



# St Chad's Catholic Primary School

30th January 2026

## Weekly Newsletter

Dear Parents,

It has been another busy and successful week here at St Chad's. Our Reception and Year 2 classes enjoyed local walks, exploring the area and learning outside the classroom. Meanwhile, our Year 6 pupils competed in the Maths Quiz Club, with one team progressing through to the national semi-finals— a fantastic achievement and a real credit to the school.

We also welcomed visitors from Rocksteady, who gave inspiring performances for KS1 and KS2, and Transport for London, who spoke to Year 6 about staying safe on the transport system.

A reminder that Parents' Evening bookings go live tonight; a link will be sent out shortly, with full details in the newsletter.

Wishing everyone a safe and restful weekend.

In Christ, Mrs T Lawlor

## D.E.A.R Session - EYFS & KS1

Our next **D.E.A.R (Drop Everything And Read) session** for EYFS and KS1 will take place on **Friday 6th February, 8:35–9:05am**. Parents are warmly invited to come into their child's classroom to spend time reading a book together.



This is a wonderful opportunity to share a story, support your child's love of reading, and see their learning environment first-hand. It also helps build confidence, strengthens the parent-child bond, and encourages children to enjoy books from an early age. We encourage you to make every effort to attend, as your child will really enjoy having you there.

## National Storytelling Day

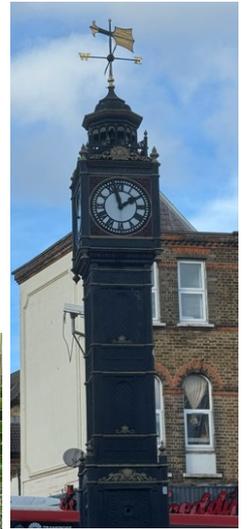
Next week, we will be celebrating National Storytelling Day, as part of National Storytelling Week, which highlights the importance of storytelling in sharing culture, experiences, and creativity.

In school, pupils will take part in a national assembly, enjoy a visit from a special guest who will read cultural stories to the infants, and share stories throughout the school. We encourage families to share a story from your own culture with your child/children at home during the week—it's a wonderful way to connect, learn, and celebrate the diversity of experiences in our community.



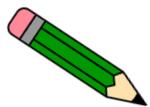
# Yr2 Out and About

On Wednesday, Year 2 made the most of the lovely weather by going on a walk to the high street. We explored different types of buildings and shops and learned about the history of the area. We completed a shops survey and were surprised at the variety of shops South Norwood High Street has to offer. It was a lovely walk, and the children enjoyed the experience.



# Yr6 TFL

On Thursday Year 6 took part in a Transport for London (TFL) session. They learned how to stay safe on public transport, tips for using it efficiently when travelling to secondary school in September, and how to obtain and use a Zip card. It was a valuable session to help prepare them for the next stage of their school journey.



# Writing Club



Today in Writing Club, the children made their very own 'Writer's Toolkit' which they filled with stationary items brought in from home. The purpose of the toolkit is to encourage independent writing. They were very excited about the new pencils and note books parents had bought them. Enjoy writing!



# Receptions's Visit to St Chad's Church

On Thursday Reception visited St Chad's Church. We were very excited to go on our first local trip. When we arrived at the Church, we were warmly welcomed by Father Ambrose. We entered the Church and blessed ourselves at the Holy Water Stoup. The children enjoyed finding images and statues of Jesus and Mary. We were happy to also find a statue of St Chad. On the Altar we found the Baptismal Font, Tabernacle and lots of candles. The Nativity was still on display and we remembered all the people who visited Jesus on his birthday. Thank you to Father Ambrose and the parishioners of St Chad's. Hopefully we can visit again soon! Miss Roberts and Miss Del Busto



# Rock Steady Assembly

The whole school enjoyed a visit from Rocksteady on Tuesday. During an assembly, Rosario told the children all about the musical skills they would learn if they join. Sessions also boost confidence, social skills and wellbeing. Then the children thoroughly enjoyed workshops where they were able to experience various instruments such as the drums, guitars, keyboards and we can't forget vocals using the microphone!

Rocksteady meets at St Chad's every Monday afternoon during school hours. If you would like your child to take part please contact Rocksteady directly to sign up.

[www.rocksteadymusicschool.com](http://www.rocksteadymusicschool.com)

Tel: 0330 113 0330 8am-8pm Mon-Thurs, 8am - 6pm Fri.





# Maths Quiz

Eight Year 6 pupils took part in the Maths Quiz Club on Wednesday. Both teams demonstrated excellent mathematical knowledge and quick thinking throughout the competition. Team 1 progressed through to the national semi-finals—well done to all involved, a real credit to our school.



## Coffee Morning



### Coffee Morning – Thursday 5th February, 8.40am

Please join us for our next coffee morning, where the focus will be on **Digital Devices and Wellbeing**. This is a great opportunity to chat, share ideas, and find out more about supporting children's wellbeing in a digital world.

All are welcome!

# Parents Evening

Parents' Evening for **EYFS, KS1** and **St Andrew class Yr5** will take place on **Monday 9th** and **Wednesday 11th February**, and for **KS2** on **Tuesday 10th** and **Thursday 12th February**.

Appointments will run from **3:20pm–6:50pm** on **Monday and Wednesday**, and **3:20pm–6:00pm** on **Tuesday and Thursday**.

Parents' Evening is an important opportunity to work in partnership with teachers and gain insight into how your child/children are progressing both academically and socially. We strongly encourage all parents to make every effort to attend.

Appointments should be booked using the online system; a booking link will be sent out shortly. **Bookings will go live from 6:00pm tonight.**

# Morning Drop Off

To help ensure a safe and smooth start to the school day, we would like to remind parents that only **Nursery and Reception** parents should accompany their children onto the playground. From **Year 1 to Year 6**, children are expected to walk down independently. The exception to this is for parents who are accompanying children with high **SEND** needs.

We would also kindly ask that parents no longer carry children on their shoulders during drop-off. Please encourage all children to walk safely onto the playground.

Thank you for your support and cooperation.

# Yr6 Living Our Faith Through Service

Year 6 continued to put Catholic Social Teaching into action in their second week of making sandwiches for people experiencing homelessness in Croydon. The children took great care to ensure each sandwich was prepared thoughtfully and that the packaging shared messages of kindness and hope for those who would receive them. Through this work, the pupils showed solidarity with those in need and reflected on the importance of justice and fairness in our society. This was a wonderful example of living out our faith in action and working in partnership with the *Nightwatch* charity to support members of our local community.



19/01/2026 - 23/01/2026		
Registration Group	Attendance %	Punctuality (lates) %
St Mary Nur	91.5	2
St Peter Rec	98.3	1.7
St Ann Rec	94.9	0.9
St Elizabeth	93.1	1.8
St Luke	97.1	0.5
St John Paul	98.6	1.8
St Martha	99	3.5
St John Bosco	99.3	2.3
St Martin	98.4	3.2
St Catherine	100	0.9
St Andrew Y5	98.6	1.4
St James Y5	99.3	3
St Therese Y6	95	0.5
St Brigid Y6	96.4	0.9
Totals	97.3	1.8

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.

*Well done to St Martha in the infants and St Catherine in the Juniors.*



# CONGRATULATIONS!

## Headteacher's Award



St Luke	Aaliyah, Liam
St Elizabeth	Azai, Nielle
St Martha	Machau, Marcel
St John Paul II	Abigail, Ronel
St John Bosco	Ebun, Ryeden
St Martin	Julia, Simeon
St Catherine	Shalom N, Shalom A
St James	Anaiyah, Noah
St Andrew	Osi, Kyle
St Brigid	Kamiyah, Tahlia
St Therese	Jayda, Maelle

## Gospel Value



St Luke	Precious, Sage, Gregorio
St Elizabeth	Iremide, Brielle, Belul
St Martha	Oliwia, Tiffany, Akosua
St John Paul II	Tony, Naella, Psalm
St John Bosco	Chizi, Leah, Christly
St Martin	Julia, Odera, Jayden,
St Catherine	Ife, Arabella, Onyx
St James	Akonobea, Tara, Mariam
St Andrew	Christian, Brielle, Heather
St Brigid	Kamso, Ameerah, Joseph
St Therese	Cressida, Erica, Maelle

## Next two weeks at St Chad's

Monday 2nd February	
Tuesday 3rd February	National Story Telling Day Yr6 Sandwiches for Nightwatch Charity
Wednesday 4th February	
Thursday 5th February	Coffee Morning-8:40am - Digital Devices and Wellbeing
Friday 6th February	DEAR 8:35-9:15 EYFS & KS1 CAFOD speaker KS2
Monday 9th February	Parents Evening EYFS & KS1 Parents Evening St Andrew
Tuesday 10th February	Parents Evening KS2
Wednesday 11th February	Parents Evening EYFS & KS1
Thursday 12th February	Parents Evening KS2 School closes for Half Term
Friday 13th February	Inset Day—School Closed

# St Chad's Wrap Around Provision



**Hope's Haven**  
St Chad's Catholic Primary School  
Breakfast & After-School Club

**Breakfast Club**  
Open from 7:30am - £6 per session

**After-School Club**  
Open Until 6:00pm - £12.50 per session

**Discount for Full Wraparound Care  
(Breakfast & After-School)**  
£16 per day

**10% Discounts for Siblings**

**Club Manager**  
Stephanie Odewale

**Starting**  
2nd September 2025

To make a booking for your child  
please email Mrs Odewale at  
[wac@stchadsprimaryschool.com](mailto:wac@stchadsprimaryschool.com)

Our **Wraparound Care** offers a safe, welcoming space where children can thrive before and after school. With high-quality, caring staff, delicious fresh food, and a wide range of stimulating activities, we make sure every child is happy, well looked after, and engaged. Safeguarding is at the heart of everything we do, giving parents complete peace of mind. Whether it's enjoying a healthy snack, getting creative, or having fun with friends, your child will love their time with

us.



# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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/wuw.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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