



# Newsletter

No. 14. 9th May 2025

Website: [www.ourladys.devon.sch.uk](http://www.ourladys.devon.sch.uk)

Facebook: Our Lady's Catholic Primary School, Barnstaple

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

Pope Leo XIV, formerly Cardinal Robert Prevost of Chicago, was elected on May 8, 2025. He has expressed a commitment to continuing the legacy of Pope Francis, focusing on social justice, inclusivity, and global peace.

As Catholics, we are encouraged to pray for our new Pope, asking for God's guidance and blessings upon his papacy

*Heavenly Father, we thank You for the election of Pope Leo XIV, the first American to serve as our Holy Father. We ask that You grant him wisdom, courage, and compassion as he leads Your Church. May his papacy be a beacon of unity, peace, and renewal. Bless him with strength and grace as he shepherds Your people. We offer this prayer through Jesus Christ, our Lord.*

Amen

What a wonderful week

it's been! We've had exciting outings, important commemorations, and continued great learning across all year groups. A big thank you to our Year 4 and Year 5 pupils for their excellent conduct during the VE Day celebrations at Rock Park – you made us proud.

It was great to see the other children in school dressed in red, white and blue!



The Robins Class had a fantastic time at Exmoor Zoo this week! The children loved seeing the lemurs, wallabies, and even the howling wolves. It was a brilliant day out full of excitement, learning, and a lot of animal facts. Thank you to all the adults who helped make the day so special.

Well done to all the pupils who took part in the indoor athletics competition at Kingsley School! Your teamwork, effort, and sportsmanship were outstanding. You represented our school brilliantly and had a great time competing in a variety of events.

Puffin Class took part in a brilliant tennis festival at Tarka Tennis Centre this week. They enjoyed learning new skills, playing friendly matches, and representing the school with pride. Great work, Puffins!

During last week's Prayer and Praise assembly, I had the privilege of giving out so many awards to the children for their achievements outside of school. It was great to share their success with the rest of the school. We had certificates for gymnastics, football, rugby, karate, swimming and dance amongst many more! Well done to everyone.

We're all cheering on the Swallow Class as they head into SATs next week. Remember to rest, eat well, and take your time – you've got this!

Wishing you all a wonderful weekend.

**Mr Meech, Executive Headteacher and Mrs Daunton, Head of School**



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

Thank you for adding sunscreen, it really helps us to get outside promptly. We have a lot of shade in the woods, but there are a few areas that are in full sun. We have sunhats, with flaps that protect the neck. Thank you for the sensible footwear choices. Trainers are the best support for feet down in the woods. Please label things such as hats, or light jackets, it helps us keep things with the right children. We are taking children's bottles down to the woods with us to encourage regular drinking. Also a reminder that we ask children not to have sweets or chocolate in their lunch boxes

We will be going to Caffyns Farm again in July. This will be on a Tuesday. If Tuesday is not your usual day, you are welcome to make your own way there and spend the day with us. More details will follow.

We will be having our "weather day" next Thursday. If you have an umbrella, please could you send your child in with it. We have ways of making it rain! We will be having fun exploring different types of weather.

Thank you for your support.

**Cathy, Jane, Liia, Lisa and Tracey**





## North Devon Primary Sports News



This half term we have been focusing on athletics. KS1 have been working on sprinting, long jump, bean bag throw, hop skip jump, hurdles and relays. The children have been practicing these events for sports day and been working on trying to run, throw and jump as fast/as far as they can. KS2 have been working the above however marking and scoring their results and trying to beat their personal bests. They have been working on techniques to help them improve in the events. Well done to all the children at Our Lady's for all your hard work in PE this half term.

We have had a busy half term taking part in a variety of sporting events. Here's what we have been up to:

Year 5/6 Football: The school entered a team for the year 5/6 Football at Tarka Astro. The children played some great Football and showed fantastic sportsmanship through out day well done to the Our Lady's Football team.

Year 2's took part in a Tennis festival at Tarka Tennis Centre. The children took part in lots of different tennis stations including racket skills, throwing and catching, best the teacher, relay races and hitting forehands and backhands over the net. All the children showed great perseverance, attitude, team work well done to all the year 2's

Year 5/6 Tag rugby team played some fantastic rugby at Barnstaple rugby club.

We took two teams to compete in this event. Our lady's Rhinos had a tough box however managed to win their box getting through to the next round. They then faced some tough matches coming 7th overall out of 20 teams. Well done to them. The Our Lady's sharks played some fantastic rugby coming 13th overall. Well done to both teams some fantastic rugby played by all.

Also this half term some children from year 5/6 took part in the North Devon Athletics finals at Kingsley School. The children took part in sprinting, high jump, speed bounce, long jump, over head throw and relay races. All the children worked very hard working so well as a team.

They made the school very proud.

Miss Sloman



### Headteacher's Awards

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



#### Heron

Kahlil  
Luke  
Chester

#### Kingfisher

Harper-Grace

### Heart of Gold Awards

Well done to all the children who have achieved our Heart of Gold Award for displaying our school rules. We are so proud of you:-



Joey-George  
PJ  
Holly  
Jeswin

Angelika  
Harley-Rose

### Dinner Money and Extended Day Fees

Please could we ask you to check your parent pay accounts as there appears to be a lot of dinner money and Breakfast and After School Club fees outstanding. If you require a link code to sign up for Parentpay, please see Mrs Welland in the school office.

All children from Year 3 and above need to pay for their school dinners at £2.81 per meal, unless you are entitled to means tested free school meals. It is important that all dinner money is received by the school. Thank you for your co-operation.

**Wishing our wonderful Year 6 children all the very best for their SATS next week. You have worked so hard. You will be AMAZING!**

### Whole School Attendance

Congratulations go to **Eagle Class** with the highest class attendance this week at **98.4%** Very well done, let's keep up the good work with attending school every day.

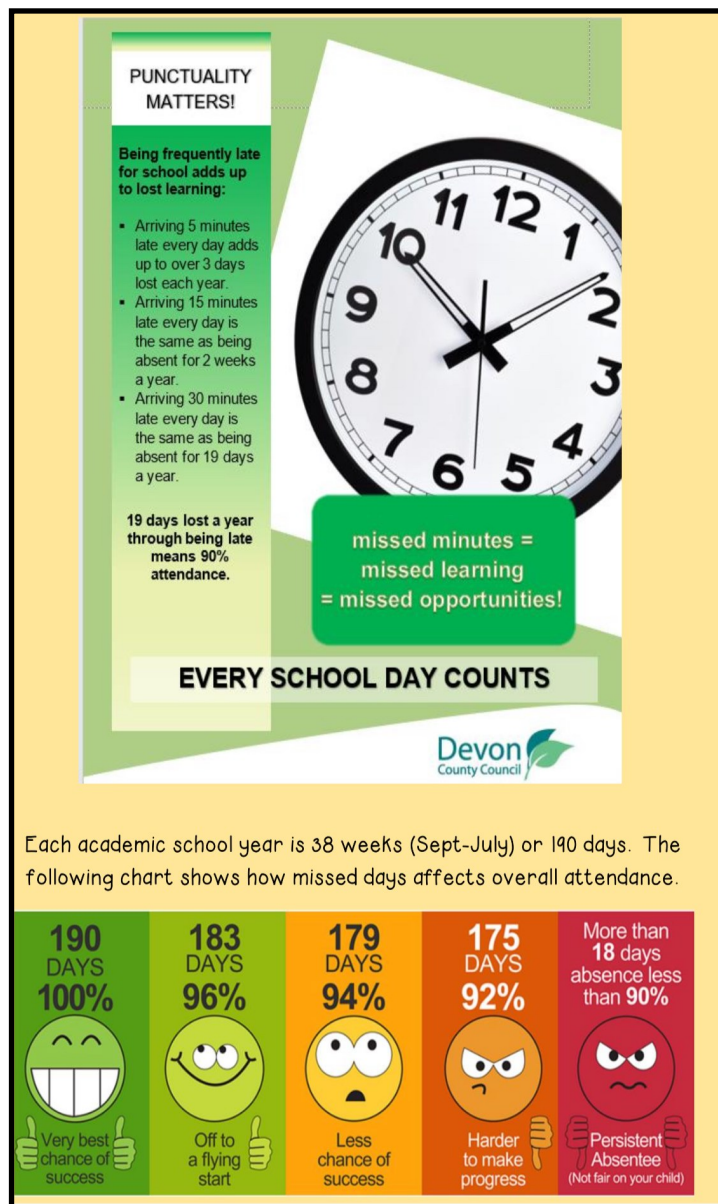
**EVERY  
SCHOOL DAY  
COUNTS**

[Is my child too ill for school? - NHS \(www.nhs.uk\)](http://www.nhs.uk)



**Attendance  
Matters**

Every student. Every day.



Each academic school year is 38 weeks (Sept-July) or 190 days. The following chart shows how missed days affects overall attendance.

## Summer Term Dates

<b>Mon 12th May</b>	<b>Y6 SATS Week (Mon-Thu)</b>
Tue 13th May	Y4 Residential—Wildside
<b>Wed 14th May</b>	<b>Y4 Residential - Wildside</b>
Fri 16th May	Devon County Show
<b>Fri 16th May</b>	<b>Y3/Y4 Cricket Festival</b>
<b>Sun 18th May</b>	<b>Y6 Residential until 21st May</b>
Thu 22nd May	PCC Visiting Y6
<b>Fri 23rd May</b>	<b>Last day of half term</b>
Mon 27th May	Half Term Holiday
<b>Mon 2nd June</b>	<b>School Closed—Non Pupil Day</b>
Tue 3rd June	School Returns for Pupils
<b>Fri 6th June</b>	<b>Y5/Y6 Rounders Comp (invitation only)</b>
Wed 11th June	Y6 Trip to see War Horse
<b>Thu 12th June</b>	<b>Olympic Legacy (invitation only)</b>
Tue 17th June	Barnstaple Carnival Art whole school
<b>Fri 20th June</b>	<b>PTFA Summer Fete 2-6pm</b>
Tue 1st July	BaB's Visit to Caffyns Farm
<b>Fri 4th July</b>	<b>Sports Day, Cricket Club 10am</b>
Thu 10th July	Induction day at The Park School
<b>Fri 11th July</b>	<b>Induction day at The Park School</b>
Fri 18th July	Leavers Mass at Church 10am
<b>Fri 18th July</b>	<b>PTFA School Disco</b>
Tue 22nd Jul	Last day of summer term

## PE Days

We have changed the PE days for Kingfisher and Owl classes for after the Easter Holidays. The new days for each class are as follows:-

<b>Robin</b>	Tuesday and Thursday
<b>Heron</b>	Thursday and Friday
<b>Puffin</b>	Tuesday and Wednesday
<b>Owl</b>	Wednesday and Friday
<b>Eagle</b>	Monday and Thursday
<b>Kingfisher</b>	Monday and Friday
<b>Swallow</b>	Monday and Tuesday

Children should be coming into school in their PE kits and remaining in them all day. PE lessons will continue to be held outside even in the rain so please ensure that your child has a thin waterproof coat.

## PTFA News



Our Lady's Catholic Primary School, Barn-a B's pre-school and the PTFA are delighted to invite you to our Summer Fete.

Friday 20th of June 2025 2pm-6pm

Do you have a talent, skill or goods to sell? Or do you know someone in the community who should be part of this day? If the answer is yes then the PTFA would love to hear from you .

Please email the school office - [admin@olcs.uk](mailto:admin@olcs.uk) - and the details will be passed onto the PTFA.

Stall pitches are available for a small fee.

Stalls already organised;

Bake N Brew Bakery  
Glitter tattoo, hair clips and hair spray stall  
Sponge the teacher  
Face painting  
A barrel prize

There will also be a sizzling BBQ & an Ice Cream Van .

This event is open to everyone at school and the local community to include family, friends, neighbours, colleagues and residents.

We would love as many people as possible to come and support us.

Friday 18th July we will be holding an end of year school Disco.

Please contact the school office if you would like to become involved in helping our lovely band of parents and staff that run our Parent, Teacher and Friends Association. They work tirelessly during the year to raise funds for school resources and treats and events for the children.

**Next Newsletter will go home on  
Friday 23rd May 2025**



**Our Lady's Catholic Primary School proudly present:**

### **The OLCS school Chaplains 2025/26**

Introducing our Chaplains:

**Edith, Harper-Grace, Ava, Ezra, Willow, Jessica, Dylan and Poppy**

These chaplains are the Guardians of the 'Gift of Great Price' which is faith. They will do this in many ways such as supporting younger students in all areas of school life, supporting prayer times in church, the hall or in classrooms, leading assemblies, charity work, outreach to families helping celebrate occasions and offer support, being a helpful support to all on parents evenings and many other things. If you have any questions, suggestions or contributions please let us know.

They meet most Friday mornings to plan our activities. They look forward to working with you all and sharing many special moments with you all.

God bless.

Mrs Cohen





# What Parents & Educators Need to Know about

# INSTAGRAM

AGE RESTRICTION  
**13+**

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

## WHAT ARE THE RISKS?

### EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

### AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

### RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

### THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

### SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

### EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

## Advice for Parents & Educators

### USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

### OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

### SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

### BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

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# 10 Top Tips for Parents and Educators

## FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

### 1 CELEBRATE INDIVIDUAL DIFFERENCES

Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This acceptance empowers children to confidently express their identities and feel genuinely included, fostering a robust sense of belonging within both school and home settings.

### 2 CONSISTENT COMMUNICATION

Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.

### 3 MEANINGFUL PARTICIPATION

Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value. Including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.

### 4 FOSTER STRONG RELATIONSHIPS

Support and encourage positive relationships between peers, educators, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of loneliness. Facilitate social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.

### 5 CREATE INCLUSIVE SPACES

Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented can dramatically improve their feelings of safety and acceptance. Consider classroom displays, books, and resources that celebrate various cultures, abilities, and backgrounds to visibly reinforce inclusivity and belonging.

### 6 MODEL POSITIVE BEHAVIOUR

Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviours. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children are likely to replicate inclusive behaviour, creating a supportive community atmosphere where everyone feels accepted and valued for who they are.

### 7 BUILD EMOTIONAL LITERACY

Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.

### 8 SUPPORT PEER MENTORSHIP

Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and friendship thrive.

### 9 RECOGNISE EFFORTS REGULARLY

Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.

### 10 ADDRESS BULLYING PROMPTLY

Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are swiftly and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd and Director for Wellbeing and Family Services at Leigh Trust. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.



The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/fostering-a-sense-of-belonging](https://nationalcollege.com/guides/fostering-a-sense-of-belonging)

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# **PRELOVED BABY & CHILDREN'S SALE**



**SATURDAY 7<sup>TH</sup>  
JUNE  
2PM - 3.30PM**



**ROUNDSWELL COMMUNITY CENTRE**

**PRELOVED  
ITEMS FROM  
BIRTH TO  
TEENAGERS**



**TOYS  
CLOTHES  
BOOKS  
& MORE**

**SAVE MONEY ON HIGH QUALITY, PRELOVED ITEMS**

**BAG YOURSELF A BARGAIN**

**BOOK A STALL & MAKE SOME MONEY**

**£10 FOR SELLERS & £1 ON DOOR FOR ADULTS, CHILDREN FREE**

**FREE ENTRY AFTER 3PM**

**INTERESTED IN BOOKING A TABLE? CONTACT LOUISE LINCOLN**

**07871 951439 OR [LOUMOIR@HOTMAIL.COM](mailto:LOUMOIR@HOTMAIL.COM) OR**

**SEARCH FACEBOOK FOR 'NORTH DEVON PRELOVED BABY & CHILDREN'S SALES'**