



Newsletter

No. 9. 28th April 2023

Website: www.ourladys.devon.sch.uk

Twitter: @OurLadys_School

Telephone: 01271 345164

In Our Lady's Catholic Primary School we learn about God and try to follow his footsteps by showing care and respect for one another.

Dear Parents and Carers

Happy Friday to you all and welcome to the start of the Summer Term. We have a busy term ahead of us and so much to look forward to.

We are delighted to announce the relaunch of the PTFA with fresh faces and loads of new ideas. The PTFA is a working party of parents and staff members that are trying to raise funds to enable the children to have the best possible experience that they can during their time at Our Lady's. With the King's Coronation just around the corner, the school is planning a picnic celebration where parents/carers are invited to join us for lunch on Friday the 5th of May. The PTFA will be supporting the school by selling cream teas and running The King's Coronation/Pound for a Crown Competition.

We are extremely proud of our Year 6 children who are working hard to prepare for the upcoming SATS commencing week beginning the 9th of May. We would like to take this opportunity to thank our Year 6 parents for their support and to wish our Year 6 children Good Luck, they are amazing.

As you may have noticed there is work taking place onsite to improve the school. We are hoping that, in the next few weeks, we will start a significant project that will see a new Pre-School and EYFS area being developed where the existing Eagle and Kingfisher classes reside. This will also see an improvement to the school perimeter path and the rebuilding of the ramp at the rear of the school. Should there be any need to alter the access into classes whilst the work is carried out, then we will of course let you know in good time. The majority of the work will take place during the summer holidays.

Thank you for your continued support.

Mr Meech & Miss Wilby

PTFA News

It is with excitement that we welcome back the PTFA with fresh faces and loads of new ideas.

Our first meeting resulted in voting in a new committee where a new Chair, Secretary and treasurer were elected and have already started planning activities for the next coming weeks.

So, a little about ourselves. We are all parents of students at the school or staff members that are trying to raise funds to enable the children to have the best possible experience that they can during their school period with Our Lady's.

Our members so far are:

Co-Chairs – Syann Davies and Charlotte Scott

Secretary – Becky Naylor

Treasurer – Ashleigh Boreham

The rest of the team:

Lydia Cawsey, Natalia Martyn, Mrs Welland, Miss Hobson, Miss Knill, Mrs Tucker, Mrs Cohen, Mrs Jeffery (BBS)

We are actively looking for more members so if you are interested, please feel free to approach anyone above.

We are all excited for all the upcoming ideas that we have, please do not hesitate to talk to us if you have any ideas that can help benefit us all. Follow us on Facebook at: 'Our Ladys Catholic Primary School PTFA group'.

Thank you **Our Lady's School PTFA**



Barn-a-b's at Our Lady's

Welcome back everyone. We are looking forward to a new term, learning all about Kings, castles and the Coronation. We are thrilled about the new Parent, Teachers and Friends Association (PTFA) group, please ask us or any of the PTFA members, if you want to find out more.

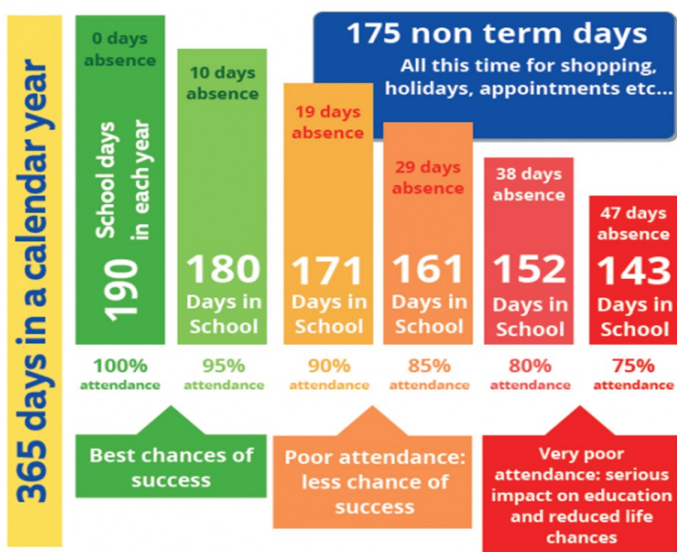
It is allergies awareness week. Please keep us updated with medical information about your child. We lock medications safely away in our cupboard. Don't forget we never give children sweets or chocolate for birthdays etc in Barnaby's, because of potential allergies, dietary requirements and oral hygiene and so on.

We have absolutely no spaces for sessions left in Barnaby's at the moment. We will have more space in September. Please email Mrs Silverlock at csilverlock@olcs.uk if you would like to be put on the waiting list to increase your hours in September.

We are delighted that everyone got their places in their chosen school this year. We will support all children with their next steps for their school journey.

Cathy Jeffery, Pre-School Nursery Manager

ABSENCE



Please don't let your child miss out on the education they deserve.

EVERY SCHOOL DAY COUNTS!

Relationship and Sex Education

Mrs Tucker is holding a Relationship and Sex Education parents evening, for children in Reception through to Year 6, on Wednesday 17th May at 3.30pm.

All are welcome to attend to see what we teach on this subject in our various classes.

School Dinners

Please be aware that after the Easter Holidays, school dinners will increase in cost to £2.41 per meal. A new menu for the summer term is on our website.

Headteacher's Awards

Well done to the following children who have all received Headteacher's Awards recently:-

Roisin, Gavin, Mason, Violet-Rose and Riley

Summer Term Dates

Mon 1st May	Bank Holiday—School closed
Tue 2nd May	Strike Day—Y2, 4 and 5 closed
Weds 3rd May	PTFA Crowns to be handed in
Weds 3rd May	Y2 Tarka Tennis Festival
Thu 4th May	Polling Day—Barn A Bs only closed
Fri 5th May	Kings Coronation Picnic
Mon 8th May	Kings Coronation—School closed
Tue 9th May	SATs Week for Swallow Class
Wed 17th May	RSE Parents Evening 3.30pm
Fri 19th May	Devon County Show Trip
Mon 29th May	Bank Holiday—School closed
Tue 30th May	Half Term Break
Mon 5th June	Non pupil day—school closed
Tues 6th June	Pupils return to school
Mon 12th June	Y6 Residential all week

Any future dates will be shared via parentpay.

Place2Be

We are delighted to announce Place2Be is our new in-school mental health support service.



Supporting
children's wellbeing
in your school.



With over 28 years' experience, Place2Be provides support in schools through one-to-one and group counselling using tried and tested methods backed by research. They also offer expert training and professional qualifications.

Our dedicated Place2Be mental health professional is Ms Sam Williams. Sam will work collectively with our pupils, families, and school staff to improve emotional wellbeing and help our school community to cope with challenging life issues.

Find out more about Place2Be at place2be.org.uk.

Baby and Toddler Group

Our Baby and Toddler Group on a Wednesday from 2pm until 3pm is going from strength to strength. Come along with your baby/toddler and enjoy a natter and a coffee. Free of charge.



Energy Drinks

Could parents please be vigilant about Prime Hydration and Prime Energy drinks. Prime Energy contains 200mg of caffeine. Monster in comparison is only around 86mg. Prime energy drinks do not state that it is not suitable for under 18 years old but are commonly sold in corner shops around the UK.



FOOTBALL HOLIDAY CLUB

TARKA LEISURE CENTRE, BARNSTAPLE
30 MAY - 2 JUNE
9AM - 4PM
GIRLS & BOYS 6 - 14 YEARS

ASTROTURF PITCH, BIDEFORD COLLEGE
1 - 2 JUNE
10AM - 3PM
GIRLS & BOYS 6 - 12 YEARS

NEW
MINI ROMAR'S CLUB
9AM - MIDDAY
FOR 4 - 6 YEAR OLDS
£15
FULL WEEK £50

BOOK ONLINE: www.romarsports.com

Book now for summer

The next newsletter will
go home on: Friday 12th
May 2023

Lenten Fundraising at Our Lady's Catholic Primary School

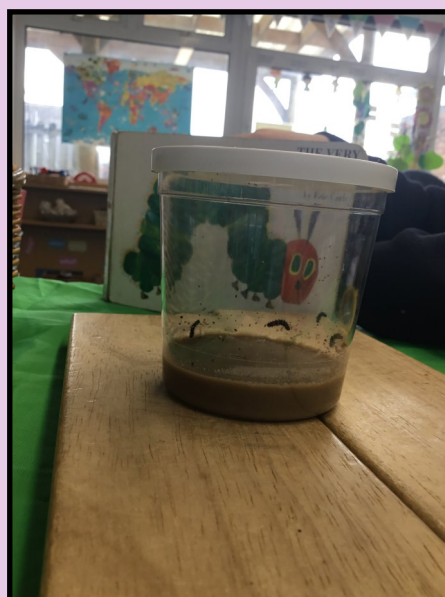
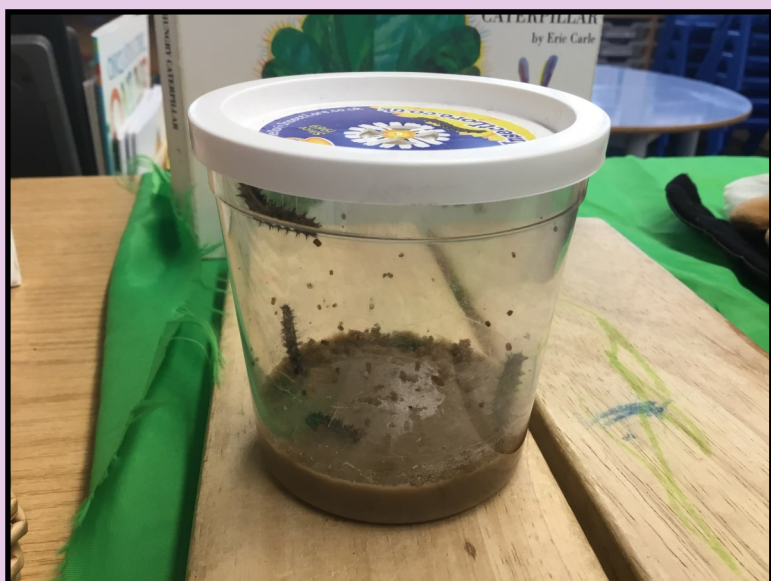
We participated in a lot of activities, both to raise awareness and funds for several charities. Here are a few photos from the following events:-

The Big Walk, Red Nose Day Cake Sale, North Devon Food Bank.



Robin's Class—Special Delivery

The Robins have had a special delivery through the post... 5 tiny baby caterpillars! We will watch closely how our caterpillars grow and change over the next few weeks, and we will hopefully have some beautiful butterflies to release before the half term break!





Castle Hill Creatives
present

CHC Art & Crafts Spring Fair

Saturday 13th May
10am - 4pm

Castle Hill Community Centre
Great Torrington EX38 8AA

Free entry, wheelchair access,
free parking from Midday
South Street car park

www.castlehillcreatives.co.uk





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THURSDAY 27 APRIL -
THURSDAY 25 MAY
1 PM - 3 PM
AMORY CENTRE,
SOUTH MOLTON
CALL 01237 472462 TO
ENROL





King's Coronation Celebration

Friday 5th May 12pm – 1.30pm

All Parents/Carers are welcome to attend.

👑 Come dressed fit for a Kings Garden Party – to take place in the school playground.

👑 Crown for £1.00 Competition – Blank crown to be purchased from school and decorated at home. Winner will be chosen from each class.

🍰 Cream Teas will be available for adults but must be preordered.

🍬 Sweetie bags available to buy on the day.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-task-big-answers/>
<https://www.onz.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-trends-and-wales/year-ending-march-2020>

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