



28th March 2024

# St Chad's Catholic Primary School Weekly Newsletter

Dear Parents,

It is a privilege to have our final week of term during Holy Week, and to have the opportunity to reflect on the Passion of Christ as a Catholic community. Our Palm Sunday, Last Supper and Good Friday Liturgies were moving, and I am grateful to the children and staff for their preparations.

We conclude the Spring Term by wishing all of our St Chad's families and community a happy and holy Easter.

God bless,

Mrs Vassallo and Staff



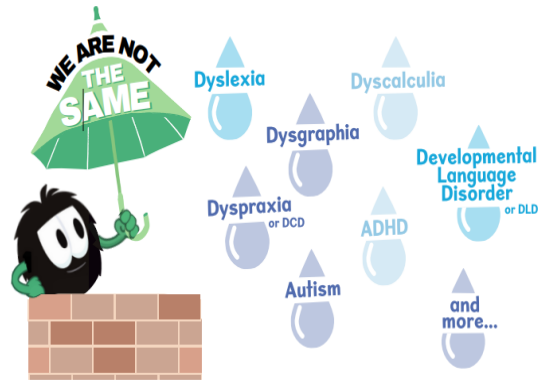
## Big Lent Walk

On Wednesday morning all the children and staff joined together to complete the Big Lent Walk. It was fantastic to see all the children from Nursery to Yr6 walking together and being witnesses to their mission to help their brothers and sisters around the world. An amazing £279.00 was raised. Please go onto X (formally Twitter) to hear them sing a song for CAFOD. The children adapted the lyrics as they walked around.



## Neurodiversity Awareness Week 2024

This 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 we have sent to you with this newsletter.



The children made 5 pledges, including:

- not using single use plastic water bottles.
- not wasting paper during wet play.
- turning off the classroom lights at playtime
- Using all the lines in their exercise books.



On Tuesday the school took part in Earth Hour. All classes in the school turned off their lights, screens and any other electrical items for 1hr.

During this time the children learnt about why it is important to protect our beautiful home and God's amazing creation. The junior classes made pledges, simple ways that they could be good stewards of our earth. Please can I encourage you to support your child's pledges and help minimize our footprint on the Earth.

## Pray with us



Before sunrise on Sunday morning, Mary Magdalene went to Jesus' tomb. She saw that the stone had been moved away from the entrance and that the tomb was empty. Mary ran to Peter and another disciple (John) and said, "Someone has taken the Lord out of the tomb and we don't know where they have put him." The disciples ran together to the tomb. But John, running faster than Peter, arrived first and looked into the tomb but did not go in. Peter, however, went into the tomb and he saw Jesus' linen burial cloths lying on the ground. He also saw the cloth that had been over Jesus' head; this was rolled up in a place by itself. Then John also went into the tomb; he saw and he believed. Until this moment they had failed to understand that Jesus must rise from the dead.

John 20:1-9

# Measles— information from the UK Health Protection Agen-

The UKHPA is concerned about the increase in measles cases in the past two months, and particularly in London. Here is some information for you.

## Overview of measles

### What is measles?

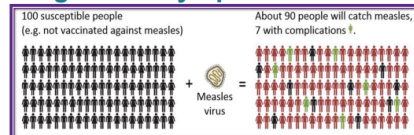
- Measles is a serious disease caused by a virus that spreads very easily. One case of measles can infect 9 out of 10 of unvaccinated close contacts
- Measles can be very debilitating for very young infants, adults, immunosuppressed individuals and pregnant women - who are more likely to develop complications and require hospitalisation

### How is it spread?

- Measles is transmitted through the respiratory route through coughing and sneezing
- It has an incubation period: usually 10 to 12 days from exposure to onset of symptoms, but can vary from 7 to 21 days
- Infectious period: 4 days before onset of rash to 4 days after onset of rash, rash counts as day 0

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## Measles signs and symptoms



### Signs and symptoms

- Fever above 38 degrees
- Conjunctivitis/sore eyes/red eyes
- Cough/ runny nose
- Generally feeling unwell
- White spots in mouth
- Rash which starts on the face and neck before spreading to limbs, chest and abdomen

### Complications

- Ear infections/ongoing problems
- Pneumonia
- Severe dehydration
- Convulsions
- Encephalitis
- Brain damage
- In severe cases death

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## Why are we worried?

- There has been a rise in measles cases in England in 2023 and a particular rise in London in the last two months
- Coverage for MMR vaccine in UK has fallen to the lowest level in a decade:
  - 1st dose uptake in 2 year olds 89%
  - 2nd dose in 5 year olds 85.5%
- London has historically had lower uptake of childhood immunisations, including the MMR, compared to the rest of the country
- Therefore, London is at particular risk of large outbreaks
- To prevent outbreaks, we need to achieve 95% uptake with 2 doses of the MMR vaccine by the time children turn 5 years old

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## MMR Vaccine

- Children are offered the MMR vaccine according to the routine schedule:
  - First MMR dose at 12 months of age (95% effective)
  - Second MMR dose at 18 months or soon after (99% effective)
  - Pork free vaccine available
- Individuals with uncertain or incomplete immunisation histories should be brought up to date at the earliest opportunity
- Anyone who has missed out on their 2 doses of MMR vaccine can be brought up to date at any age. There are no negative effects from vaccinating people who are already immune. For more information about where to get a vaccine <https://www.seondonics.org/our-residents/your-health/living-well/childrenshealth/>
- Those born before 1970 are likely to have immunity from natural infection as this age group was highly exposed to measles before the number of cases started to decline

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# Summer Uniform

After the Easter holiday, your child now has the option of wearing the summer uniform.

Girls—Checked yellow summer dress (**not the playsuit version of the dress**), white or grey socks. The girls may choose to wear skin colour fitted shorts under the dress if they want.

Boys—Grey shorts, white short sleeve shirt, grey socks and tie.

Both girls and boys must wear shoes, **not trainers or boots**.

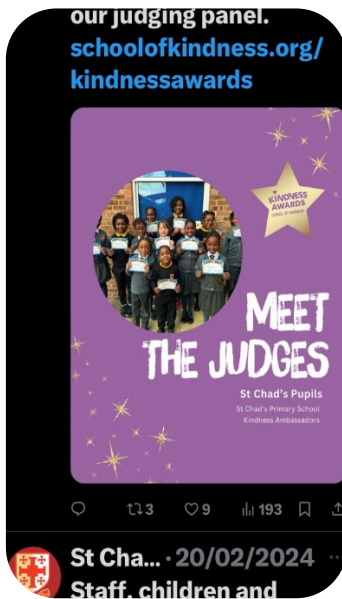
Please ensure everything is clearly labelled, as too much time is spent trying to reunite children with non labelled school uniform.





## 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 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 .

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

## 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](#)

## 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

18/03/2024 - 22/03/2024

## Attendance

Registration Group	Attendance %	Punctuality (lates) %
St Mary Nur	97.9	0.4
St Peter Rec	95.5	0.9
St Anne Rec	88.2	1.4
St Elizabeth Y1	93.7	1.3
St Martha Y2	97.1	0.7
St John Paul Y2	96.1	0.7
St John Bosco	96	2.7
St Martin	94.2	0.3
St Catherine	98.4	0.3
St Andrew Y5	98	1.5
St James Y5	95.2	0.5
St Therese Y6	98.3	0.4
St Brigid Y6	97	0.4
Totals	95.8	0.9

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 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@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



Skips

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 forcing 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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