



Newsletter

No. 8. 17th March 2023

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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.

It was great to see so many of you up at school this week to meet with your child's teacher to discuss their progress in school. If you didn't attend you will be contacted by the class teacher to arrange another time.

We are delighted to announce Place2Be is our new in-school mental health support service. 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 Samantha Williams. She 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. Sam will be working in school twice a week and will take up her role after the Easter holidays. More information on how the service will work will be shared shortly.

A polite request that if you require your child to be in the after-school club can you please let the office know in good time. Recently we have had requests after the end of the school day which makes it challenging for the office team to facilitate. Thank you.

After a period of in-activity, we are delighted to be re-launching the school PTFA. If you are interested in joining the PTFA and would like to know more then please come along to a meeting at school on Wednesday 29th March at 3.30pm.

Children have been busy celebrating Science Week, joining in experiments and celebrating famous scientists. We've also had some children complete an engineering project with our Science Leader.

Mr Meech & Miss Wilby

Spring Term Dates

Tue 21st Mar	Odd Socks day for Down Syndrome
Tue 21st Mar	Athletics Team at Sportshall Final
Wed 22nd Mar	Owl Class Swimming
Wed 29th Mar	Owl Class Swimming
Wed 29th Mar	PTFA Meeting 3.30pm
Thu 30th Mar	Lent Mass at Church 10am
Fri 31st Mar	Children's Chocolate Raffle
Fri 31st Mar	Last day of Spring Term
Mon 3rd Apr	Easter Holiday
Sun 16th Apr	Primary School places for Sept 2023 allocated.
Mon 17th Apr	Children return to school
Wed 19th Apr	Owl Class Swimming
Mon 1st May	Bank Holiday—School closed
Thu 4th May	Polling Day—Barn A Bs only closed
Mon 8th May	Kings Coronation—School closed
Tue 9th May	SATs Week for Swallow Class

Any future dates will be shared via parentpay.

The next newsletter will go home on: Friday 31st March 2023



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

Happy Mothers Day, we hope you enjoy your flowers!

Please don't forget that you will need to renew your 30 hours funding code for the Summer Term. Unfortunately for those of you that become entitled to your 15 hours or 30 hours funding we do not currently have any spaces left in Barn A B's but if you would like to request your ideal sessions we can arrange to put you on a waiting list. More spaces will become available in September when our older children move on to school.

There are still a lot of winter bugs around, please be vigilant with coughs and colds and only send your child to pre-school if they are well enough to be there. Just a reminder that if your child has vomited or has diarrhoea they will need to remain at home for 48 hours to stop any bugs from spreading.

Thank you for your continued support.

Cathy Jeffery, Pre-School Nursery Manager

School Dinners

Please be aware that after the Easter Holidays, school dinners will increase in cost to £2.45 per meal. A new menu for the summer term will be sent home shortly.

Headteacher's Awards

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

Willow, Jenson, Immanuel, Dylan, Nancy, Joel and Jackson.

Parent Autism Workshop Opportunities

The 'Autism & Us' programme and themed workshops delivered this academic year will once again be offered during the Spring term for parents/carers of Devon primary and secondary school children, pre or post diagnosis.

These workshops are for Children & Young People who are currently on the autism assessment pathway or who have received an autism diagnosis. Attending the 'Autism & Us' parent programme gives you an opportunity to develop your understanding of autism and look at practical solutions to managing and supporting your child's presenting needs.

Full programme details and application process below:

- Understanding and supporting Behaviour— Prog 2 Mon 20th Mar 10am-12noon
- Sensory—Prog 1 Weds 8th Feb 4.30pm-6.30pm Prog 2—Mon 27th Mar 10am-12noon

Topic based workshops:

The following topic based workshops, are also available for parents/carers of CYP (Children & Young People) who are currently on the autism assessment pathway, in addition to families of CYP who have received an autism diagnosis. You can choose from these based on the relevance to you and your family.

- Autism – Vulnerability + online safety - Thurs 23 Mar 10am - 12noon
- Autism – Communication (pre/non verbal – support strategies - Tues 28 Mar 10am - 12noon

To secure a place on any of the above programmes, please apply direct by email to: educationlearnersupport@devon.gov.uk

Chivenor Soccer School Holiday Camp



Easter Fun Football...

Tuesday 4th & 11th

April 2023

9:00am - 2:00pm

Pilton 3G



Price from

£20

Boys & Girls - 5-12 Years old

£20 Chivenor Players & £22.50 Non Chivenor Players

Join us for the return of our football fun day



Contact us to book now via



**Chivenor Soccer School
Development Centre**



chivenorsoccerschool@gmail.com

Use the QR Code to complete booking form —————>



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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#WakeUpWednesday

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