



# Newsletter

No. 10. 14th February 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

What a busy and productive half-term we have had. All the children have been working really hard and making excellent progress in their learning. It has been great to see some of our children representing the school at the recent netball tournament, their efforts and behaviour have been a credit to the school. Well done to our teams who came a successful 7th and 3rd place. Last Wednesday, we had a visit from one of our local Police Community Officers who joined the children for lunch. It was great to see the children engage and ask different questions.

Thank you for all of your support at the PTFA Cake Sale this morning, and for supporting our whole school non-uniform day today.

It was lovely to see so many of you come to share the Year 3 assembly at the end of the day today, a lovely way to close the half term.

A reminder that school starts back for children on Tuesday 25th of February and the children will join together for an Ash Wednesday service in school on Wednesday the 5th of March.

Many thanks for your continued support. Take care and have a wonderful half term break.

**Rob Meech, Executive Headteacher and Lorna Wilby, Head of School**

**Goodbye and thank you!**

Today we say goodbye to two members of our fabulous school community. We wish Mrs Sarah Fryers and Mrs Becky Sutton all the best in their new jobs and thank them for everything they have done for our children and families.

Miss Wilby will also be leaving today to start her maternity leave. We can't wait to hear news of her baby and of course will share this news with you in due course.

**Mr Meech, Executive Headteacher**

**Spring Term Dates**

<b>Mon 17th Feb</b>	<b>Half Term Break</b>
Mon 24th Feb	Non Pupil Day—School closed
<b>Tue 25th Feb</b>	<b>Pupils Return to School</b>
Wed 26th Feb	Owl Class Swimming
<b>Wed 5th Mar</b>	<b>Ash Wednesday Service</b>
Wed 5th Mar	Owl Class Swimming
<b>Fri 7th Mar</b>	<b>Crazy Hair Day raising funds for North Devon Hospice</b>
Fri 14th Mar	Whole School Book Swop World Book Day—Wear Pyjamas or dress as your favourite book character
<b>Fri 28th Mar</b>	<b>Big Walk - CAFOD whole school</b>

**Swimming for Owl Class**

Owl class will be swimming after the half term break every Wednesday afternoon starting on Wednesday 26th February until the 2nd April. Children will need to be in their PE kits every Wednesday and bring their Swimming kit in a bag. Please ensure your child has a coat as they will be walking to and from the Leisure Centre.

## Headteacher's Awards

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



### Robin

Bryan

### Owl

Frankie

Toby N

Ava B

Nellie P

Freddie P

Asher

Daniel

### Kingfisher

Issac

### Swallow

Kya

Sam

Aika

Lilly-Mae

## PTFA News

Thank you to everyone that kindly donated cakes and supported our cake sale today. Please look out in this newsletter for future PTFA events after half term.



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.

The PTFA wish you a lovely half term break.

## Heart of Gold Awards

Well done to all the children who have achieved our Heart of Gold Award for displaying our school rules:



Charlie C

Roman

Francesca

Toby N

Jacob

Doro

Kadie

Zachary

Efua

Leonor

Alice

Rosa

Millie

Liam S

We are so proud of you.

## Whole School Attendance

Both **Heron** and **Swallow** Classes had the highest attendance this week with **97.7%**.



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



**PUNCTUALITY MATTERS!**

Being frequently late for school adds up to lost learning:

- Arriving 5 minutes late every day adds up to over 3 days lost each year.
- Arriving 15 minutes late every day is the same as being absent for 2 weeks a year.
- Arriving 30 minutes late every day is the same as being absent for 19 days a year.

19 days lost a year through being late means 90% attendance.

missed minutes = missed learning = missed opportunities!

**EVERY SCHOOL DAY COUNTS**

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



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



Thank you for your support this term. It has flown by and we are seeing your children grow, make friendships, learning to share and play. They are loving reading books. The book corner is always filled with children- The Gruffalo is read every single day! If you would ever like to stay on for half an hour in the morning to sit in our book corner and read books to the children you would be most welcome.

We return on Tuesday 25th February. This next half term is full of events and celebrations. Friday the 28th is Crazy Hair day! The following week begins our World book day celebrations. As part of World book day the school will be holding a book swap day, so have a look through your books and see if you have any that you would like to swap.

Our learning next half term will include growing plants- we will be digging out our beds ready for planting soon. If you can spare us some time to help we would be most grateful.

Have a fabulous week off and we will see you soon.

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

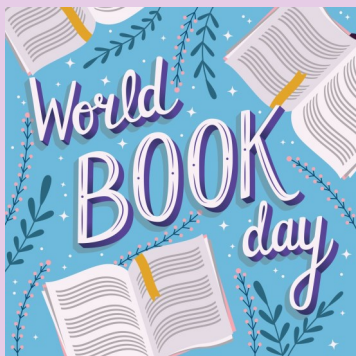
### Half Term Holiday

We would like to wish you all a happy and healthy half term break. We look forward to welcoming you all back to school on Tuesday 25th February to start the second half of the Spring Term.

### World Book Day— 14th March 2025

We will be celebrating World Book day on Friday 14th March. We will be wearing pyjamas for the day or you can dress up as your favourite book character. We will also be doing a book swap on this day which will be a lovely opportunity for children to bring in pre-loved books from home and swap for others that they can enjoy reading.

Look out for our posters, around the school, with more details nearer the time.



# Sometimes

## I want to ask God

why He allows poverty, famine  
and injustice in the world when He  
could do something about it,  
but I'm afraid He might just  
ask me the

## same question



These sessions are free for parent carers in Devon and can be done online or in person. Previous attendees have described the training as “Excellent, so empowering!”, “Good practical help” and “Friendly with a chance to ask questions”.

The aim is to help parent carers understand some of the most important information and the most useful skills to develop when supporting a child with SEND. They will explain the basics about special educational needs, SEN support and how the SEND system works and help parents to feel more confident about speaking up for their child and working with professionals.

You may find it most useful if you’re new to SEND or have a child being supported without an EHC plan, but anyone is welcome to join!

There are two online sessions which you can do one after the other, (part one followed by part two) or separately as individual stand-alone sessions. All the training will be repeated each term so if you miss one session, you can join the next time. Each term the in-person training will be in a different part of Devon.

### Online sessions

Part one: About SEND and school

Wednesday 12 March 2025, 1pm-2.30pm

#### This session covers:

- **Important things to know** – the law, the SEND system, types of SEN, SEND language
- **SEN Support** – core principles of support, types and levels of support, how SEN support works, school plans and adjustments
- **Getting help** – when and how to get help, the Local Offer in Devon, useful organisations and services, how to get more help

Part two: How to take part and share what you know

Wednesday 19th March 2025, 10am-11.30am

#### This session covers:

- **Your views and your role** – what is a parents role and what isn’t, sharing your views, day to day contact with your child’s nursery, school or college, taking part in meetings.
- **Your child or young persons views** and how to collect and share them.
- **Sharing what you know** – knowing your child and knowing your child’s SEN, gathering and sharing useful evidence, what to do if things go wrong.

### In person session (parts one and two together)

2nd April 2025, 9.15am for a 9.30am start – 12.45pm.

Cullompton Community Centre, Pye Corner, Cullompton, Devon, EX15 1JX.

Tickets are unlimited for the online sessions but there are only 30 places available for the in person session. There will be time for questions and discussion during both types of sessions.

To book, please visit:- <https://devonias.org.uk/making-sense-of-send-training-bookings-now-open>



# Devon Children & Young People's Neurodiversity Navigators

A free, confidential wellbeing service supporting children, young people and their families navigating neurodiversity.

## Contact Us

[livewell.devonndnavigators@nhs.net](mailto:livewell.devonndnavigators@nhs.net)

Monday – Friday

9am–5pm

## What we do

- Information and guidance relating to specific aspects of neurodiversity
  - Objective, evidence-based advice and positive support strategies
  - Active listening and practical and emotional support
- Connect with other teams and external services to help co-ordinate your journey
- Connect families to enable peer support and connection



### Have your say

We are interested in hearing about the lived experiences of young people and their families.

Your views and experiences allow us to develop our team, and tailor the services we provide to improve the support for our families and young people.

*We support people to lead independent, healthy lives*

The next newsletter will go home on: Friday 7th March 2025



## **FAMILY SUPPORT SESSION** **SUPPORTING YOUR CHILD ON** **THEIR READING JOURNEY** **WEDNESDAY 5TH MARCH** **2-3PM ON ZOOM**



Ilsham National English Hub would like to invite you to attend a **FREE** session to support you with helping your child at home in their reading journey.

During this free, hour-long session, The Ilsham National English hub team will be sharing videos and practical solutions to support practice at home. The focus will be on supporting your child to become an expressive fluent reader. This session is targeted at families (including grandparents), carers, childminders and before/after school provision workers. It is designed to support children from pre school age up to the end of Key Stage One (Year 2). Please note, this session will not be recorded.

Any questions or queries please contact:  
[englishhub@lapsw.org](mailto:englishhub@lapsw.org)

**[HTTPS://FORMS.OFFICE.COM/E/KJHUJU312B](https://forms.office.com/E/KJHUJU312B)**





# What Parents & Educators Need to Know about SOCIAL MEDIA SCAMS

On any social media platform, you'll often come across links to various websites. They might include exclusive online shopping offers or invites to complete a quiz and earn a particular reward. In some cases, however, these links lead to illegitimate sites or ask for personal details – a ploy to capture sensitive information, which scammers then exploit.

## FAKE PHONE DEALS

Criminals will contact you pretending to be your mobile phone vendor offering an upgrade or discount on your contract. They will seek to gain personal data along with the username and password associated with your account, before then using this info to either take control of your phone number or order phones, devices or new contracts through your account, before selling these on.

## ROMANCE SCAMS

Fake profiles are sometimes created on dating sites or social media to manipulate other users with the promise of romance. They might spend significant time gaining their target's trust in text chats, before encouraging them to send explicit photos with the promise of this being reciprocated. In many cases, these images are instead used for blackmail – most commonly demanding money to prevent the scammer from sending these intimate images to the victim's friends and family.

## MALICIOUS APP DOWNLOADS

Some cyber-criminals design apps that appear genuine or helpful – and are normally free – but have instead been created to steal your personal information. For example, a pop-up could appear, warning that your device is infected with viruses and recommending you install their anti-virus app – which does nothing but grant cybercriminals access to your device and any information you have stored on it.

## SOCIAL MEDIA IMPERSONATION

Another method employed by scammers is the creation of fake social media accounts to trick people into sharing personal information or sending money. They could impersonate an influencer, a money expert, or someone else trustworthy, and tempt users into sharing private information: asking for payment information to take part in a prize giveaway, for example. In these cases, the offer simply doesn't exist, and any information disclosed will end up in the scammers' hands.

## FAKE EXAM PAPER SALES

Particularly during the exam period, criminals will use social media to advertise leaked exam papers for sale to students who want to get an advantage. Unfortunately, these papers are often either outdated or completely fake. Whether the paper was authentic or not, many exam boards may consider any attempt to buy one an offence and could disqualify a student from all exams for this.

## 'PAYMENT FIRST' SCAMS

On platforms that let people sell goods, like Facebook Marketplace, a malicious user can list an item for sale, requesting payment up front. Most online stores work this way, but the crucial difference here is that scammers ask for payment through a channel which isn't regulated by the site itself – such as a direct PayPal transfer. If the user pays in this way, the scammer never sends the item, and the payment can't be reclaimed.



## Advice for Parents & Educators

### STICK TO REPUTABLE RETAILERS

Be wary of any offers which seem too good to be true or where the fear of missing out (FOMO) is emphasised: this could be criminals seeking to exploit human behavioural weaknesses. Where possible, use respected retailers and online vendors as their offers are likely to be more trustworthy. If something looks too good to be true, then it probably is.

### BEWARE A SENSE OF URGENCY

Criminals often try to convey a sense of urgency to pressure users into acting without thinking. For example, a scammer pretending to be your bank may ask for your payment details to investigate 'fraudulent transactions' on your account. Proceed with care where such immediacy is emphasised; question why this person seems to be trying to make you panic.

### INSTALL ANTI-VIRUS SOFTWARE

Ensure that you have robust and reliable virus protection installed on any of your devices that support it. Anti-virus programmes help to insulate you against cyber-attacks by blocking any malicious downloads or detecting and removing any recently downloaded malware. Update your virus protection software regularly and carry out frequent scans of your device.

### KEEP YOUR INFORMATION SECURE

Always ensure that your passwords aren't easy to guess; make them out of three random words, providing something long but memorable. Change your password if you have any concerns about your account's privacy, while enabling multi-factor authentication on all accounts to make unauthorised access more difficult. You should also avoid ever entering personal information on unfamiliar websites, as this could result in key information being passed on to a scammer.

### AVOID OPENING SUSPICIOUS EMAILS

When you get an email, always check the sender's address before opening it. If it's an unexpected email and the sender is a stranger, mark it as junk and delete it. They could be a scammer who's seen your email address on your social media profile or had your contact details sold to them by a third party. The best defence you have against phishing attempts is to remain vigilant.

### REVIEW PRIVACY SETTINGS

Regularly review your privacy settings on social media. You can restrict which parts of your profile can be seen and by whom. We recommended hiding your personal information from anyone except trusted friends and family, which significantly limits the details a scammer can use against you. It can also be safer to only accept friend or follow requests from people that you already know.

## Meet Our Expert

Gary Henderson is the Director of IT at a large independent boarding school, as well as a member of the Digital Futures Group, Vice-Chair of the ISC Digital Advisory Group and an Association of Network Managers in Education Ambassador. Having worked in education for over 25 years, he's also a Certified Information Systems Security Professional and a Microsoft Innovative Educator Expert.



X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Release date: 15.09.2021 Last reviewed: 21.05.2024