



NEWSLETTER

“A Christ-centred school with a child-centred curriculum through wisdom and love”

Telephone: 01798 872007

WB 12th October 2020

As we head into the last week before the half term break, I wanted to say thank you to you all for working with the school to ensure we deliver a school to be proud of even during a pandemic. We are pleased that, at the moment, we have not had to close any bubbles or any part of the school and so the children have been able to get back into their learning and make progress in their studies and be back with their peers. It isn't normal but it is normal enough to ensure that there is routine, structure and challenge for the children.

INSET Day – We have an Inset day on **Friday 23rd October**. The staff will be looking at Guided Reading and differentiation during the day. We will look forward to welcoming the children back on Monday 2nd November.

Forest Schools – This year there are some changes with Forest Schools. Unfortunately, Mrs Agate, and her company Green Caterpillar, have stopped Forest Schools due to COVID 19 and we are sorry that she has left us in such strange times. Mrs Agate has worked for the school, in a variety of roles, for a long time and we are truly thankful for all her hard work and the time and dedication she has given to the children at St Mary's and we will be saying goodbye in our way over the next few weeks. We are delighted though to be welcoming a new provider and we will give you more information in next week's newsletter once things have been finalised.

Staffing – We are welcoming Ms Darkin to our school team this term and Ms Darkin is running phonics groups for us across Year 2 and Year 3.

Vine Leaves – **Reg H (SL)** for resilience and courage as he has shown these skills in all that he has done.

Congratulations to **Spencer N (FR)** who got man of the match for his football - well done for giving 'above and beyond' in your sport.



Pupil Premium – Over the course of the pandemic many children have become Pupil Premium We are keen to know what challenges there are for these families to see if we could help and support. If your child is eligible for Pupil Premium then we will be sending you a questionnaire to find out more. Please return this to us as soon as possible. If you feel your child may be eligible then do contact the office who will signpost you to the relevant agency.

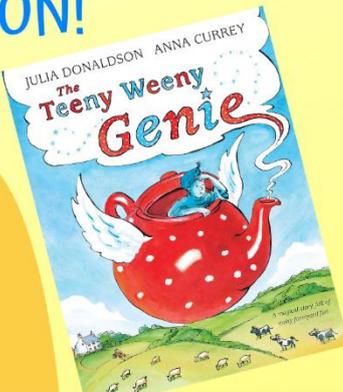
Early Birds - We will be starting Early Birds again **after the October half term with a prompt 8am start**, unfortunately if you arrive late you will not be able to attend the session and will have to wait for the staggered entry time for their class. If you wish to sign your child up then please contact the office.

Horsham District Council Target Games Event - It was the turn of Japan, China, USA and New Zealand classes to compete in a sporting competition here at St Mary's. The coaches from Horsham DC returned as the children competed in the Target Games event. They took part in a number of challenges across a range of sports such as Archery, Boccia and Golf and were enthusiastically taken up by the children despite the cold weather. There was lots of fun had by all of the children, another big thank you to the coaches from Horsham DC for organising such an exciting and engaging event. We look forward to welcoming them back on Monday when it will be the turn of India, Thailand and France classes.

Scarecrow competition – Thank you to all the children who took part in the virtual scarecrow competition. Well done to Rex W (Fra) and Ella W (Mex) who won the scarecrow competition and Rosie (Ind) sent us some photos of her with her scarecrow. Rosie (Ind) received a runner up prize with Hugo (Fra). Thank you for your efforts.



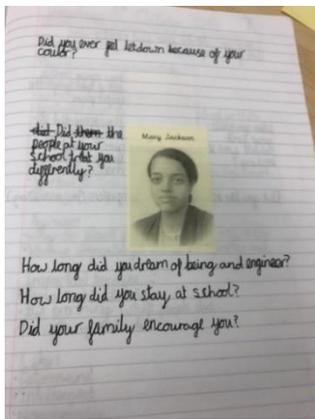
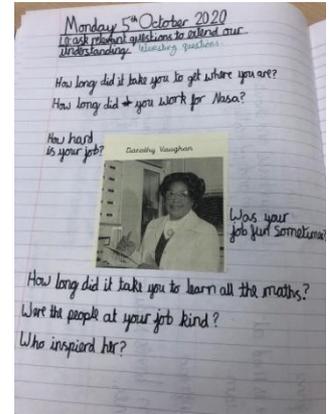
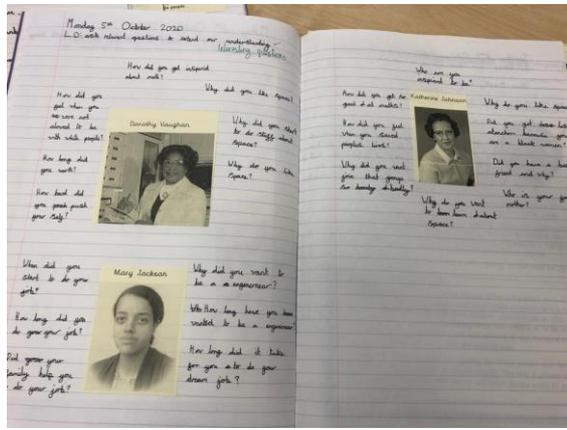
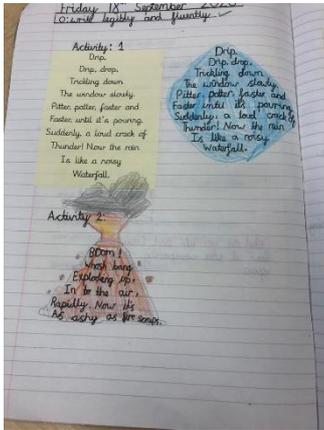
**Virtual Book Signing with
JULIA DONALDSON!**



Julia Donaldson will sign and dedicate all copies of her latest brilliant books 'The Hospital Dog' & 'Teeny Weeny Genie' purchased online via her local bookshop

www.steyningbookshop.co.uk - add dedication names in ORDER NOTES at checkout
The Steyning Bookshop, 106 High Street, Steyning TEL 01903 812062

Window to the classroom



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.

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.

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.

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.

HARMFUL ADVICE

FAKE NEWS

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.

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/menstrualregulationandbeing/20151520>, <https://www.ips.ac.uk/webdocs/assets/upload-ed/62bc270a-a55f-4719-a8668-2cc7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/2015059-warning-signs-mental-health-risk>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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How to nurture a child's mental health





**POMPEY
IN THE
COMMUNITY**

TO BOOK YOUR PLACE

Online: pompeyitc.co.uk

Phone: 02392728899

West Sussex October Half Term

Courses are open to boys and girls ages 5-12 year olds of age unless stated. The courses must be booked for in advance by visiting our website www.pompeyitc.co.uk or calling 02392728899. Lines are open 9am to 5pm Monday to Friday.

All children must wear shin pads and either trainers or football boots. Please bring a packed lunch and plenty to drink. Courses may be outside so please dress you child appropriately for the weather. For more information please contact us.

VENUE	TIMES	DATES	COST
Chichester College	10am-3pm	Monday 26th October	£16.00
Chichester College	10am-3pm	Tuesday 27th October	£16.00
Chanctonbury Leisure Centre	10am-3pm	Tuesday 27th October	£16.00
Chanctonbury Leisure Centre	10am-3pm	Wednesday 28th October	£16.00
Bognor Arena	10am-3pm	Thursday 29th October	£16.00
Bognor Arena	10am-3pm	Friday 30th October	£16.00

www.pompeyitc.co.uk

02392728899