



Newsletter

No. 7. 3rd February 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

I would like to express my gratitude for the work and dedication Miss Lancey has given to the Breakfast and After-School Club over many years. Today is her last day in this role but I am delighted she is continuing to work in Barn-a-bes. I would like to welcome Mrs O'Sullivan and Miss Welland to the after-school club team.

Over the last few weeks I have had the opportunity to visit classes and see how hard the children are working and the progress they are making. You will have the opportunity to discuss how well your child is doing at the next parent evenings which are scheduled for the week beginning 13th March. Letters will be sent out after the half-term.

A big congratulations to the girls football team who came second in their competition last week and qualified for the North Devon Finals. We are so very proud of you. Also my congratulations go out to the netball teams who played yesterday, Inferno came 2nd and Blaze were undefeated in the group stage. It is great that we have these sporting opportunities for our children and would like to thank Tia James and Jemma Sloman from Primary Sports for supporting the children.

The Chaplains continue to work hard to support the Catholic life of the school. As part of our lenten work they have organised a crazy hair day on Friday 10th February to raise money for CAFOD. It will be £1 to take part.

Finally a reminder that the school closed for half-term from after school on Friday 10th February and will reopen on Tuesday 21st February.

We hope you have a lovely half term break. Many thanks for your continued support.

Mr Meech & Miss Wilby

Spring Term Dates

Wed 8th Feb	Eagle Class Swimming
Thu 9th Feb	Last Dodgeball After School Y3 & Y4
Fri 10th Feb	Crazy Hair Day—£1 for CAFOD
Fri 10th Feb	Last day of Half Term
Mon 13th Feb	Half Term Holiday
Mon 20th Feb	Non Pupil Day—School closed
Wed 22nd Feb	Eagle Class Last Swimming
Tue 21st Feb	Children return to school
Fri 3rd Mar	World Book Day
Thu 9th Mar	Swallow Class Parents SATs Meeting
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
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 24th February 2023



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

Just a gentle reminder that it would be great if you can please make sure we have enough spare clothes for your child. We have no spares left. We are particularly short of trousers and socks. We are unable to keep buying new supplies. It is parents responsibility to make sure your child has everything they need. Each day children need a drink (water is the healthiest option). Each day they need a piece of fruit for snack. They need a change of clothes; top, pants, socks, trousers. They need an appropriate coat.

You can order a school dinner if your child is in all day (9am-3pm), not half a day. School dinners are £1.55 for Barn A Bs children.

Lunchboxes need to be healthy enough to provide your child with energy for the day. We do not allow sweets or chocolate to be eaten during the school day and we will send these items home. It is very easy for children to go over their daily sugar allowance (19g around 2 tablespoons). For this reason we do not have birthday cakes on birthdays. We celebrate together with special fruit, melon/grapes/ strawberries.

Cathy Jeffery, Pre-School Nursery Manager

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:

- Communication— Prog 2—Mon 13th Mar 10am-12noon
- 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 – Demand avoidance + PDA - Tues 23 Feb 10am - 12noon
- Autism – Communication (verbal – support strategies) - Tues 2 Mar 10am-12noon
- Autism – Managing stress + anxiety - Tues 14 Mar 10am - 12noon
- 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

Tarka Leisure Centre

Free Tennis lesson open day. Saturday 4th February 2023

Children 4-16 years 12noon -1pm

Adults 1pm—2pm

Come on down and help us celebrate our 20th anniversary.

LeisureCentre.com



Pro-Active Parenting

We are delighted to be able to offer parents the opportunity to attend some parenting support sessions. Dates and times to be confirmed for the Spring Term. These will be run by an experienced practitioner, Sarah Watts, who has previously run the Patchwork Parenting group.

We are able to provide two, half day, group sessions, based on a specific theme that is helpful for you.

There are a range of themes that can be covered:

- wellbeing of the parent/carer
- needs/wants and routines
- effective communication and praise
- boundary setting and responsibility
- behaviour we don't like and consequences
- anxiety and attachment
- bereavement and loss
- technology and the family

If you would like to attend any of these sessions, please contact Mrs Silverlock by emailing csilverlock@olcs.uk, stating which themes you are interested in.

ROMAR SPORTS FOOTBALL HOLIDAY CLUB

16 & 17 FEB
Bideford College AstroTurf
10am - 3pm

Girls & boys aged 5 - 14 years



£15 PER DAY / £25 BOTH DAYS

Bideford College, AstroTurf Pitch
Abbotsham Road
Bideford, EX39 3AR

BOOK ONLINE: www.romarsports.com

Half Term Netball Camp



Carol Anne Netball Club

Website: <https://carolannenetballclub.co.uk>

Tuesday 14th February 2023 10-12pm at The Park School for U9s in Year 3/4 Suitable for new and experienced players

A fun filled session led by qualified Netball Coaches.

Email: carolannejuniors@gmail.com

Price as follows: £6.50 for non CA Netball Club members £5 for current CA Club members

Closing date: 7th Feb Please use the link below to book and for further details.

<https://forms.gle/KmGxUvdnYsQkJQ6u5>

School Website The class pages on the school website are being updated for the Spring Term. Please visit www.ourladays.devon.sch.uk.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



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