



# Newsletter

No. 8. 17th January 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

Welcome back to 2025. We hope you all had a lovely Christmas break with family and friends. The children have settled into the new term with fantastic behaviour and enthusiasm for learning.

A special warm welcome to our new staff and children who have started this term - we hope your time with us is happy and successful.

Congratulations to our Athletics team who represented the school in the athletics events last Friday. They finished 2nd and the team qualified for the North Devon Finals later in the year, our B team finished an amazing 4th place too.

At Our Lady's, part of our identity is our school uniform, and we pride ourselves in this. A reminder that on non PE days the correct school uniform is as follows.

## GIRLS

Navy blue pinafore or pleated skirt; School Navy (with sky blue trim) Jumper; White shirt; Navy clip on tie; Navy socks or tights; Black shoes.

## BOYS

Grey tailored trousers or shorts; Blue shirt; Navy clip on tie; School Navy (with sky blue trim) Jumper; grey socks; black shoes.

Many thanks for your continued support. Wishing you all a peaceful weekend.

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

## Spring Term Dates

<b>Wed 22nd Jan</b>	<b>Kingfisher Class Swimming</b>
Wed 22nd Jan	Eagle Class Tennis Festival
<b>Thu 23rd Jan</b>	<b>Language Development Workshop for Parents to attend at Our Lady's 9-10.30am</b>
Wed 29th Jan	Kingfisher Class Swimming
<b>Thu 30th Jan</b>	<b>Puffin Class Barnstaple Museum Trip</b>
Wed 5th Feb	Kingfisher Class Swimming
<b>Wed 12th Feb</b>	<b>Kingfisher Class Last Swimming</b>
Fri 14th Feb	PTFA Cake Sale
<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>
Fri 7th Mar	Crazy Hair Day raising funds for either Cancer or MND
<b>Fri 14th Mar</b>	<b>Whole School Book Swop</b>
Fri 28th Mar	Big Walk - CAFOD whole school

## Website and Facebook

Don't forget to take a look at our school website [www.ourladys.devon.sch.uk](http://www.ourladys.devon.sch.uk) which has had all the class pages updated for this term. Go to 'Our School' then 'Children' and then your child's class.

Please follow our facebook page as we try to send regular information for parents on this too. Look out for our school logo and follow 'Our Lady's Catholic Primary School, Barnstaple.'

## Headteacher's Awards

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



### Heron

Roman  
Nellie  
Isabella

### Puffin

Abel  
Misty

### Owl

Oliver  
Marty  
Harleigh x2  
Ava x2

Frankie x2

Reva

### Eagle

Tommy x2  
Leon

### Kingfisher

Edith  
Frya  
Juaan

Issac

### Swallow

Lilly-Mae

“...our love is not to be just words or mere talk, but something real and active...” 1 John 3:18

## Whole School Attendance

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

**EVERY  
SCHOOL DAY  
COUNTS**

## Heart of Gold Awards

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



Luna-Rose	Freya
Natalie	Leon
Hannah	Daisy
Scarlett	
Rose	

**We are so proud of you.**

## PTFA News

Thank you to everyone that supported our events before Christmas. The children thoroughly enjoyed the disco. Lots of chocolate was donated for the Children's Chocolate Raffle and the PTFA fundraising provided every child with the gift of a book from Father Christmas.



There are plans for future events and we look forward to sharing details with you in due course.

Thanks as always go to our wonderful PTFA committee.

**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**

Devon County Council

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



## PE at Our Lady's



It's been a great start to the year with the children focusing on Gymnastics as part of their PE lessons. KS1 children have been focusing on shapes, balances, jumps and different ways to travel. The KS2 children have been focusing on more complex shapes, balances and jumps. They have also been using the equipment to perform routines. We are looking forward to seeing all the movements coming together for the routines at the end of the half term.

Some of the years 5 and 6's were chosen to represent the school in a girls Football competition at Tarka Astro and an indoor Athletics event at Pilton community college. Here last how they got on:

### Year 5/6 girls Football competition

The girls won their first match against Newport 5-0, they then went onto play Pilton Bluecoat and lost 1-3. The next match in the box was Landkey who they beat 8-0. They then went onto beat Sticklepath Roses 4-1.

This meant they came second in the box so made it through to the quarterfinals. They were up against Sticklepath Lionesses losing 1-4 this placed them in 5/6th play offs in which they beat Newport 5-0. This placed them a 5th overall.

A massive well done to the Our Lady's girls for showing great attitude, teamwork and perseverance throughout the day. Great to see the girls enjoying competing, well done all .

### Year 5/6 indoor Athletics

The children competed in an indoor athletics event competing in long jump, chest throw, relay race and speed bounce.

The Our Lady's B team came a respectable 4th place. Working really hard and showing great team work and determination. The Our Lady's A team came an amazing 2nd place narrowly losing to Pilton Bluecoat.

Our Lady's A did enough to qualify to the North Devon athletics finals event later on this year. A big well done to all the children that took part.

### Miss Sloman

**The next newsletter will go home on:  
Friday 31st January 2025**

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



Happy new year! We hope you are well and are avoiding the colds and flu that's going around. Please ring the office on 01271345164 if your child is ill.

Being outside is great at fending off germs. The children have been feeling chilly in the last week, please send them in with warm layers, hats etc and we will endeavour to send them home with all the right items!

The school website has our new term's learning on it. Look in the "children" section and go to "Barn-a-b's".

Please remember to renew your codes for working entitlement.

There are lots of funding types in early years and it can get confusing. Here is the current situation.

- Working parents (working more than 16 hours) can claim 15 free hours from when their child is 9 months.

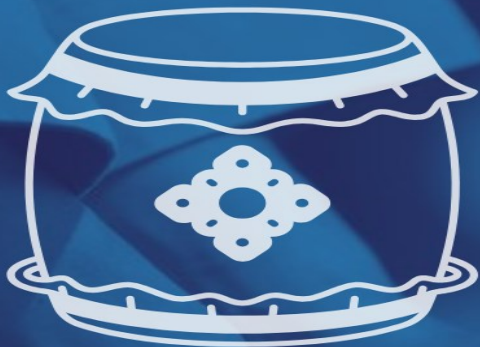
- Some 2 year olds receive government funding (for lower incomes) for 15 free hours, starting from the next term after they are 2.

- All 3 year olds receive 15 hours starting from the next term after they are 3.

- Parents who are working more than 16 hours can apply for an extra 15 hours funding for their 3 year old, bringing their total amount of free funded hours to 30 hours.

Check the childcare choices website for more information <https://www.childcarechoices.gov.uk/>

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



# NORTH DEVON TAIKO PROJECT

## Taiko Drumming Workshops for children & young people

Tuesdays 5.15 - 6pm

Wings Hall  
Lower Meddon Street  
Bideford EX39 2BJ

£20 for a 5 week block

Next block begins on 14th Jan 25

Contact Gillian Ashcroft  
email: [ndtaiko@gmail.com](mailto:ndtaiko@gmail.com)

Suitable for Year 6 and above



Devon  
Music  
Education  
Hub

Supported using public funding by



ARTS COUNCIL  
ENGLAND



## Language development and your child

### A free, informal workshop for parents and carers

*Why is language so important?*

*How does it usually develop?*

*What to look out for*

*How to help*

The session will aim to raise awareness and understanding of speech, language and communication needs for school aged children and consider the possible impact on a child's social and emotional wellbeing.

We welcome you to share ideas about what works for you and have a chance to discuss and learn from other parents/carers.

Come and join the SEND Advisory Teachers for Communication and Interaction and your school SENCO for a coffee and chat:

Our Lady's Primary School      Thursday 23<sup>rd</sup> January, 2025  
9-10.30am

**ALL WELCOME!**



## What is bullying?

A bully is someone who hurts someone more than once by using words or behaviour which is meant to make them upset or frightened

## Several Times On Purpose

- Emotional: Hurting people's feelings, leaving you out, being bossed about
- Physical: Punching, hitting, kicking, spitting, pushing
- Through someone else: Sending a friend with horrid messages
- Verbal: Being teased, name calling, rude comments
- Discriminatory: Saying nasty things because of your religious beliefs, the colour of your skin, where you come from, how good you are at things, your gender etc
- Online: Sending horrible messages through phones or computers

## What will happen to the children who have bullied others?

- They must think about how they have made the other person feel
- They must be part of a restorative conversation with the person they have hurt
- They may undertake a restorative action to show they are sorry
- There may be consequences such as missing break times
- Their parents will be told

## What should I do if I am being bullied?

### Start Telling Other People

#### Do:

- Ask the person to STOP if you can
- Use eye contact and tell them to go away
- Ignore them and walk away
- Act as though you don't care what they say or do
- Talk to a friend
- Tell someone and get help straight away
- Use your class 'Worry Box' if you are too worried to speak about what is happening
- Remember - It is NOT your fault

#### Don't:

- Get angry of fight back - try not to react
- Hit them or say unkind things
- Think it is your fault
- Hide it
- Do as the bully says

#### Our Golden Rules

- Be safe
- Be respectful
- Be ready

## What Should I do if I see someone being bullied?

- Tell an adult straight away
- Tell the bully to stop if it is safe to do so
- Comfort the person who has been bullied and tell them to speak to someone
- Reassure them it is not their fault
- Don't fight or argue with the bully



## Who can I tell when I need a helping hand?



#### Adults in school will:

- Teachers and adults will take you seriously
- They will talk to everyone involved
- Help you feel safe at school

TARKA

**LEISURE CENTRE**

# SWIMMING LESSONS

**Why not join our weekly lesson programme  
and continue your journey**

**Lessons available for all ages and abilities  
Weekdays and weekends available**

**FREE public swimming included  
FREE swim hat provided  
FREE softplay included**

**To book your place**

**Call the centre on 01271 373361**

**Go online at [LeisureCentre.com](http://LeisureCentre.com)**

**LeisureCentre.com**



Learn to Swim  
Programme



NO EXPERIENCE NEEDED!

# ***VOLLEYBALL TRAINING***

***AGE 7-13  
SATURDAYS 9:30-10:30  
BRAUNTON ACADEMY***

***OPEN  
TO ALL!***

**MORE INFO  
[WWW.FIREBALLNORTHDEVON.CO.UK](http://WWW.FIREBALLNORTHDEVON.CO.UK)**



# What Parents & Educators Need to Know about JUSTALK KIDS

## WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JusTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JusTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

### SUBSCRIPTION FOR PREMIUM ACCESS

While JusTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call; exclusive stickers; a badge denoting them as a premium subscriber; and exclusive ringtones and themes.

### RESISTANCE TO CONTROLS

JusTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JusTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JusTalk Kids, preferring to use the adult version without any restrictions in place.

### KNOWING THE PARENT PASSCODE

After downloading JusTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact: this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

### POTENTIAL DATA LEAKS

JusTalk and JusTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

### CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

### TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 52% increase in children's screen time between 2020 and 2022 – as well as finding that 25% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

## Advice for Parents & Educators

### JUSTIFY THE CONTROLS

If parents allow their child to use JusTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

### TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

### DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

### ENCOURAGE OPEN COMMUNICATION

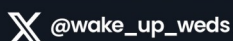
Apps like JusTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

### 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.



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



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