



**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 22nd January**

### **WELCOME TO MRS SCHONEWILLE!**

We are delighted to have appointed Mrs Schonewille as our new Attendance Officer! Lots of you will recognise her as being a parent. She will be on the door each morning and she should be your first point of contact for all attendance related issues.

### **VALENTINES DISCO**

Our Valentine Disco's are on Tuesday 6th February 2024. REC/KS1 Disco is 3.15-4.15pm, please can Rec/KS1 children bring their party clothes in a bag into school in the morning so they can get changed at home time and go straight to the disco. KS2 Disco will take place at 4.15-5.15pm, they will need to be collected at normal time and brought back to school at 4:15pm (unless they are in wraparound). Parents can book via the usual Arbor 'TRIP' icon for £3. If you would like your child to attend wraparound that afternoon and also go to the disco you will need to book them onto wraparound in the usual way but you do not need to book or pay for the disco, BUT please let the office know they will be attending the disco so we can cater correctly for food and drinks!

### **UNICEF GOLD RIGHTS RESPECTING SCHOOL AWARD**

We are thrilled to announce that we have been reaccredited with this prestigious award by UNICEF, a leading organisation supporting children and their rights across the world. It supports schools across the UK to embed human rights in their ethos and culture. The award recognises achievement in putting the UNCRC at the heart of the school's practice to improve well-being and help all children realise their potential. Please have a read of the full report on our school website.

### **LAST DAY OF HALF TERM**

A reminder our last day of half term is Friday 9<sup>th</sup> February.

### **DAILY ROUTINES**

With the dark mornings and evenings January can be a difficult time and lots of children have been complaining of feeling tired in school so a reminder of the importance of routines! In particular trying to stick to a regular age appropriate bedtime each evening to ensure your child wakes up refreshed and on time to ensure a smooth morning routine.

### **Y2 PARENT INSIGHT**

All Y2 parents and carers are invited to join us in the hall next Thursday 1<sup>st</sup> Feb at 9am for our parent insight morning. We encourage you to attend if you are able and it will help provide you with a fantastic insight into your child's learning at school.

### **Y3 FAMILY LEARNING**

Next Friday afternoon (2<sup>nd</sup> Feb) all Y3 families are invited to join us in the school hall at 2:15pm for family learning. The session will provide resources and support to help your child at home and we would be delighted to see you there.

### **FAMILY HUB ST HELENS**

St Helens' second Family Hub has opened this week offering services to families with children up to 19 years old. Located over the road in Peter Street, it has some great family offers available. For more information please speak to Miss Shields or visit the below website which lists class timetables and much more:

[sthelensfamilyhub.sthelens.gov.uk](http://sthelensfamilyhub.sthelens.gov.uk)

### **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:

**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](mailto:stmarythomas@three-saints.org.uk)

**Web** [www.sm-st.co.uk](http://www.sm-st.co.uk)



## FAMILY OF FAITH

### A reflection from... *Mrs Mulvihill*

When I think of forgiveness I always think of the story of Zacchaeus (Luke Chapter 19). Zacchaeus was a tax collector who was hated by people because he cheated them out of their money to keep some of it for himself. When Jesus came to town, Zacchaeus was eager to see him. Meeting Jesus changed his life! Because of Jesus' love and forgiveness, Zacchaeus was able to start a fresh, new life. He gave money to the poor and paid back the money he had stolen.

We too can be forgiven each time we ask God for forgiveness. It's great to know that we can make a fresh, new start every day with Jesus.

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

## Forgiveness

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

### *Isaiah 1:18*

*"Come now, let us settle the matter," says the Lord.  
"Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool"*

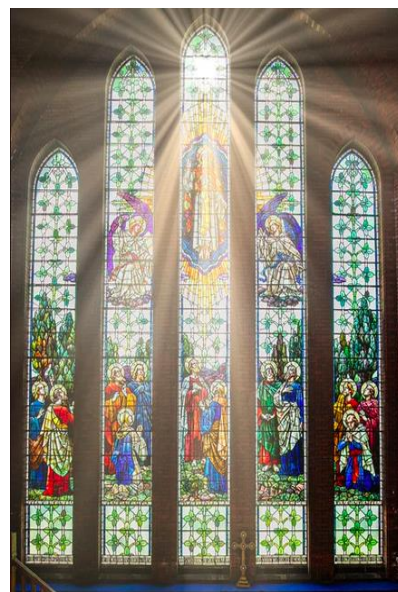
### St Thomas Church

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."*



**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



# 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

N - Jessica for being amazing at tidy up time

R - Noah for super reading!

Y1 - Nathaniel for listening and trying hard in class

Y2 - Cameron for great maths work

Y3 - Niamh for trying super hard in maths

Y4 - Alex for super effort in swimming

Y5 - Nicole for excellent reading

Y6 - Maryam S for an amazing week of effort!

## Lunchtime Award Winners

YR - Josie-Rae

Y1 - Jason

Y2 - Joe C

Y3 - Alexis

Y4 - Kiera

Y5 - Seb

Y6 - Cameron



**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...**  
**95.5%**

**Whole school attendance this week...**  
**94.3 %**

**Class attendance winners...**  
**Y6**

### Class Attendance

YN - 86.3%  
YR - 90.3%  
Y1 - 93.3%  
Y2 - 97.3%  
Y3 - 95.3%  
Y4 - 95.8%  
Y5 - 94.7%  
Y6 - 97.7%

## **Advice for parents in School and Childcare settings during the winter.**

At this time of year it is common for many respiratory and stomach bugs to circulate, also other illnesses such as scarlet fever and chickenpox, which usually peak in late winter and early spring. Therefore it is important to re-emphasise basic infection prevention and control principles to reduce the spread of illness and infections in school and in the wider community.

The UK Health Security Agency (UKHSA) recommend some simple key actions:

### **1. Follow Good Hygiene Habits:**

Encouraging good hand-washing habits is one of the most effective ways to stop the spread. Regularly wash hands in soap and warm water for 20 seconds.

When should hands be washed?

- Whenever they are visibly dirty.
- Before eating.
- After using the toilet.
- After touching any potentially contaminated surfaces.
- After sneezing or blowing your nose.
- After handling pets.
- Before and after messy play.

Using a tissue to catch coughs and sneezes, binning it and then washing hands will help prevent infection from spreading.

### **2. Stopping the Spread of Stomach Bugs**

If you or your child have diarrhoea and vomiting, washing your hands with soap and warm water and using bleach-based products to clean surfaces will help stop infections from spreading.

Don't prepare food for others if you have symptoms or for 48 hours after symptoms stop.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for at least 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.

.

### **3. When to keep your child at home**

If your child has a fever and is unwell, they should stay home from school or nursery until the fever has passed and they are well enough to attend.

If your child has diarrhoea and/or vomiting, they should stay off school or nursery for 48 hours after their symptoms clear up – this will help stop the spread of stomach bugs.



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.

**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](http://www.sm-st.co.uk)



# 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](https://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 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.



The  
National  
College



National  
Online  
Safety®

#WakeUpWednesday





## 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 \(canalrivertrust.org.uk\)](#)

**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](http://www.sm-st.co.uk)