



St Peter's  
Catholic  
Primary  
School

NEWSLETTER— FRIDAY  
20TH DECEMBER 2024

‘JESUS IS AT THE HEART  
OF ALL THAT WE DO’



St Peter's  
Catholic  
Primary  
School



Dear Parent/Carer

O my goodness we have had a wonderfully exhausting couple of weeks here at St Peter's, nativities galore, and panto, discos, Christmas Fair, Advent Service and much much more. It has been so special and the children have been brilliant. Thank you too for all your support baking cakes, buying raffle tickets and attending the various events. Our children really do know the true meaning of Christmas, whilst also being really excited about what might be under the tree on Christmas morning.

I am sorry to have to share some very sad news with our school community; Patrick, our recently retired site supervisor, who many of you will remember sadly passed away last week after a short illness. Patrick very quickly became part of our school family and was a pleasure to work with. He loved his family dearly and we send them our love and prayers at this very sad time.

Thank you for all your cards, gifts and good wishes, they are never expected but very much appreciated.

I hope your homes are filled with the joy of Christ's birth, peace, love and hope and may Christ's light guide you and His grace be with you throughout the coming year.

God Bless,  
Mrs G-R

**SCHOOL RE-OPENS MONDAY 6TH JANUARY 2025**

If you require any support over the Christmas break, please do not hesitate to contact Katy—  
[katy.s@st-peters-pri.lancs.sch.uk](mailto:katy.s@st-peters-pri.lancs.sch.uk)

Please follow the link below for the LCC SEND Winter Newsletter

<https://www.lancashire.gov.uk/media/958481/send-newsletter-winter-2024.pdf>

### Handy Links

[TERM DATES](#)

[CONTACT US](#)

[ARE YOU ELIGIBLE FOR FREE SCHOOL MEALS?](#)

[SCHOOL HOMEPAGE](#)

[FOREST SCHOOL](#)

[SCHOOL NURSING TEAM](#)

# SCHOOL LIFE

## School lunches

Please order via Scopay—first week back in January is

**Week 3**

**Menu [HERE](#)**



## ADMISSIONS

Apply for your child's primary school place via the link [HERE](#)

**Deadline Wednesday  
15th January 2025**

**SUPPLEMENTARY FORMS AVAILABLE FROM  
THE SCHOOL OFFICE OR VIA LINK HERE:**

**[https://www.st-peters-pri.lancs.sch.uk/  
admissions](https://www.st-peters-pri.lancs.sch.uk/admissions)**

## CLUBS

After school clubs will re-commence the second week back, from Mon 13th January with the exception of Jujitsu, which will start Thurs 9th January.

The Ark will be available to book on-line as normal from Mon 6th January.

Club info and booking forms will be sent out on our return in January.

## PE DAYS

REC	WEDS & FRI
Y1	MON & THURS
Y2	TUES & FRI
Y3	MON & WEDS
Y4	WEDS & THURS
Y5	WEDS & THURS
Y6	WEDS & THURS

## EVENTS & FUNDRAISING



Thank you to the P.T.F.A and parents that help hear readers and help us on school trips

You make all the difference to our school and we are so very grateful for your support!

**RECENT EVENTS HAVE RAISED THE FOLLOWING—  
THANK YOU TO EVERYONE!**

**CHRISTMAS RAFFLE—£1364.00**

**DISCO—£446.11**

**CHRISTMAS STALLS—£700**

**XMAS FOR SCHOOLS ART PROJECT—£142**

# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

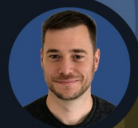
Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



The National College®

Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

## SEW, PAINT DESIGN, CREATE

The Sewing  
Institute

### CHRISTMAS ACTIVITIES;

LITTLE CREATIVES: 2-4PM

SATURDAY 21ST: CHRISTMAS CUSHION

SUNDAY 22ND: BEANIE HAT & SNOOD

MONDAY 23RD: STOCKING

'MINI MAKERS' CRAFTY CHRISTMAS PARTY: 10.30-12.15

SATURDAY 21ST OR SUNDAY 22ND OR MONDAY 23RD

CERAMICS PAINTING: 10.30-12 OR 12.30-2 OR 2.30-4

FRIDAY 27TH OR SATURDAY 28TH OR SUNDAY 29TH

### LITTLE CREATIVES (8 YEARS +)

£15

With over 10 years teaching experience we have got the perfect sessions for young sewers! Aimed specifically at 8-16 year olds... sessions have been designed to develop the following; Introducing children to the sewing machine,

- measuring & counting,
- cutting & following lines with precision,
- exploring different stitches
- Building confidence with the sewing machine
- Learning sewing terminology

### MINI MAKERS (4 YEARS +)

Keep your little ones away from screens, using their imagination & developing fine motor skills... Let them make a mess you don't have to clean up after!!! 'Mini makers' sessions are perfect sessions for our youngest creatives! Aimed specifically at 4-8 year olds... sessions have been designed to develop the following;

- fine motor skills,
- cutting & following lines,
- decision making,
- using imagination,
- exploring colour & tactile materials,



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