



St Osmund's Catholic Primary School Newsletter

Love for God ~ Love for Each Other ~ Love for Learning

Resources Appeal

Huge thanks to all the parents/carers who generously donated bean bags to our school 😊 They have already added a touch of cosiness to a new area in our school, creating an inviting and calming environment for our children. Your support truly makes a difference!

We're now on the lookout for a few more items to enhance our playtimes. We invite parents to consider donating wellies in all sizes, complete board games, and dressing up outfits. These resources will contribute significantly to the variety of activities we offer our children at playtimes and lunchtimes.

Wellies of all sizes: Help us gear up for outdoor adventures by donating wellies in various sizes. Whether it's exploring nature or engaging in hands-on learning, wellies will help us make the most of our woodland area in all weathers.

Complete Board Games: We're on a quest for complete board games to enhance our playtime experience and add a touch of variety. If you have any complete board games gathering dust, consider giving them a new home here!

Dressing Up Outfits: Again, to add variety and fuel imagination at lunchtimes in Spring, we are seeking donations of good quality dressing up outfits that you do not need any more.

Donations can be dropped off at the school office. Thank you so much for your continued support and generosity.

Earrings

Small stud earrings can be worn at school, but they **MUST** be removed for PE lessons and sports clubs, please ensure your child can remove their earrings by themselves. Newly pierced ears can be covered over with tape which you must provide yourself. **Hoops and earrings that hang off the lobe are not to be worn in school for health and safety reasons.** Thank you for your cooperation with this.

Get Creative – Make Music!

Salisbury Area Young Musicians are holding a making music workshop on Thursday 15th February 2024 at 10.15am and 1.30pm for children age 7 -11 years old, as Salisbury Playhouse. No musical experience needed. Explore different musical activities and build making music skills. To book a place click on the link <https://www.wiltshirecreative.co.uk/events/get-creative-make-music-3>

New Start Time

Please remember that from Monday 19th February 2024 the school day will start at 8.40am. Please ensure your child(ren) are in the playground, ready to line up at this slightly earlier time. Thank you.

After School Clubs

After school clubs will continue to run next week, but look out for the email early next week with the choice of clubs and date to sign up for next terms clubs. These will run from week commencing 19th February 2024 to week ending 22nd March 2024, with the exception of Monday 4th and Tuesday 5th March, which is Parents evening.

Winter Bugs and Germs

To reduce the spread of normal winter bugs and germs please remind and encourage your child to wash their hands after wiping their nose or coughing. We are happy to have them in school with coughs and colds, but NOT if these are accompanied with a fever.

Star of the Week Awards

Rec: Ella and Ellie
Year 1: Johanna
Year 2: Berni and Maymunah
Year 3: Amelia and Tyler
Year 4: Persephone and Jacob
Year 5: Neil and Elisa
Year 6: Stefan and Lola-Rose



Dates for your diary...

[www.twitter.com
@St_OsmundsCP](https://www.twitter.com/@St_OsmundsCP)

09.02.24 ~ School breaks up end of Term 3 ~ 3:15pm
19.02.24 ~ School reopens for start of Term 4 ~ **08:40am**
20.02.24 ~ Whole school Mass (distribution of ashes) ~ St Osmund's Church ~ 2pm
20.02.24 ~ Yr 4 Swimming Lessons commence
21-26.02.24 ~ Parents evening sign up available
04.03.24 ~ Parents Evening
05.03.24 ~ Parents Evening
07.03.24 ~ World Book Day
13.03.24 ~ Reconciliation Service ~ in school
14.03.24 ~ Class Photographs
20.03.24 ~ Modern Foreign Languages day
21.03.24 ~ Stations of the Cross – school hall
26.03.24 ~ Life Education Visits (PSHE)
28.03.24 ~ Break up end of Term 4 ~ 1:30pm

Mr R Sanderson
Headteacher

Dear God,

Jesus made time for prayer and showed us
how to pray the Our Father to you.

In the busyness of life, let us not forget to
make time for a moment of peace, and to
meditate on the Word you have given to us.

In it, may we find strength, comfort and a
sense of calmness within.

Amen

Safeguarding Team

If you have any concerns about a child's welfare or safety,
please speak to a member of the school safeguarding team:

Mr Sanderson – Designated Safeguarding Lead
Mrs Chapman – Deputy Designated Safeguarding Lead
Mrs Sambrook – Deputy Designated Safeguarding Lead
Mrs Windsor – Deputy Designated Safeguarding Lead

Safer Internet Day – Tuesday 6th February

Being safe online is important every day, but to
raise awareness and provide inspiration for children
and parents, this Tuesday is Safer Internet Day. It
is a great opportunity to focus on online safety
with your child, whatever their age. This year's
theme is all about change and influence online. This
week's help sheet about Persuasive Design at the
end of this newsletter is also connected with the
theme.

Please see this link for information:

[https://saferinternet.org.uk/safer-internet-
day/safer-internet-day-2024/parents-and-carers](https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers)

There is a video embedded on this webpage which
introduces the initiative to parents/carers.

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What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

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