



Newsletter

No. 6. 29th November 2024

Website: www.ourladys.devon.sch.uk

Facebook: Our Lady's Catholic Primary School, Barnstaple

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

As mentioned in the previous newsletter, Mrs Tucker will be leaving the school at the end of this term. We are delighted to announce that Mr Smale will be joining Our Lady's as part of the Y3 teaching team.

Last week, the Chaplaincy Team did an amazing job organising and running the Our Lady's Bake Off 2024. They raised £148.78 to help purchase more Bibles for the school, although there is still more money to come in for this. This week, the Chaplaincy Team continued to spread joy by visiting Norah Bellot Court, our local retirement home. They represented the school beautifully.

The whole school had a visit from our local police community support officer's on Monday, they learnt about road safety, stranger danger and were able to ask questions about the Police and their local community.

As we move into the season of Advent, we begin to prepare for the birth of Jesus and the celebration of Christmas. Therefore it is a really busy time in school; children are working hard in their lessons and preparing for forthcoming events. A list of these events are outlined in today's newsletter.

Monday the 2nd of December will see the return of the Travelling Crib. The Travelling Crib will travel around to different houses over the Advent period, at some point your child will be given the opportunity to take it home. It will come equipped with guidance.

A reminder that The Nativity celebration will be held at St Mary's Church on Thursday the 19th of December, doors open at 10.15am (starting at 10.30am) and we welcome as many family members as possible to join us.

Wishing you all a peaceful weekend. God Bless.

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

Autumn Term Dates

Mon 2nd Dec	Travelling Cribs sent home
Wed 4th Dec	Swimming Y4
Fri 6th Dec	PTFA School Disco
Fri 6th Dec	Choir Visit to Memory Café at Library
Mon 9th Dec	CAFOD Assembly
Tue 10th Dec	Y4 and 5 trip to see Dick Whittington at PETROC
Wed 11th Dec	Last Swimming Y4
Weds 11th Dec	Y5/6 Girls Football Competition
Wed 11th Dec	Advent Mass 10am at church
Tue 17th Dec	Choir Visit to Silverhill Lodge
Wed 18th Dec	Christmas Dinner and Jumper Day
Thu 19th Dec	Nativity 10.30 am (doors open at 10.15am) at St Mary's church
Fri 20th Dec	Children's Chocolate Raffle
Fri 20th Dec	Last day of term
Mon 6th Jan	Children Return to School
Wed 15th Jan	Primary School place for Sept 2025 school places to be in by today.

The next newsletter will go home on: Friday 13th December 2024

Primary Admissions 2025/26

Was your child born between 1 September 2021 and 31 August 2022?

Applications can be made from 15th November for a primary school place for September 2025. You must apply for your child's school place by 15th January 2025 for primary school admissions in September 2025.

You can apply for a school place online at: www.devon.gov.uk/admissionsonline

Or

If you cannot access the school admissions website you can get more information by calling the Education Helpline on 0345 155 1019 or by emailing :-primaryschooladmissions@devon.gov.uk.

If you need help applying online or haven't got internet access at home please contact the school, we would be more than happy to help you. You can view your offer on-line from 16th April 2025.

Please ensure that the 2025 Supplementary Form for this school is returned to the school office by 15th January 2025. This form is available from the school office, Barn a B's Pre-School or via the school's website:- www.ourladys.devon.sch.uk under 'Key Documents' and in the 'Admissions' section.

Without this form your child may be lower in the priorities for admission and risk not getting a place at Our Lady's School.

Headteacher's Awards

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



Owl	Eagle	We are so proud of	
Harleigh x3	Emilia	you	
Maya	Tommy	Kingfisher	
Olivia	Faith	Issac	Robin
Anya	Eilidh	Tyler	Bonnie

Update from Our Governors

The Governors would like to congratulate the children and staff at the school for a great start to the academic year. It is lovely to see the children now becoming excited over the start of the festive period. More information on the members of our Local CAST Board (LCB) is on the Governance page of our website along with our Governor meeting dates.

https://ourladyscatholicpri.eschools.co.uk/cms_manage/edit_page/286605

We are here to Governors are there to provide oversight and accountability - we don't get involved in the day-to-day management of the school. We are available should you feel the need to contact us. Please contact us via our Clerk at clerk@olcs.uk. Of course your child's class teacher should be contacted in the first instance to alert them to any concerns.

Lydia Cawsey—Chair of Governors

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



Due to the young age of our current children; we have more 2 year olds than 3 year olds we have decided to stay in school, whilst the older children take part in the nativity.

We do lots of special things for Christmas. We will join in some of the nativity rehearsals so that the children get a feel for the production. We will record them singing their songs that they have been learning, and we will dress them up in our costumes that we have in school.

We hope to invite you in for mince pies and singing in the last week of term, more details later.

Just a reminder that we have fruit for snack in the morning. We try to limit sugar intake in preschool. We offer the children milk or water, and the fruit or vegetable of the day.

Please keep us updated with any new details for you or your child eg. new phone number, allergies etc. Finally, if your child is not going to be in, please can you ring the school, on 01271 345164

Cathy, Jane, Liia, Lisa and Tracey



Ofsted

CHRISTMAS ACTIVITY DAYS

DATES:

- MONDAY 23RD DECEMBER
- THURSDAY 2ND JANUARY
- FRIDAY 3RD JANUARY



Primary Sports
and Education
North Devon

VENUE- STICKLEPATH
COMMUNITY PRIMARY
ACADEMY

8.30AM-3.30PM
ONLY £20
A DAY

5-11
YEAR OLDS



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For More information, contact us :



north.devon@primary-sports.co.uk



www.primary-sports.co.uk



07531530131

Puffin Class had a great time on Tuesday learning how to look after their teeth. They learnt about what plaque can do to their teeth, they learnt about foods that contain sugar, they learnt about when the best time to brush their teeth was and also the best way to brush their teeth. They had a fab time and some of them had purple mouths for the day.



Norah Bellot Court

As part of our Intergenerational Project our Chaplains visited Norah Bellot Court to meet some residents. They had a fabulous time and joined them for refreshments and games. We got to know them and had lots of fun.



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**Available
in Levels
1, 2 & 3**

***Please go to our website
for more detailed
information.**

www.studysmartuk.online

School Website

Please keep a check on the school website as this will be updated regularly. The class pages have class newsletters, photos, areas of topic etc. You will find details on all our key documents and policies together with the current school dinner menu.

Please visit:- www.ourlady.devon.sch.uk

Heart of Gold Awards

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



Harper	Mia P	Henry
Reggie	Scarlett	Rose
Demi	Kya	Marty
Reuben	Sonia	Obie
	Lacey	Violet-Rose

PE Days

When your child has PE they should be coming into school in their PE kits and remaining in them all day.

Robin	Tuesday and Thursday
Heron	Thursday and Friday
Puffin	Tuesday and Wednesday
Owl	Wednesday and Friday
Eagle	Monday and Thursday
Kingfisher	Monday and Friday
Swallow	Monday and Tuesday

PE lessons will continue to be held outside even in the rain so please ensure that your child has a waterproof coat, they may even need gloves and hats as we progress into the winter months.

As the weather gets colder, if you have not done so already, you can purchase, for £15, a PE Hoodie with the school logo for children to wear for PE. Alternatively children can wear their school jumper for PE. Please order these via the school office.

Parents, Teachers and Friends Association (PTFA)

As always, our wonderful PTFA are thinking and planning ahead. Some dates for your diaries already are:-

Xmas Disco—6th December—A reminder that the PTFA are holding our school disco on Friday 6th December. There are still plenty of spaces if your child would like to attend. Please bring £3 per child to the school office before Friday.



Chocolate Raffle—20th December

We are looking for donations of chocolate for the Christmas Children's Chocolate Raffle. Please drop any donations off to the school office. The more chocolate we receive the more prizes there will be for the children to win. Thank you in advance for your generosity.

Please look out in the school newsletter or Parentpay for future PTFA planned events for the Autumn and Spring term.

Our PTFA meet on a Thursday once a month. Please contact the school office if you are willing to help and would like to attend the next meeting and put any ideas forward.

Absence guidance for Parents/Carers

What YOU must do:

Telephone the school (ideally before 8.30am) **each day** of your child's absence.

Tell the school in advance of any medical appointments and bring in appointment cards/letters.

If you are not sure whether your child is well enough to attend school, send them in anyway as they often perk up on arrival.

Have a backup plan for if your child misses transport, call on a family member, neighbour or friend.

If you and your child are experiencing difficulties with school attendance then talk to us as a first step so we can help!

What WE will do:

Check your child's attendance every day.

Phone home to discuss your child's attendance with you.

Invite you into school for attendance meetings if we are concerned.

If we cannot establish a reason for absence, then we may make a welfare home visit.

Speech and Language Link Parent Portal

<https://speechandlanguage.link/parent-portal/>

Speech and Language Link Parent Portal, an award-winning speech and language support website for parents, carers and families.

At Speech & Language Link, we understand that supporting your child's language learning, alongside everything else that life demands from you, can be challenging. The Parent Portal provides ideas and advice, information and activities for developing your child's understanding, talking and listening in a way that works for all of your family.

How to use the site

Visit the development tab to help you work out what the next steps are for your child's learning and then go to the stage-appropriate activities section. You don't always need to create a special time for working on listening and talking, use our everyday activities turn many routine tasks into support activities.

Our speech and language therapists have devised support videos for you. Check out the 'Can I have your attention please?' series to help get your child in the right frame of mind for learning and access super fun games and ideas to encourage a range of language skills.

Our activities are designed to fit around normal family life and by implementing some of them every day you can make a real difference to your child's language development.

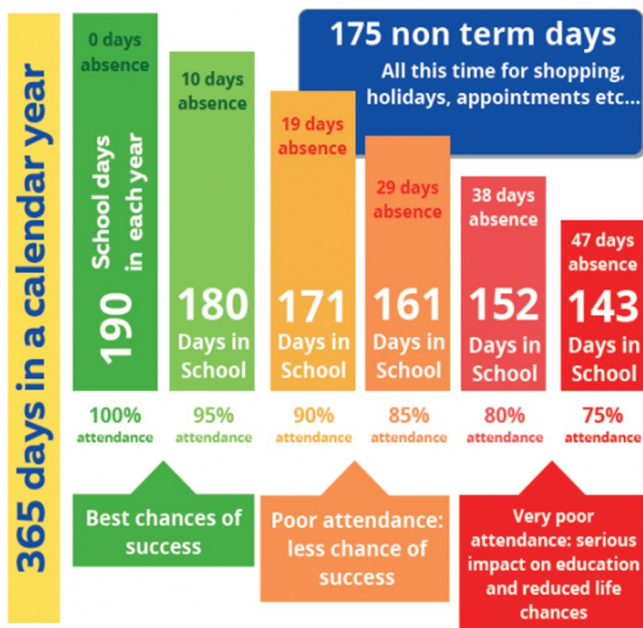
School Choir Visits

We are delighted that our wonderful school choir will be singing at The Memory Café's Christmas party on Friday 6th December and then our annual Christmas time visit to Silverhill Lodge on Tuesday 17th December. These events will take place during normal school hours and will be overseen by Mrs Fryers and Mrs Hynes.



Current school attendance is 96.0% which is slightly above national average of 95.4%.

ABSENCE



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

EVERY SCHOOL DAY COUNTS!

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel ..." or "I think ..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/choose-respect>



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What Parents & Educators Need to Know about

SNAP STREAK

97
DAYS

SNAPCHAT

AGE RESTRICTION

13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'SnapMaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger *does* connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parents' guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

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

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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