



22nd March 2024

St Chad's Catholic Primary School Weekly Newsletter

Dear Parents,

Thanks you to all those parents who attended their Parents Evening slots this week, it was, as always, good to see you. Parents Evenings are vitally important as they are an excellent way to keep you updated on the progress your child has made. If you did not make your slot or did not make an appointment, please can you contact the school to meet with your child's class teacher.

Next Wednesday the whole school is taking part in the Big Lent Walk. The children need to come to school dressed in purple or green, or both and bring in £1 to donate to the CAFOD appeal to fight global poverty.

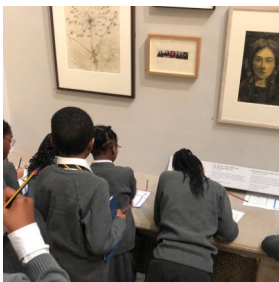
God bless,

Mrs Vassallo and Staff



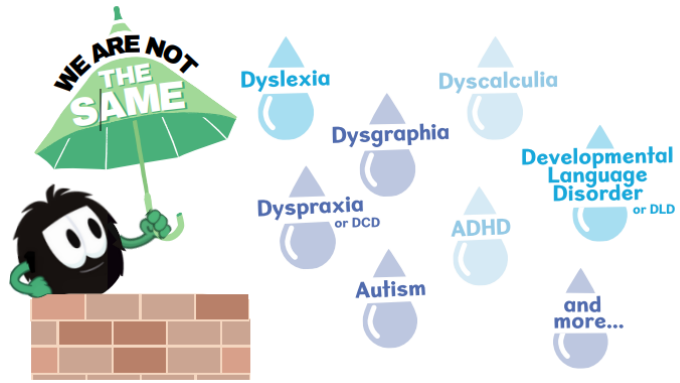
Yr5 National Portrait Gallery

Year 5 visited the National Portrait Gallery this week where they took part in a 'Migration Stories' workshop. They spent time investigating a diverse range of people and their portraits to learn about their experiences, achievements and their impact on our lives today. As they will be learning about the Tudors next term, they also spent time in the Tudors Gallery and recreated some of the iconic portraits.



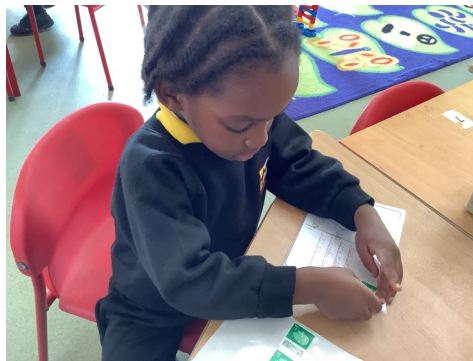
Neurodiversity Awareness Week 2024

Next week is Neurodiversity Awareness Week, a week in which we celebrate those who may learn, think or behave differently than what is considered 'typical'. Nessy has produced this useful resource pack with information on dyslexia, dyscalculia, ADHD and autism which you we have sent to you with this newsletter.



Reception

This week in reception we have been busy creating postcards for our mummies and daddies. We have been learning about postal workers as part of our topic on 'People who help us'. Today we were very excited to walk to a local post box to post them ourselves. Keep an eye out for the post, a postcard will be delivered to you very soon!



Palm Sunday

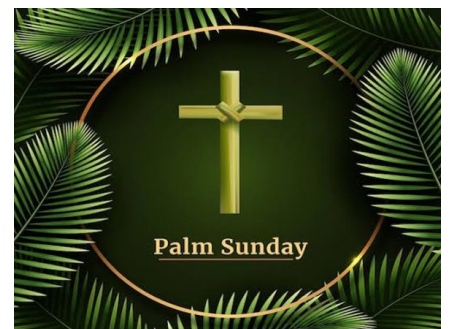
Palm Sunday is the final Sunday of Lent, the beginning of Holy Week, and commemorates the triumphant arrival of Christ in Jerusalem, days before he was crucified.

In the Gospels, Jesus entered Jerusalem riding a young donkey, and to the lavish praise of the townspeople who threw palms in front of him as a sign of homage. This was a customary practice for people of great respect.

Palm branches are widely recognized symbol of peace and victory, hence their preferred use on Palm Sunday.

The use of a donkey instead of a horse is highly symbolic, it represents the humble arrival of someone in peace, as opposed to arriving on a steed in war.

During Palm Sunday Mass, palms are distributed to parishioners who carry them in a ritual procession into church.



Yr3 Adoration



Antoinette Moynihan founder of Child of the Eucharist, came over from Ireland today to lead Yr3 in their first Adoration. The children were brilliant, they were very prayerful and respectful. They will now have the opportunity to spend time in prayer with Jesus each month just like the Yr4 and 5. Thank you to Pam and Angie from St Chad's parish for delivering the programme each month.



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 and on the path in the morning.

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.

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

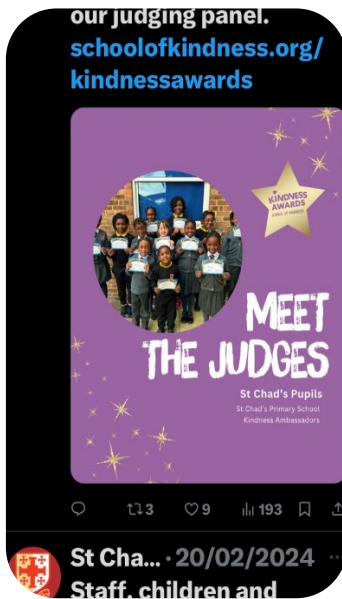
PTFA

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 !



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

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 .

St Chad's is on the leader board. We are the 100th best school in the country—but we can do better than that!

The Big Lent Walk for CAFOD



Next Wednesday the whole school is taking part in the Big Lent Walk. The children need to come to school dressed in purple or green, or both and bring in £1 to donate to the CAFOD appeal to fight global poverty. St Chad's has excellent links with CAFOD and it would be great if every child brought in £1. Thank you Mrs Gallagher for organising this and for all the work you do with CAFOD club.

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/>





St Elizabeth	Whole Class
St Martha	Khalifa, Simon
St John Paul	Shalom A, Zofia
St John Bosco	Moyin, Jacob
St Catherine	Elijah, Shawn
St Martin	James, Benjamin
St James	Chanelle, Edward
St Andrew	Topaz, Zofia
St Therese	Irene, Rocio
St Brigid	Priscilla, Wiktorja

Gospel Value

Forgiveness



St Elizabeth	Chelsey, Francis, Adhija
St Martha	Aaron, Eloise
St John Paul	Leonor, Ayomide, Nogan
St John Bosco	Mikaere, Nicole, Khayson
St Catherine	Anaiyah, Anastasia, Noah B
St Martin	Michaela, Jason, Alex
St James	Amadiwa, Soriah, Alison
St Andrew	Jessica, Angel, Ella
St Therese	Raphael, Therese, Amelia
St Brigid	Anna, Jordan, Crystal

Attendance

11/03/2024 - 15/03/2024		
Registration Group	Attendance %	Punctuality (lates) %
St Mary Nur	82.4	0.4
St Peter Rec	95.5	0.5
St Anne Rec	94.1	0.5
St Elizabeth Y1	97.3	1.7
St Martha Y2	96.8	0.4
St John Paul Y2	92.5	0
St John Bosco	96.3	1
St Martin	93.6	0
St Catherine	92.3	0.7
St Andrew Y5	89.5	0.5
St James Y5	95.2	0
St Therese Y6	98.3	0.4
St Brigid Y6	97.4	0.9
Totals	94	0.5

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 Elizabeth and St Therese are our best attenders this week- well done!

Next week at St Chad's

Monday 25th March	
Tuesday 26th March	Palm Sunday Liturgy Yr2
Wednesday 27th March	The Last Supper Liturgy—St Andrew
Thursday 28th March	Good Friday Liturgy—St James School closes at 2pm
Friday 22nd March	Good Friday

EASTER CLUB

Free for FSM Students!

Science and Food Easter Fun!

Location: Central Croydon (exact location TBC)
Days: Tuesday to Friday (8.30am - 1.30pm)
Prices: £30 per session or £100 for week

Breakfast | Healthy Snacks | Lunch | Water - All provided

Tue 9th April - Fri 12th April

Arts and Sports

- Indoor Sports - table tennis, exercise classes, team games
- Indoor Activities - painting, sensory play areas and reading/calm corner
- Arts & Crafts Activities - creating Easter themed fun!

Science Fun!

- Science - STEM week! - Science, Technology, Engineering and Maths games and activities.
- Exploring Acids & Alkali, Acid tests, Starch Experiments, Exercise & respiration, GM Food & Pesticides, DNA, Balanced Diets and the Environment Impact of food!

Catch up / 11+ Classes Years 2-9

- Maths and English - Support classes
- Verbal and Non-verbal Reasoning - techniques and practice
- Mock Exam Paper Revisions

Book Now!



020 7062 7123 / 078 3578 8283

app.teachngo.com/leads/add/11035

brightfutures4all.com/schoolclub

Karen Bryson

@BF4Allteaching

@brightfutures4all



ROUND TOWERS YOUTH SECTION

GAELIC FOOTBALL TASTER SESSIONS

BOYS & GIRLS 8YRS - 16YRS



Every Wednesday
From 7th Feb
5.45pm - 7.00pm

Trinity School
Addiscombe Road
Croydon
CR9 7AT



FOR MORE INFO:

Danny O'Donovan 07796 934748
Timmy O'Donovan 07809 642060

REQUIRED:

TOP, SHORTS, SOCKS & TRAINERS
(NO FOOTBALL BOOTS WITH STUDS)



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's Guide 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@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



www.skipssafetynet.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 healthy.

1 MINDFUL TECH USE

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

2 EFFECTIVE SLEEP PRACTICES

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

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting alcohol close to bedtime to prevent disruptions during the night. It's 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 fighting them back up.

4 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.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping - that is, not too hot and not too cold - while noise should be kept as tidy and free of clutter as possible.

6 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.

7 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.

8 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 reasonable portion sizes, not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 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.

10 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 or even use it yourself, 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

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



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