



Don't hide your light! Let it shine for all; let your good deeds glow for all to see, so that they will praise your heavenly Father. – Matthew 5:16



St Mary and St Thomas CE Primary School Newsletter

w/b: Monday 8th January

WELCOME BACK!

A Big Welcome Back after the Christmas break and a Happy New Year to you all! We hope all of our families have had a wonderful Christmas time together and as always it has been lovely to welcome the children back with smiling faces and we look forward to another busy fun filled term with plenty of excitement and, of course, lots of hard work!

PARENT MEETINGS

Thank you to all the families who have joined us for Parent Consultation Meetings over the past week to discuss children's progress and achievements in school. We hope you found the session informative and useful in order to continue helping your young people reach their full potential. Thank you also to all the parents who completed the questionnaire, a summary of responses will be included in next week's newsletter.

DEAR ZOO

Reception and Year 1 children have an opportunity to watch 'Dear Zoo' on Wednesday 6th March at the Theatre Royal. This is on a first come first served basis and will cost £15.60 and there are limited spaces available. It is available to book via Arbor 'Trips' and there are only a few spaces remaining! The show starts at 4pm, the children will walk to the performance from school at 3pm with school staff, they will need to be collected by parents/carers after the show at the theatre, more details of times will follow nearer the time.

Y4 TRIP TO SLAVERY MUSEUM

Our Y4 children will be enjoying a trip to The International Slavery Museum / World Museum as part of our Benin Kingdom topic. We will be travelling by train from St. Helens Central to Liverpool Lime Street. The cost of the trip will be £6 which includes return train fare and entry to a workshop at the museum and the trip is available to be paid no via Arbor in the usual way.

AFTER SCHOOL CLUBS

Clubs are now live on Arbor and can be booked in the usual way. Clubs will start from next week 15/1/24 and will run through and include the last week of term w/c 5/2/24. Wraparound care is on this week as normal.

STORIES AT ST TOM'S

The monthly 'Stories at St Tom's' will be taking place at St Thomas Church this Sunday from 11-12pm, led by Rev. Michelle. All families are invited and we hope to see you there!

ENSURING SAFETY ON NEW DEVICES

Please have a look at the flyer on this newsletter which gives hints and tips as to how you can help to keep your child safe online, particularly if they have received a new device for Christmas. For more advice and guidance, please visit the following website:

[Parents and Carers - UK Safer Internet Centre](https://www.gov.uk/guidance/parents-and-carers-uk-safer-internet-centre)

Believe in ourselves, each other and God; Achieve in all we do; Shine every day!

Compassion, Joy, Thankfulness, Forgiveness, Hope, Perseverance

Barton Close, WA10 2HS **Tel** 01744 734320 **Email** stmarythomas@three-saints.org.uk

Web www.sm-st.co.uk



FAMILY OF FAITH

A reflection from... *Mrs Lewis*

Forgiveness means different things to different people.

It involves an intentional decision to let go of resentment and anger. The act that hurt or offended you might always be with you. But working on forgiveness can lessen that act's grip on you.

This term, I am asking people to be more forgiving- sometimes it may be to forgive yourself, sometimes it will be others. It is not always easy to do so but nor is holding onto anger and resentment.

Our **Christian value** focus this half term is...

Forgiveness

Our school **bible verse** of the week is...

Ephesians 1:7

"In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace."

St Thomas Church

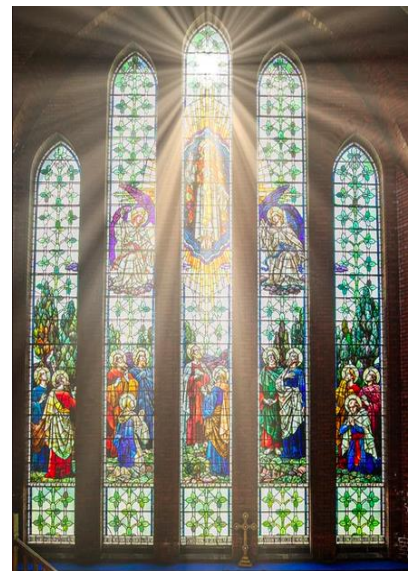
Peter Street, St Helens, WA10 2EB
01744 732463 / stthomaseccleston@gmail.com

Sunday Services

Parish Mass: 9.30am – 10.30am

Evening prayer: 6.30pm

"Seeking to love God and neighbour in the community of which we are part."



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BEHAVIOUR MATTERS!

Ready, Respectful, Resilient



Mrs Lewis' Golden Book

Each week, staff write the names of children who have gone above and beyond in Mrs Lewis' Golden Book. It is so exciting when the names and reasons are read out in our celebration assembly!

It may be that a child has been ready to learn every moment of every day. Maybe they have been incredibly respectful to a visitor or a friend. Or maybe they have been resilient in a way that has wowed the staff!

OUR SCHOOL RULES

READY

"WE ARE ALWAYS
READY TO LISTEN
AND LEARN!"



RESPECTFUL

"WE SHOW RESPECT
TO EVERYBODY IN
SCHOOL AND IN THE
COMMUNITY!"



RESILIENT

"WE NEVER GIVE
UP AND TRY
OUR BEST IN
ALL WE DO!"



Class Dojos

Children can receive Dojo points for being ready, respectful and resilient throughout the school day. They receive 5 Dojos if they read five times, which they should do every single week.

Each child has their own Dojo character and milestones are celebrated with certificates and prizes each time they meet one.

We celebrate milestones such as 100, 200 and 300 dojos in assembly too!

Headteachers Award Winners

YN - Ginevra for settling in well in nursery

YR - Bridget for super listening and joining in!

Y1 - Alysia for her hard work and great manners!

Y2 - Dottie for super maths work

Y3 - Kia for trying so hard in all her lessons this week!

Y4 - Evie for super effort in Computing

Y5 - Keagan Pilkington for excellent effort in class

Y6 - William for always working hard and being a great role model

Lunchtime Award Winners

YR - Maui

Y1 - Maddison T

Y2 - Jason Chen

Y3 - Logan S

Y4 - Jaxson

Y5 - Leila

Y6 - Charlotte



**ALWAYS ON TIME
TONI**

ATTENDANCE MATTERS. ALL DAY, EVERY DAY



**ALWAYS IN SCHOOL
SANDY**

TONI SAYS,

"Our school starts at 8.45am; that's when the doors open!

Children should arrive at school on time, so they don't miss any learning! Regularly missing lessons can have a negative impact on wellbeing and on your academic achievement too.

Being on time is such an important skill for life and sets you up for a life of success and positive wellbeing!"

EVERY DAY COUNTS!

School and **future success** starts with good attendance!



Remember - your education is important - **don't miss out!**

SANDY SAYS,

"Children should be in school EVERY DAY... unless you're poorly. Every day counts!

Every minute in school is a learning minute. The research tells us that children who are in school every day achieve more, and their wellbeing is better too!

Please let school know if you'll be absent before 9.15am or we'll have to contact you to check in."

Whole school attendance this year to date...
95.6%

Whole school attendance this week...
94.3%

Class attendance winners...
Y2

Class Attendance

YN - 87.8%

YR - 88.0%

Y1 - 97.0%

Y2 - 98.0%

Y3 - 91.0%

Y4 - 97.4%

Y5 - 95.3%

Y6 - 96.3%

Mental Health Support Team

WELLBEING WEBINARS



Your MHST is running a series of webinars one Friday a month on a number of topics relating to mental health and wellbeing.

TOPICS AND DATES

- Worry Management - 19 January
- Parenting for Anxiety - 23 February
- Low Mood - 22 March
- Neurodiversity - 26 April
- Parent Skills for Behaviour - 17 May
- LGBTQ+ - 21 June
- Emotional Regulation - 19 July



WHEN

4pm to 4:45pm



WHERE

Zoom

(link will be emailed)



To register please email which webinar you want to attend to
events@merseycare.nhs.uk

Webinars will be recorded.
No chat function will be available
for safety purposes.

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Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password is protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCs

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.



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Urgent Winter Water Safety Message

RLSS UK offer safety advice for winter water safety, with simple steps to keep safe during the winter:

1. Never go onto the ice to play, to retrieve an object, or a pet.
2. Never enter the ice to rescue somebody, call 999 and ask for the Fire and Rescue Service

What to do if you fall through the ice:

- Keep calm and shout for 'help'.
- Spread your arms across the surface of the ice in front of you.
- If the ice is strong enough, kick your legs to slide onto the ice.
 - Lie flat and pull yourself towards the bank.
- If the ice breaks, work your way to the bank-breaking the ice in front of you anyway.
- If you cannot climb out, wait for help and keep as still as possible. Press your arms by your side and keep your legs together. Keep your head clear of the water.
 - Once you are safe, go to hospital immediately for a check-up.

What to do if you see someone fall through the ice:

- Shout for assistance and phone the emergency services – call 999 or 112.
 - Do not walk or climb onto the ice to attempt a rescue.
- Shout to the casualty to 'keep still' and offer reassurance to keep them calm.
- Try and reach them from the bank using a rope, pole, tree branch, clothing tied together or anything else which can extend your reach.
 - When reaching from the bank, lie down to avoid being pulled onto the ice.
- If you cannot reach them, slide something which floats, such as a plastic bottle or football, across the ice for them to hold onto to stay afloat whilst help is on the way.
- If the casualty is too far away, do not attempt to rescue them. Wait for the emergency services while calming and reassuring the casualty.

<https://www.rlss.org.uk/winter-water-safety>

[Winter water safety](#) | [Staying safe on our canals](#) | [Canal & River Trust \(canalrivertrust.org.uk\)](#)

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