (Year 5)

Kindness: Rishan (Year 1)

Kindness: Jesse (Year 6)

Honesty: Mariam (Year 2)

Honesty: Gerrard (Year 3)

Resilience: Kacey (Reception)

Resilience: Arthur (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

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

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 of Education, advising them on their mental health green paper.



HELPFUL APPS:

- Hub of Hope - <https://hubofhope.co.uk/>
- Mindshift
- Smiling Mind

SOURCES OF HELP:

- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspg.org.uk/uploads/assets/upload-ed/62be270a-a5f4-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>