

Christ at the Centre : Children at the Heart

Loving to Learn : Learning to Love



#### NOVEMBER 2022 2023 ISSUE 2

**Dear Families** 

Welcome to our Autumn 2 Term. We are excited to begin with our Writer's Festival. Writing is a priority for St Louis and every class will be busy taking part in all the exciting events planned for us by Mrs. White. Teachers have been busy sending postcards to classes because our theme this year is letter writing.

Sadly, Miss Haines has set off to Australia but we welcome Miss Sivill to work alongside Mrs. White in Maple Class. Mrs. Cox continues to recover from her broken leg but she's still on crutches for a few more weeks. Meanwhile, she'll be supporting individual children and small groups to learn and providing wellbeing help to children on a part-time basis.

I would like to thank St Louis PTA for helping with the Macmillan Coffee Morning. Plans are advanced for the forthcoming Advent Fair on the 2nd December from 3.30pm to 5.30pm. Children are sending home their artwork for Christmas cards that may be ordered as part of the PTA Advent fundraising. The PTA need volunteers to help with the many stalls at the Fair. Please offer your time to this event.

In October Bethan Byrne was elected as new Chair of Governors alongside Co-Chairs Jenny Balmer and Marc Walker. Charles Dore remains a Governor but has stepped down as Chair. We are grateful for the commitment to St Louis that Charles Dore has shown over the past years.

It was a privilege to take some of our children to Norwich Cathedral to pray for the recently deceased Queen Elizabeth II at a Requiem Mass celebrated by Bishop Alan. In December, a group of children will travel to Norwich Cathedral to see the new Bishop elect, Canon Peter Collins ordained. We have been asked to pray both for Bishop-elect Peter, as he prepares for his ordination, and also for Bishop Alan who has been a wonderful leader of the Catholic community in East Anglia and a fantastic supporter of all our schools. We pray for him as he prepares for his well-earned retirement.

God bless, Sue Blakeley Headteacher





You are invited to all our Masses. Please see the Mass Calendar. Your family and friends are always welcome.

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Can you help us knit some Nativity sets please? Contact

sueblakeley@stlouisacademy.co.uk

We have spaces in Nursery school and limited places in some year groups. Please tell your friends. We welcome visits from new families wishing to join St Louis School. We also encourage visits from 2023 intake for Nursery and Reception classes.

We have a school prospectus available on the website:

https://www.stlouisacademy.co.uk/ \_site/data/files/key-info/ FA683AFA842D1CFD60E965033A 385679.pdf?pid=50

# St Louis Writers' Festival 2022

Two weeks of brilliant writing every day

31st October to 11th November

Author vísíts, writing challenges, storytelling and much more.



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Monday 31st October	Whole School writing using: The song for Everyone by Lucy Morris The Song for Everyone is a beautiful story celebrating the power of music and community. What would your song look like if we could see it? What colour would it be? What shape? What would it say? How would it touch others?		Monday 7 <sup>th</sup> November	Author visit writing	Big Bear Little Bear
Tuesday 1 <sup>st</sup> November	Teachers are exchanging postcards with other classes		Tuesday 8 <sup>th</sup> November	Write a letter to a famous person UKS2 - King Charles LKS2 - Town Council KS1 - Prince George EYFS - Princess of Wales	
Wednesday 2 <sup>nd</sup> November	Children reply to postcards from teachers		Wednesday 9 <sup>th</sup> November JK. ROWLING HARRY Porter	Share a story with a friend Children to bring in a favourite book from home and then have some time to share it with a friend.	
Thursday 3 <sup>rd</sup> November	Buddy writers – children work with another class so the older children help the younger ones to record their ideas.		Thursday 10 <sup>th</sup> November	Parent drop in and write session 9am - 9.20am	Parents and carers can then sit with their child
Friday 4 <sup>th</sup> November	Author Visit David Bedford UKS2 Virtual Author talk - Authors of colour		Friday 11 <sup>th</sup> November	Writing on the theme of Remembrance	Lest we forget







# PLEASE JOIN ST LOUIS PTA

WE ARE SO EXCITED TO BE PLANNING THE ADVENT FAIR AGAIN, the first in three years and a wonderful opportunity to bring the school community together again at this very special, festive time.

At this event, we hope to raise much needed funds for the pupils for new outdoor gym and playground, book corners, a reward celebration wall plus anything else parents/carers or pupils suggest or need. The children and parents will vote towards which items we fund first.

# PLEASE SAVE THE DATE FOR ADVENT FAIR ON 2ND DECEMBER AFTER SCHOOL UNTIL 5.30PM

We have some key requests below to help us make this as brilliant as possible for the children. We would appreciate all of your support no matter how little or big.

1. We need face painters - would you be willing to donate an hour of your time to paint some festive spirit on the childrens' faces?

2. We need a Christmas Tree for school - do you or anyone you know could donate a 7ft real Christmas tree?

 The children are designing Christmas cards in school and you will be receiving an order form home THESE MUST BE RETURNED NO LATER THAN MORNING OF 7TH NOVEMBER.
18th November - Raffle tickets will be sent home for you to distribute and sell to your friends and family. We need RAFFLE PRIZES TOO FROM local businesses.

5. 25th November OWN CLOTHES DAY - instead of donating a £1 please bring a bottle in for the

adult or children's tombola / any lucky dip treats / We will also be sending paper cups home on 25th November, asking you to help the children decorate these and fill them with sweets so we can sell their beautiful designs at the Advent Fair

6. Can you donate any festive goods to our international food stall? Please contact our International Food Stall Co-Ordinator, Allesandra on 07532293725. We want as many countries as possible to donate.

7. We will be asking class links to rally 4 volunteers per class for the advent fair to help us ensure stalls are manned and enable everyone, including PTA Committee and Volunteers to have a chance to enjoy this special event. Half an hour of your time would be so very appreciated to ensure we all pull together, raise as much money as possible and enjoy it with the children too.

Thank you for your help big or small - IT MEANS A LOT TO THE WHOLE SCHOOL COMMUNITY.

If you have any ideas, want to get more involved or just want to be added to the email list, sharing meeting notes and dates of future PTA meetings please email <u>friendsofstlouis2020@gmail.com</u>

### ALONE WE CAN DO SO LITTLE



# TOGETHER WE CAN DO SO MUCH

Email <u>friendsofstlouis2020@gmail.com</u> for more info on how your parents/carers voice can be heard and what you can do to help raise funds so we can provide more opportunities for our children.



Mrs Muscionico is our RE subject leader. She works with other RE subject leaders in the OLOW Trust to support teachers and to provide high quality Catholic teaching, build links with the Parish and contribute to the wider Catholic life of the school.

Mass and Prayer in school

We have dates for shared prayer in school and in church. You are always welcome to join us with family and friends.



#### School Masses, Concerts and Performances—open to families to attend

All Saints Day Mass - Tuesday 1st November - 9:30am in Church

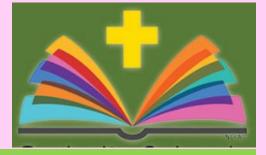
# Weds 7th December 2pm. Reception and KS1 performance of The Christmas Story in church (Fr. Leo welcomes us all)

Tuesday 13th December 1.45pm Whole School Carol service in church (Choirmaster Daniel Justin with prayers led by Deacon James and Deacon John) Epiphany / start of term Mass - Friday 6th January 2023 - 9:30am in Church Ash Wednesday Mass - Wednesday 22nd February - 9:30am in Church Weds 1st March 10.15am KS 1 Mass in school (Fr. Leo) Weds 8th March 10.15am KS 1 Reconciliation service in church in church (Deacons John and James) Weds 15th March 10.15am KS 2 Reconciliation service in church. (Fr. Leo) Weds 26th April 10.15am LKS2 Mass in school (Fr. Leo ) Weds 17th May 10.15am UKS2 Mass in school (Fr. Leo) Saints Peter and Paul Mass - Thursday 29th June - 9:30am in Church

EYFS Mass in Spring Term—date to be confirmed

Year 6 Leaver's Mass-date to be confirmed

End of Year whole school Mass-date to be confirmed



Safeguarding in schools is essential for keeping children safe. It means having:

•whole-school policies and procedures

•staff and volunteers confident in identifying and raising concerns

•leadership confident in responding to and referring concerns and working with other agencies to protect children & teaching resources to promote wellbeing. Please contact the team with your concerns.

All our staff are trained annually with refresher training during the year. We collect all safeguarding and behaviour concerns on our MyConcern online safeguarding system to allow us to respond immediately to resolve concerns and worries.



**Mrs. Blakeley** 



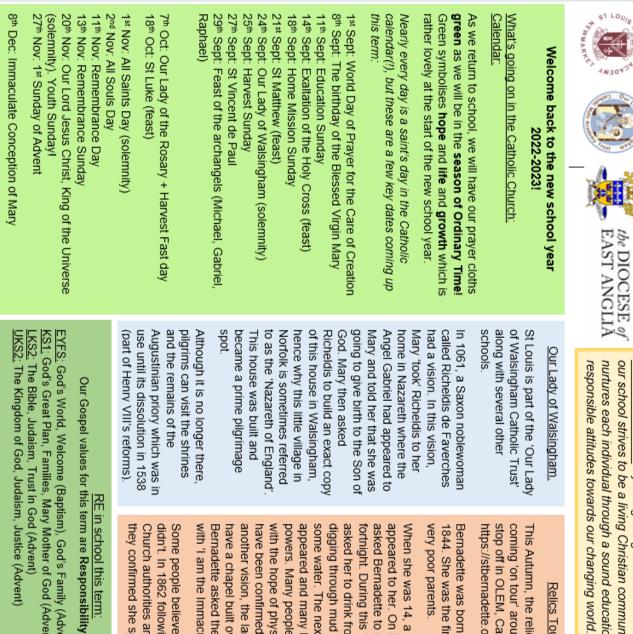
Mrs. White



Mrs. Smith



#### **OUR CATHOLIC TEACHING FOCUS IN SCHOOL THIS AUTUMN**



nurtures each individual through a sound education and encourages our school strives to be a living Christian community which values and Mission statement: By recognising Jesus Christ in ourselves and others

# Relics Tour: St Bernadette

https://stbernadette.org.uk/registration/)! stop off in OLEM, Cambridge in October (see coming 'on tour' around Great Britain, including a This Autumn, the relics of St Bernadette are

Bernadette was born in Lourdes on January 7th, very poor parents 1844. She was the first of 9 children born to her

with 'I am the Immaculate Conception' Bernadette asked the lady her name, she replied have a chapel built over the grotto. When another vision, the lady asked Bernadette to have been confirmed by the Church! During with the hope of physical healing; 69 healings powers. Many people still visit Lourdes today appeared and many believed that it had healing some water. The next day, a spring had digging through mud until Bernadette found asked her to drink from the spring which required fortnight. During this 'holy fortnight', the lady asked Bernadette to return each day for a appeared to her. On February 18th, the lady When she was 14, a beautiful lady wearing blue

didn't. In 1862 following rigorous interviews with they confirmed she spoke the truth Church authorities and the French government Some people believed her and some people

Our Gospel values for this term are Responsibility and Thankfulness RE in school this term

EYFS: God's World, Welcome (Baptism), God's Family (Advent) <u>KS1:</u> God's Great Plan, Families, Mary Mother of God (Advent) KS2: The Bible, Judaism, Trust in God (Advent)



# Let us pray...

and open our hearts at the start of this As we join together your son, Jesus of love inspired by more to living a life others around us opportunities to help in who we are as opportunity to grow help us to make the our eyes to academically. Open people and most of every new academic year

Amen



#### How Safe is Your Child Online? You'd be surprised by what we've seen this year...

The start of term has been a busy time for the safeguarding team because of pupils' online activity at home. Our KS2 children are savvy users who know how to overcome parental controls, access adult content and access YouTube to watch material that they understand is inappropriate for their age group. Unfortunately, sometimes they share the sexualised language and addresses for unsafe sites with friends. There are many great advice and information sites for parents but please take time to get to know more about your child's online activity. Younger siblings quickly learn from older children in their homes. School checks all searches by children in school but recommend that you do the same at home. Our School Liaison Officer - Western Area will be visiting school to speak to KS2 about online safety this term.

# 10 tips for safe everyday tech use

**Traci Good, founder of I-Vengers** 

Talk to your child, find out what online games they play and why. Use sites such as taming gaming.com to find out more about the games they play, and to find alternatives to games that you don't feel are suitable.

Check their devices. Remember, a connected device is a two-way communicator and it's not always what your child is saying as much as what others may be saying to your child.

Check the device security. Have they added their fingerprint to your device so they can access it without your permission? Have they been peeping over your shoulder, and do they know what the passcode is to get into the device? More importantly, are you able to access their device independently?

It's okay to check your child's device! Are they using WhatsApp? Have you checked their message and call history? Are they making or receiving video calls at inappropriate times of the day or night?

Let them know that, if they see something online that worries them, it's okay for them to tell you and you won't just remove their device to keep them safe. Reassure your child they've done the right thing by telling you and then work out together how to ensure that it doesn't happen again.

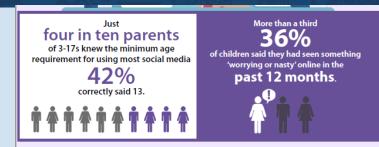
Trust them to do the right thing - because most of the time they probably are!

Have that awkward conversation about pornography. Porn is a terrible educator; parents generally do a better job.

If your child has a special educational need, understand that their potential risk of harm is increased online. Internet matters has an inclusive digital safety portal, and it gives some great advice for both parents and young people with additional needs.

It's not always the children that you expect who experience online harms. It could be your child. If you're not curious, you will never know.

'I don't understand computers' is no longer a valid argument! As a parent, it is part of your role to ensure you understand so that you can keep your children safe.



Online advice

https://www.nspcc.org.uk/ keeping-children-safe/onlinesafety/

https://saferinternet.org.uk/ guide-and-resource/parentsand-carers

https://www.thinkuknow.co.uk/ parents/

#### https://

www.internetmatters.org/ schools-esafety/parent-onlinesupport-pack-teachers/#parentpresentations

https://www.suffolk.gov.uk/ community-and-safety/stayingsafe-online/e-safer-suffolk/



#### How to play "Rate My YouTuber" with your child

#### Caroline Allams, Co-founder & Chief Product Officer of Natterhub

Ever feel that there's an ever-growing digital divide between you and your child(ren)? You certainly won't be alone, but trust us, they do need your help. The ease with which they can pick up devices and navigate their way through is really something to behold. Yet we have to remember, just because they look competent at using technology doesn't mean that they have learnt how to keep themselves safe.

The internet was never designed with children in mind. Technological guidance is every bit as important as teaching them how to cross a road or avoid fire. For this reason, it is not sufficient to stay on the sidelines and hope for the best. They need your input and to recognise that (at least through their early childhood) you still have the final say.

#### What is my child looking at online?

The popularity of video online has seen a growing younger audience for YouTube and TikTok. Whilst these channels contain really useful information that children can use for learning, the concern is that, once children have access, they are exposed to a whole lot more.

Misinformation is also a factor, giving children a skewed view of reality. At this stage in their development, having discussions about fakery and bias is important so they understand that not everything online is as it seems.

In the Natterhub 2021 Data Report we found that 50% of all 10–11-year-olds have a tablet or phone in their room overnight. Every family is different and so decisions around device access, screen-time and monitoring will vary.

No matter how controlled or uncontrolled a child's access is, the fact remains that they are vulnerable in that space and so one of the best ways to understand what they are looking at/doing online is to get involved.

Let's play "Rate My YouTuber"

Here's a great way you can carry out scenario-based learning with your child and get closer to current trends online:

This game is Inspired by a popular feature on the Natterhub website called

"Rate My YouTuber", otherwise known as the 'Ratings game'.

#### https://natterhub.com/

https://www.netsupportdna.com/ education/safeguarding/? utm\_source=OnlineSafetyGuide

#### PCSO 3349 Rachel Darvill Neighbourhood Partnership Team (West) SCHOOL LIAISON OFFICER – WESTERN AREA

Suffolk Constabulary Police Station, Raingate Street Bury St Edmunds, Suffolk IP33 2AP 999 Emergency 101 Nonemergency www.suffolk.police.uk Natterhuh's Youth Board of children ranging from 8 - 14 years have created all the content for 'Rate My YouTuber'. With this in mind, please ensure you are comfortable with any content your child has occess to, prior to viewing.

Jimmy Donaldson carries out stunts, physical and mental challenges, and often gives away a lot of money during his videos. What are the positives? It's interesting to see people challenging themselves physically and mentally.

and it's really funny. What to watch out for...

The humour is quite mature, and there is some beeped out swearing. What age range is it suitable for?

13+ Star Rating: How happy would parents be for their children to watch this YouTuber?



What's MrBeast all about?

#### Natterhub Notes

 SomeYouTube users proved MrBeast for his usage of clickbait to make money and obtain subscribers.
MrBeats's video titled "Can 20.000 Magnets Stop a Bullet Mid Air?" was

pretty controversial due to the thumbnail Jimmy used. It showed him firing a gun at a friend in front of a wall of magnets. The thumbnail was changed to due to user dislike.

Our Rate My YouTuber page is a working document and is subject to change at any point. Natterh notes are added by our Natterhub team in addition to the Youth Board member notes above.

#### Sample video



Natterhub's Youth Board of children ranging from 8 - 14 years have created all the content for 'Rate My YouTuber'. With this in mind, please ensure you are comfortable with any content your child has access to, prior to viewing.

#### What's EYStreem all about?

Jordan Barclay is an Australian <u>YouTuber</u> known for his Minecraft tutorials, roleplays, and pranks that he uplaads inside the game onto his channel.

#### What are the positives?

There's hundreds of really great hacks to make Minecraft even more exciting. His videos are positive, lively and knowledgeable of Minecraft.

#### What to watch out for...

He plays a lot of pranks! His videos have links to external social networks, such as: Facebook, Twitter and Discord.

#### What age range is it suitable for?

Star Rating: How happy would parents be for their children to watch this YouTuber?



#### Natterhub Notes

9+

The Minecraft age rating is 7+ years old. Survival mode provides a sense of adventure with mild danger. Visit our <u>Minecraft Platform Advice page</u> for more information.

In September 2019, a Discord conversation was leaked between Jordan and a 13 year ald girl where Jordan allagedly tride to filmt, asking nudes from her by bribing her in the process and threatening to expose her and her nudes to her fans if she won't send nudes to him. As soon as he received backlash from this, he falsely claimed that his account was hacked at the time.

Our Rate My YouTuber page is a working document and is subject to change at any point. Natterhul notes are added by our Natterhub team in addition to the Youth Board member notes above.

#### Sample video





## Help your children to self-manage their screen time



#### Dr Leila Khouja Walker, Co-Founder and Chief Product Officer at Persona Education

The digital world is an exciting one. It enables us to socialise, play, shop and be entertained – sometimes all at the same time – pretty much anywhere and anytime we choose. And for those and many more reasons, digital devices can be really hard to put down.

For our children who are growing up in this digital age, managing their screen time can seem even more difficult, with seemingly less exciting options hard pushed to distract them away! And in the school holidays, this can seem particularly frustrating for parents.

#### Healthy tech use

Learning to know when it is time to take a break and turn off their screens – without a parent or even a teacher telling them to do so – not only provides young people with a sense of agency but also teaches them how to self manage. It will also help to foster a positive parenting relationship as you show your child that you are willing to let them take some control over their lives and make their own decisions.

On top of that, it is good for their health – both physical and mental. Aside from screen time preventing them from doing other beneficial activities such as exercise, getting together with friends In Real Life, or reading a book for example, the blue light emitted by screens with no 'night shift' mode interferes with the natural circadian rhythm. Young people who manage their own screen time effectively suffer less stress, sleep better, and are better able to focus. All this results in a happier, healthier and more productive social, family and school life. Here are three suggestions to get you started.

#### 1. No-screen family time

It's not just kids who are distracted by screens for endless hours. Adults are culprits also. Younger kids especially often like to mimic their parents' behaviour as it makes them feel more 'grown-up.' Discuss and agree two time slots in the day when everyone in your household will put down their devices. A good and easy place to start is mealtimes, for example, breakfast and supper. Use this non-

device time to check in with one another – asking what they are up to today or how their day was. This includes the adults who can 'model' this behaviour and communication for the children to learn from. During this time, devices should be on silent or even turned off. Best to place them where you cannot see also. Out of sight, out of mind!

#### 2. Managing screen noise

With the advent of smartphones came the constant bombardment of social media feeds or even messaging from friends and family. It's not unusual to leave your phone for 5 mins and return to find 10s of notifications from WhatsApp, SnapChat, Instagram, etc. Remind your kids of features they can use to 'not miss out' but to 'delay' any distraction. The simplest? Turn off notifications from any social media or chat application! If this feels like a lot for your child, tell them to try it for just 10 minutes at a time. What they may find is that after a period of time they forget about their phone and instead get distracted elsewhere!



#### 3. Bedtime

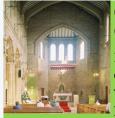
Getting a good night's sleep is important for our children's health. Winding down from the 'noise' of the day helps us to transition into this important state. It also makes them far less grumpy when they wake up! No screen, at least an hour before bed is a good rule of



Remember- children are not permitted to use mobile phones anywhere on the school site.

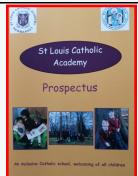
# St Louis dates for your diary

31st October to 11th November	Writer's Festival					
1st November	All Saints Mass in church 9.30am					
27th November - 24th December	Advent Cafod fundraising CAF*D Catholic Agency for Overseas Development					
29th November	Whole school pantomime trip to Theatre Royal, Bury St Edmunds					
2nd December	Advent Fair in school 3.30pm to 5.30pm					
7th December	Weds 7th December 2pm. Reception and KS1 performanc The Christmas Story in church ( Fr. Leo welcomes us all) Advent Fair					
9th December	Dress as Angel, King or Shepherd					
13th December	1.30pm in church (Choirmaster Daniel Justin with prayers led by Deacon					
14th December	Christmas Dinner and Party					
January	Epiphany / start of term Mass - Friday 6th January 2023 - 9:30am					
February	EYFS Mass in Spring Term date to be confirmed					
Lent will begin on Wednesday , 22nd February	CAFOD Fundraising					
March	Weds 1st.March 10.15am KS 1 Mass in school (Fr. Leo) Weds 8th.March 10.15am KS 1 Reconciliation service in church in church (Deacons John and James) Weds 15th.March 10.15am KS 2 Reconciliation service in church. (Fr. Leo)					
April	Weds 26th.April 10.15am LKS2 Mass in school (Fr. Leo )					
May	Weds 17th May 10.15am UKS2 Mass in school (Fr. Leo)					
June	Ss Peter and Paul - Thursday 29th June - 9:30am					
July	Year 6 Leavers' Mass date tbc					



Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin **http://www.olise.co.uk/ wordpress/** Link to the latest newsletter from the parish home page



CAF D Catholic Agency for Overseas Development