



Newsletter

No. 2. 27th September 2024

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

The new school year is back in full swing with lots of exciting things going on around the school. The classrooms are full of the buzz of learning and children enjoying being back with their friends. Our Chaplains have been busy working hard on supporting the Catholic life of the school. They have been helping with prayer life in classes and assemblies, and have started to plan activities for the year ahead.

On Tuesday, Key Stage Two children had an exciting visit from author, Simon Green. It was lovely to see the children's excitement and enthusiasm towards reading.

Your Child's Class Teacher will soon (if not already) be in contact regarding home learning. The children will have a Homework Menu with weekly English and Maths activities. In addition, they will have a menu with additional activities such as History or Art, these tasks will be active over a period of time. If you have any questions regarding homework please get in touch with your child's class teacher via Class Dojo.

Our Lady's Catholic Primary School is working in partnership with parents and the Local Authority to improve school attendance. A big thank you to the majority of parents who have made a positive start to the school term, making sure their children are punctual and attend school daily. We believe that in order for a child to fully benefit from their education, good attendance is crucial. If you feel you would like some support, please do contact us for an informal chat. Thank you for your commitment to your child's education.

As always we really do appreciate your support for your child's learning.

We had a lovely treat this week, with Mrs Jury popping into school with her gorgeous new baby Noah. It was lovely to see them both.



Kind regards

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

Autumn Term Dates

Thu 3rd Oct	Open Morning for Y6 at Pilton Community College 9.30am
Wed 2nd Oct	Y6 Swimming
Fri 4th Oct	School Council announced
Wed 9th Oct	Y6 Swimming
Fri 11th Oct	School Photos
Wed 16th Oct	Y6 Swimming— Last one
Fri 25th Oct	Last day of half term
Mon 28th Oct	Half Term Holiday
Thu 31st Oct	Deadline for secondary school places
Mon 4th Nov	Non Pupil Day—School Closed
Tue 5th Nov	Pupils Return to School
Wed 13th Nov	Filled Shoebox's to be in school

Autism Central: New Podcast and Webinar Series

Autism Central, funded by NHS England, has launched two new educational series designed to support parents and carers of autistic children, young people and adults.

The [podcast series](#), Sensory Processing Focus, will be hosted by Holly Sprake-Hill, a neurodivergent occupational therapist, and will bring together autistic people, parents, carers, and professionals to explore sensory processing.

Key episodes include:

- sensory processing
- supporting sensory needs of non-speaking children
- experiencing sensory differences as an autistic person
- sensory differences as a non-speaking autistic person
- being a sensory supporter for your child

There is also a new webinar series from Autism Central called [Finding the Balance](#), which will include six insightful episodes.

For more information, visit [the Autism Central website](#).

Supporting your child with SEND with SEMH



Action For Children is running a free online webinar about supporting children and young people with Special Educational Needs and Disabilities (SEND) with their Social, Emotional and Mental Health (SEMH).

During the session, which takes place online on Monday 14 October from 1pm until 2pm, will share information and strategies to help you to support children with SEND with their SEMH as well as some useful tips and advice to support each other.

Places are limited, so sign up using the Action For Children Eventbrite page as soon as possible.

[https://www.eventbrite.co.uk/e/webinar-supporting-your-child-with-send-with-semh-tickets-990784251367?](https://www.eventbrite.co.uk/e/webinar-supporting-your-child-with-send-with-semh-tickets-990784251367?fbclid=IwY2xjawFYxmZleHRuA2FlbQlXMAABHaeEwCNsgajAGjtKdGJs_mDn4cn4G5HER-DnQ_nURXI5QfhIG1gJ6LSevQ_aem_T2qOoUJOWlxQ-yh4IzA3IQ)

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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	Wednesday 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.

Don't forget that Swallow class will be attending swimming lessons every Wednesday afternoon until Weds 16th October. Swallow class can wear their PE kits on a Wednesday during this time.

We will be collecting the shoeboxes (Samaritan's Purse) again this year. Filled shoeboxes will need to be in school by Wednesday 13th November.



Shoebox Gift Suggestions

SPECIAL GIFT

- Football with pump
- Doll or cuddly toy
- Large toy car/truck
- Musical instrument



TOYS

- Skipping ropes
- Yo-yos
- Toy cars
- Toys that light up and make noise (with extra batteries)



PERSONAL CARE ITEMS

- Toothbrushes
- Washcloths
- Combs
- Hairbrushes



SCHOOL SUPPLIES

- Pens, pencils, sharpeners, crayons, and markers
- Notebooks and paper
- Colouring and picture books
- Solar calculators



ACCESSORIES

- Socks
- Sunglasses
- Jewellery and watches
- Wind-up Torch (or torch with extra batteries)



DO NOT INCLUDE

Toothpaste, sweets, lotions and liquids; used or damaged items; war-related items; seeds, gum, chocolate or food items; religious or political literature; medicines, aerosol cans, sharp or fragile items.

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.

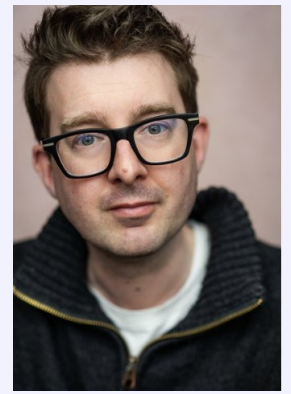
Phone home to discuss your child's attendance with you.

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

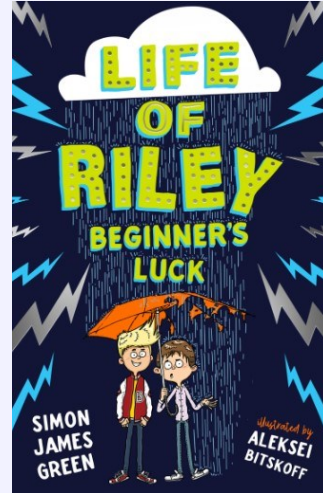
If we cannot establish a reason for absence, then we may make a welfare home visit.

Author Visit from Simon Green

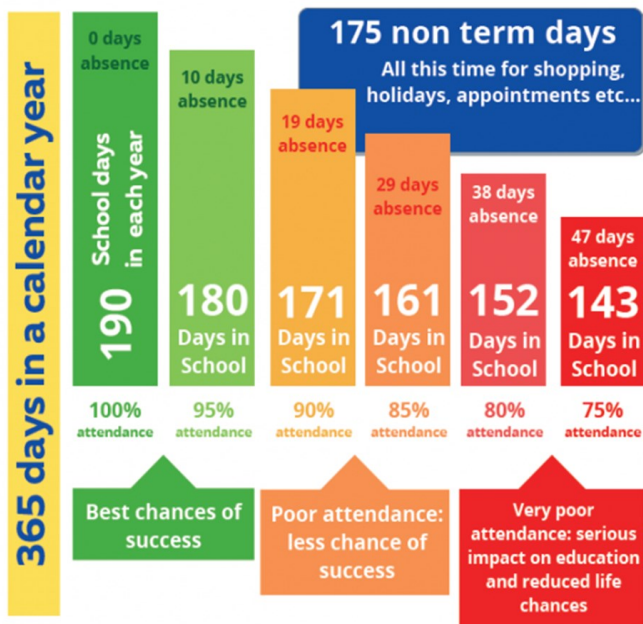
We had a wonderful visit from the author Simon Green on Tuesday 24th September for KS2 children. Simon had the children laughing out loud and joining in.



Children also received a free book which we hope they have enjoyed reading.



ABSENCE



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

EVERY SCHOOL DAY COUNTS!

Current school attendance is 95.5% which is slightly below national average of 96.2%.

Heart of Gold Awards

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



Toby S
Tong
Frankie
Mia K

Kara-Lou
Jaxson W
Aden

School Website

Please keep a check on the school website as this will be updated regularly. The class pages will be updated with 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.ourladys.devon.sch.uk

Carnival Artwork—Year 2 Puffin



Class Puffins had a fantastic morning on Tuesday 10th September. We spent the morning working with Sue and Anette who helped us make banners for the Barnstaple Carnival. Maybe when you go into town you might see ours hanging there with pride. Mrs Cohen

Special Educational Needs

Lumi Nova: Tales of Courage

Children and Family Health Devon offers free access to Lumi Nova, a therapeutic online game to help children aged seven to 12 years old learn to manage their fears and worries. It provides a fun, safe and engaging way for children and young people to understand and talk about their emotions and tackle their worries head on so they can build resilience, gain confidence and thrive.



Children using the app learn, through a playful experience, how to break down big worries into smaller, manageable challenges - such as a fear of spiders or the dark, feeling worried about making new friends, unable to sleep alone or struggling to go to school.

It works by using two of the most effective parts of Cognitive Behavioural Therapy (CBT) that are proven to help treat fears, worries and anxiety. These two parts are psychoeducation - learning about worry, and exposure therapy - facing your fears. You start by setting some goals for your child to work towards, and then they take on small steps, breaking down their worries and learning that they can face their fears and build their confidence. It is recommended for children with mild to moderate anxiety, where they may not meet thresholds for Child and Adolescent Mental Health Service (CAMHS), are on the waiting list, or alongside other therapeutic support, to use at least two to three times per week for a minimum of six weeks. It should not be used with children who have severe anxiety, are in crisis, have suicidal thoughts or at risk of self harm.

To find out more or request access to Lumi Nova, please visit the Children and Family Health Devon website or contact their Single Point of Access Team by calling 0330 0245 321 or emailing CFHD.DevonSPA@nhs.net.

NEW & FREE

Choir School

AUTUMN TERM 2024

A Free Singing Opportunity for KS2 Children

**Come along to FREE
MUSIC AND SINGING
LESSONS on**

**Tuesdays
3:30-5:30pm**

*(transport provided
from local schools)*

*with performances on
Sunday mornings during
Term Time*

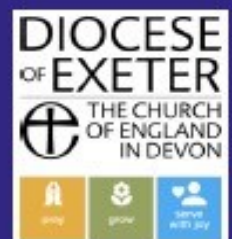
*at St Peter & St Mary Magdalene
Parish Church, Barnstaple EX31 1BL*

*For further details
email: office@barnstapleparishchurch.org*



✠ THE PARISH CHURCH OF ✠
ST PETER & ST MARY MAGDALENE
✠ BARNSTAPLE ✠

An Inclusive Church for the Whole Town



OUR LADY'S CATHOLIC PRIMARY SCHOOL

KS1 FOOTBALL AFTER SCHOOL CLUB

*Tuesday 17th September -
Tuesday 22nd October 2024*



*Primary Sports
and Education
North Devon*



**ONLY £4 PER
SESSION**

**ONLY 15 SPACES
AVAILABLE**

3.15PM- 4.15PM



**HEAD TO OUR
WEBSITE FOR MORE
INFORMATION AND
TO BOOK!**

For More information, contact us :



north.devon@primary-sports.co.uk



www.primary-sports.co.uk



07531530131

OUR LADY'S COMMUNITY PRIMARY ACADEMY

KS2 NETBALL AFTER SCHOOL CLUB



ONLY 20 SPACES
AVAILABLE

THURSDAY 19TH SEPTEMBER
-
THURSDAY 24TH OCTOBER



Primary Sports
and Education
North Devon

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07531530131

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION
13+

follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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