



15th March 2024

St Chad's Catholic Primary School Weekly Newsletter

Dear Parents,

You will see from all of the notices below that it has been a very busy week! We are so proud of our quiz team for reaching the national finals at Oxford University in June.

The book fayre has arrived, please remember to pop in after school, to spend your £1 token.

Miss Dench keeps our Twitter feed up to date with St Chad's news so follow us @StChads_Croydon

God bless,

Mrs Vassallo and Staff

Amazing News

Yesterday Alexander, Evans, Liesel and Danielle took part in the semi finals of the National General Knowledge Quiz, having already successfully come through the Croydon heat. 175 teams took part, hoping to secure a place in the final in June. We are very proud to say that St Chad's came 5th and qualified for the final which will take place in Oxford University in June. Well done to our amazing 4 competitors!



Reception's Visit to St Chad's Church

On Thursday reception class visited St Chad's Church. When we arrived we blessed ourselves at the holy water stoup. Then we met Father Ambrose and asked him questions about what we could see in the Church. We saw the Stations of the Cross, pictures and statues of Jesus, a statue of St Chad, candles, the Tabernacle and lots of crosses. We also visited Mary's grotto and prayed the Hail Mary. We felt very special to be allowed up onto the altar with Father Ambrose. As we were leaving, one of the parishioners gave us some fruit to take back to school. It was very yummy. Thank you very much. We will be back soon!



Nursery News

Nursery have enjoyed playing in our new shoe shop, especially trying everything on before buying. They have also been creative making their own shoes, designing them so they look different.



Vacancy

We are looking to recruit an Individual Support Assistant to join the SEN team. The main role is to provide 1:1 and group support for individual pupils within the classroom environment and to support and run interventions in line with pupils' individual targets. You will ensure that records of progress are kept and that you liaise closely with the SENCo and class teacher.

If this role is of interest to you, please contact the office for an application form.

The position is subject to an enhanced DBS check, references and a health check. St Chad's is committed to safeguarding and promoting the welfare of children and expects all staff and volunteers to share this commitment.

Frylands Wood

Despite the weather, Yr6 thoroughly enjoyed their outdoor classroom on Tuesday at Frylands Wood. They were learning to apply their map reading skills to an orienteering course. Fortunately, all found their way back home safely.



Lenten Breakfast

Thank you to all those parents and children who attended the Lenten Breakfast on Wednesday, £85 was raised, which will go towards the CAFOD Lent appeal to help hardworking families.



Appeal for Foundation Governors for St Chad's

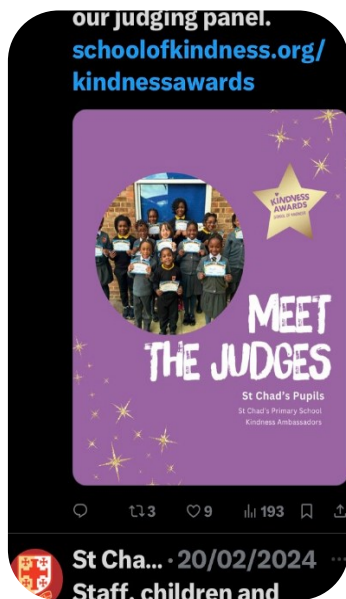
The role of governor is varied and interesting. Governors are responsible for the strategic direction of our school, and they work closely with school leaders, providing support and challenge. If you are a practising Catholic, please do consider volunteering for a Foundation governor role. If you would like to explore this further without making any firm commitment, you are welcome to contact me via the office. Mrs Vassallo

PTFA

A huge thank you to our hardworking PTFA who raised £80 for our children through the sale of refreshments during the Talent Show. Your commitment and continued hard work is really appreciated. If you would be interested in helping out at future events, please talk to your class rep.

Kindness Awards

St Chad's are the only primary school children in the country who have been asked to be on the judging panel !



DURACELL®

Cafod/Green Club are taking part in the Big Battery Hunt, could all families please bring their batteries to school to recycle.

The Big Battery Hunt is a **nationwide battery recycling programme for schools funded by Duracell**. Its aim is to increase the number of batteries currently being recycled in the UK. Pupils are challenged to collect as many batteries as they can, encouraging their communities to do the same. We are only collecting AAA AA C AND D batteries .

They will have been used in things like remote controls, toys and torches.



AAA



AA



C



D

Smart watches and mobile phones

For safeguarding reasons, all mobile phones and smart watches must be given to the teacher at the beginning of the day for safekeeping.

Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any parent have a concern regarding a child's wellbeing, please inform the school's Designated Safeguarding officer: Mrs P Mitchener.

We also have three Deputy Designated Safeguarding Officers: Mrs Davern, Mrs Mooney and Mrs Vassallo. In cases where school staff have concerns, they have a statutory duty to discuss the issue with one of the Designated Safeguarding Officers to seek further advice.

Please look at the following links to help you protect your children whilst they are online. We know that this is an area that parents often find confusing and ask us for support with.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/#children>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/inappropriate-explicit-content/>



Mobile Phones– A polite reminder, again



We would like to remind you that the use of mobile phones is prohibited on school site. Therefore, when dropping off or collecting your child, please ensure your mobile phone is away and not in use. Several parents have raised concerns recently, that they have seen mobile phones being used on the school playground.

This is to ensure the safety of all of the children at St Chad's Primary school and is part of our safeguarding policy.

Online Safety

Please follow the link below to find online safety advice and information guides regarding keeping children safe when online, gaming, screen time, digital resilience and cyberbullying.

A gentle reminder: to access social media platforms, including WhatsApp and You Tube, the minimum age is at least 13 years, and in most cases, 16 years. Please ensure the appropriate parental controls have been set on all devices children have access to - this may include your own phone.

[Internet Matters e-safety information and resources](#)

Polka Theatre Yr3/4

On Tuesday Nikky from the Polka Theatre visited St Chad's to run a series of workshops with Yr3&4 on the theme of the Mayan's. The children had a fantastic time, learning about the Mayan civilisation through drama. They got to practice improvisation, freeze frames, story telling through drama and performance skills.





St Elizabeth	Isaiah, Britney & Whitney
St Martha	Yaya, Wyshown
St John Paul	Hannah, Jamal
St John Bosco	Christian, Elisha
St Catherine	Anastasia, Noah O
St Martin	Jemiah, Melvin
St James	Alison, Noah
St Andrew	Malachi, Liam
St Therese	Stacy, Caleb
St Brigid	Alexandra, Crystal

Gospel Value

Forgiveness



St Elizabeth	Kymani, Eliora, Keziah
St Martha	Favour, Hunter, Simon
St John Paul	Layton, Ire, Diadem
St John Bosco	Trevell, Maria, Janelle
St Catherine	Jacob, Danielle, Lashonda
St Martin	Able, Mikaela, James
St James	Shayden, Nicolle, Michelle
St Andrew	Sharon, Ebere, Neriya
St Therese	Santi, Stacy
St Brigid	Paul, Mikella, Maya

04/03/2024 - 08/03/2024

Attendance

Registration Group	Attendance %	Punctuality (lates) %
St Mary Nur	96.3	0
St Peter Rec	94.1	0
St Anne Rec	99.1	0
St Elizabeth Y1	98	0
St Martha Y2	92.9	0.4
St John Paul Y2	97.5	0
St John Bosco	99.3	0.3
St Martin	98.1	0
St Catherine	97.7	0
St Andrew Y5	96	0
St James Y5	99.1	0
St Therese Y6	100	0
St Brigid Y6	88.7	0
Totals	96.8	0.1

Regular attendance at school is vital so that children can progress in their learning and friendships.

If your child is unwell, please leave a message on the answer phone or email the office by **8am**. The office staff check registers and must follow up on any unexplained absences by 9.15am, so your cooperation with this is appreciated.

Routine medical and dental appointments should be scheduled for outside school time. Holidays in school time cannot be authorised.

St Anne's and St Therese are our best attenders this week- well done!

Next week at St Chad's

Monday 18th March	Parents Evening KS2 Adoration Yr4&5 Reconciliation Yrs4-6
Tuesday 19th March	Parents Evening EYFS & KS1
Wednesday 20th March	Parents Evening KS2
Thursday 21st March	Parents Evening EYFS & KS1
Friday 22nd March	Adoration Yr3

A guide to the mental health experiences and needs of


The aim of the module is to increase understanding of autistic experience, autistic mental health experiences and to explore supportive strategies to support young autistic people's mental health.

The module will be free to access throughout 2024.

Module outcomes


- Identify some of the autistic experiences relating to the autistic young person they are supporting
- Identify some of the mental health experiences relating to the autistic young person they are supporting
- Adjust their practice and make reasonable adjustments to better support their autistic young person.

They will need to register at https://www.autism.org.uk/what-we-do/autism-training-and-best-practice/training/e-learning?utm_source=The%20National%20Autistic%20Society&utm_medium=email&utm_campaign=14365730_AKH_JT_Mental%20healthmoduleparents_26.02.24update&utm_content=book%20now&Keywords=book%20now&dm_i=YA3,8JWO2,DE2QCC,ZEK7C,1



Keeping children safe online


A Parent's Guide to Cyberbullying




Many young people who are victims of cyberbullying suffer in silence.

They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.

It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.





scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online




Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssafety.net Tel: +44 121 227 1941

Developed in partnership with

Skips www.skipssafety.net.org

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- ### MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of communication, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they've switched off, impacting how easily and how well a person can sleep.
- ### EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they could use each evening, for example, or they could use up excess energy by exercising during the day.
- ### HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night. It is a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals forcing them back up.
- ### CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- ### OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions. Aesthetics can also play a part in creating a good space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept on tidy and free of clutter as possible.
- ### RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low-intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- ### PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.
- ### NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in moderate portion sizes, not only to this to a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- ### PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- ### MILITARY SLEEP METHOD


Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it out even on themselves, while it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Mindy Aisled design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK 'One to Watch' award, the charity provides training and support to education organisations and local authorities. The guide has been written by Adam Gilbert – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.

[@wake_up_weds](https://www.wake_up_weds.com) www.thenationalcal.com

Users of this guide do so at their own discretion. No liability.



ROUND TOWERS YOUTH SECTION

GAELIC FOOTBALL TASTER SESSIONS


BOYS & GIRLS 8YRS – 16YRS

FREE!



Trinity School
Addiscombe Road
Croydon
CR9 7AT

Every Wednesday
From 7th Feb
5.45pm - 7.00pm



FOR MORE INFO:
 Danny O'Donovan 07796 934748
 Timmy O'Donovan 07809 642060

REQUIRED:
 TOP, SHORTS, SOCKS, & TRAINERS
 NO FOOTBALL BOOTS WITH STUDS