



# NEWSLETTER

Email: [www.stjamesceprimary.co.uk](http://www.stjamesceprimary.co.uk)

Twitter: @StJamesCEsth

*Learn, Laugh and Live with the Love of God*

**Joyful Readers**  
**Opportunities to Build Upon Knowledge and Skills**  
**Understanding of British and Christian Values**  
**Resilience and Perseverance**  
**Nurture Curiosity**  
**Encourage Articulate Learners**  
**Your Wellbeing and Health**

2023-2024 Issue Number 6 13th October 2023

**OUR VALUE THIS  
HALF TERM IS:  
THANKFULNESS**

A message from Mrs Briers

Dear Parents and Carers,



It was great to welcome so many of you into school this morning for our Reading Coffee Morning and being so patient with me when our technology failed! hope that you enjoyed spending time in your child's class learning about how we learn to read at St James and how we promote a love of reading by encouraging our children to become 'Joyful Readers'. This year we have been fortunate enough to secure some funding for phonics which has enabled us to purchase some additional phonics resources to give to you to support your child at home. If you were unable to attend this morning's Coffee Morning, and your child is in Reception, Year 1 or Year 2, please call into the office to collect your free resources.

Next week is the final week of this half term - time has flown by! Next Friday, we will be announcing the winner of our Autumn 1 Attendance Competition next week which will be very exciting I'm sure. Thank you to everyone for prioritising attendance and ensuring that your children are in school, on time, and not missing out on the high quality education we provide.

Today we are sending home an activity for the children to complete which builds on Y4s Harvest Service and this half term's value of thankfulness. We are inviting the children to write a Harvest Prayer to create a 'Harvest Prayer Wall' in our hall for all to share with God, themselves and with each other. Please can these be written and sent back to school by Monday 16th October.

This year, I have noticed a lot more of our school community engaging with X (Twitter) and there are lots more of you sharing your children's out of school achievements, them reading and completing home learning tasks. Please do keep it up!

Have a great weekend! Mrs Briers x



# School Matters!



Attend Today, Achieve Tomorrow

Attendance	
Whole School	95.2%
Reception	96.1%
Year 1	98.7%
Year 2	96.0%
Year 3	94.1%
Year 4	94.5%
Year 5	98.0%
Year 6	90.0%



**117**
  
**pupils**
  
**with perfect attendance this week.**

**Can we beat this next week?**



## Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **97% target**—this will help us to succeed!

**Our attendance this week is:**

**96.6%**

## Attendance Steps to Success:



- ★ Ring the school office as soon as possible to explain any absence.
- ★ Be on time! Remember that gates close at 8:50am. Any absence after 9:20am is unauthorised.
- ★ Provide evidence for any medical appointments.
- ★ Speak to a member of the attendance team if you need support with your child's attendance - we are here to help!
- ★ Read any information and letters (including the newsletter) carefully.



## 10 Day Attendance Challenge

At St James we place huge importance on regular school attendance—the research speaks for itself and proves that those with the highest levels of attendance achieve great things!

**We invite you to take part in our 10 day Attendance Challenge.**

### What do you need to do?

Come to school, on time, everyday for the last ten days of this half term.

**Monday 9th October-Friday 20th October**

### How can you win?

Those that complete the 10 day challenge will have their name put in a prize draw to be carried out on the afternoon of Friday 20th October (the final day of the half term).

### What can you win?

A family ticket to Martin Mere for 2 adults and 2 children (under 16)

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



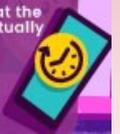
### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-56104710> | <https://www.thetree.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.usc.afrcy.com/parenting/how-to-talk-your-children-about-conflict-and-war>

## **Safeguarding Tip of the Week**

### **Contextual Safeguarding**

This week's focus is contextual safeguarding. Contextual safeguarding relates to the specific safeguarding issues that our children face when they are out of the family home or school. It is the external factors that are present in the local community. The contextual safeguarding issues that St James face are deprivation, domestic abuse and risk of criminal exploitation. There are also potential issues in the online environment too, for example, gangs using social media to track or groom young people.

The main indicators for parents to be aware of are: a change in your child's behaviour, spending more time out of the house, coming home with gifts or expensive items or seeming to feel scared.



### **Online Safety**

#### **Tip of the Week**

##### **Supporting Children to Deal with Upsetting Content**

They might not be able to pinpoint its location on a map, and they might not fully grasp the historical and political drivers behind the conflict – but in this age where news, images and video can cross continents in seconds, many children are now aware of the terrible recent events in Israel. It's a situation, of course, that could cause youngsters extreme distress and worry.

This week's guide contains some valuable pointers for supporting children to deal with upsetting content they've encountered online – whether that's the attacks in Israel, ongoing worries over the environment, or something else entirely. These tips will assist trusted adults in helping young people to process any negative emotions that they may be feeling.

Weekly Headteacher's Award

Winners

Journey Driver Focus:

Joyful Reader

RECEPTION	Michael Piorkowski
YEAR 1	Andra Varga
YEAR 2	Olivia Nelson
YEAR 3	Mason
YEAR 4	Ryder Seddon
YEAR 5	Shaun Johnson
YEAR 6	Skylar Hilditch



Here are some links to watch to better understand our Read Write Inc Phonics scheme.

<https://www.ruthmiskin.com/parents/>

**What is Read Write Inc Phonics?**

<https://www.youtube.com/watch?v=sjIPILhk7bQ>

**How to say the sounds**

<https://www.youtube.com/watch?v=TkXcabDUg7Q>

**How to blend**

<https://www.youtube.com/watch?v=MNYFikwNQTg>



THANK YOU  
FOR YOUR  
SUPPORT

### Uniform

If you are unsure of our school uniform policy, please refer to our website. If you are having difficulties purchasing the correct uniform and need some help, please contact a member of SLT and we will be happy to support you in any way that we can. Equally, if your child has particular needs, let us know and we will always make reasonable adjustments on an individual basis.

A reminder that trainers, necklaces, rings and bracelets are not allowed.

### Attendance

We have seen a real increase in children being collected early for various appointments/ reasons during the school day. This can be very disruptive for your child, for staff and for their class as a whole. Can we therefore ask that you make try to make appointments for out of school hours.

We will always ask to see a copy of the appoint letter / card for our records. We are mindful that some hospital appointments are difficult to change but these should be the exception.

### CLUBS



We are running the following after school clubs next half term:

**Booking is now available on the school app.**

- **Tuesday**-Arts and Crafts for Reception, Year 1 and Year 2 with Miss Hunter
- **Wednesday**-Lego Club for Y3 and Y4 with Mrs Boardman
- **Thursday**-FAB Club for Year 1 and Year 2 with Miss Barratt
- **Thursday**-Art Club for Year 5 and Year 6 with Mrs Atherton

**Please note that there is an increase in the price of our clubs.**



## Whole School events Autumn 1

<u>Date</u>	<u>Event</u>
5/9/23	School Re-opens for Autumn 1
13/9/23	Y4 Clarinet Lessons Start
15/9/23	Democracy Day
18/9/23	Y1, Y3, Y5 Meet the Teacher 3.30pm
19/9/23	Y2, Y4, Y6 Meet the Teacher 3.30pm
21/9/23	Liverpool Heart and Chest Hospital Health Day
21/9/23	Y6 DWP - Employability Skills Workshop
22/9/23	Behaviour and St James' Way Coffee Morning 9.00am
26/9/23	European Day of Languages 2023
26/9/23	Y6 Football Competition
26/9/23	Reception Welcome Assembly 9.30am
02/10/23	Y5 Football Competition
4/10/23	Joe Heyes Assembly
5/10/23	Harvest Prayer Space Event
5/10/23	Y4 Harvest Eucharist 2.15pm (St James' Church)
10/10/23	World Homeless Day
13/10/23	Reading Coffee Morning 9.00am
16/10/23	Black History Focus Week
17/10/23	Reception - Y6 Flu Vaccinations
19/10/23	Y4 Football Competition
20/10/23	Y6 Class Assembly
20/10/23	Non-Uniform Day - Information to follow
20/10/23	School Closes

# St Helens Immunisation Team

We will be attending your child's school between September and December.

All children in nursery to year 11 will be offered a Flu Nasal Spray to protect them against Flu this winter!

We will be in your child's school on: **TUESDAY 17<sup>TH</sup> OCTOBER 2023**

## Contact details

**St Helens Immunisation Team** - Telephone: 01744 415 645  
(Monday to Friday, 9am to 5pm)

## Flu: 5 reasons

to vaccinate your child

### 1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

### 2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

### 3. No injection needed

The nasal spray is painless and easy to have

### 4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

### 5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare



## Admissions

### **APPLYING FOR A PRIMARY SCHOOL PLACE FOR SEPTEMBER 2024**

If your child turns 4 between 1 September 2023 and 31 August 2024, he or she will transfer to primary school in September 2024. From Wednesday 27th September the website [www.sthelens.gov.uk/admissions](http://www.sthelens.gov.uk/admissions) is open for parents who wish to apply online. You will be notified on 16 April 2024 confirming your child's school place.

**The closing date for you to submit your application is 15 January 2024.**

### **APPLYING FOR A SECONDARY SCHOOL PLACE FOR SEPTEMBER 2024**

If your child turns 11 between 1 September 2023 and 31 August 2024, he or she will transfer to secondary school in September 2024. From Wednesday 27th September the website [www.sthelens.gov.uk/admissions](http://www.sthelens.gov.uk/admissions) is open for parents who wish to apply online. You will be notified on 1 March 2024 confirming your child's school place.

**The closing date for you to submit your application is 31 October 2023.**

Clarify any issues you are not sure about with staff in the school admissions team on 01744 671030 or email [schooladmissions@sthelens.gov.uk](mailto:schooladmissions@sthelens.gov.uk).



# Open Days

## Reception 2024

### St James CE Primary School

**Are you a parent or a carer with children starting school in September 2024 and beyond?**

If so, come and see St James Church of England Primary School in Haydock, St Helens. We are a distinctly Christian one form entry school offering an excellent curriculum, a nurturing approach and wide ranging activities and opportunities for all of our children. We were judged to be 'GOOD' in 2023 by Ofsted.

You will have the chance to see the school and the classrooms in action, and speak to the children and staff. Please telephone the school office on 01744 678545 or email [stjameshaydock@ldst.org.uk](mailto:stjameshaydock@ldst.org.uk)

#### Dates

Tuesday 14th November—10am

Thursday 16th November—  
4:30pm





# HELP OUR SCHOOL AND JOIN THE PTA

We are looking to start a brand new PTFA at St James – can you help?

Our focus this year is raising money to enhance our woodland area and fund resources and experiences in school.

There are 3 main ways to get involved – complete and return the relevant slip overleaf and let's help St James continue on its journey!

Why get involved?

	<b>1. CHILDREN BENEFIT</b> Research shows that participating in your child's school and showing engagement helps them perform better academically
	<b>2. THE SCHOOL BENEFITS</b> PTA performs support for school teachers and administration which in turn creates a positive & caring atmosphere in the school.
	<b>3. MAKE CONNECTIONS</b> Get to know the teachers & staff better and make lifelong friends with other parents at the school!
	<b>4. IT'S GOOD FOR YOU</b> Socialising with other parents and volunteering to do good for your child's school is fun, healthy and rewarding!

**THANK YOU!!!!**



St Helens Carers Centre is an independent registered Charity (1089663) that supports unpaid carers looking after someone who lives in the St Helens area.

The centre aim to support both Young and Adult Carers to recognise their own needs, have their voices heard, help with their physical and mental well being and ensure they are fully understood, valued and supported in their caring role. For more information visit:

<https://www.sthelenscarers.info>

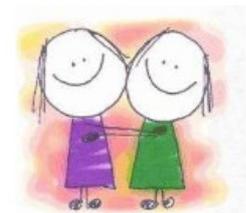
### Friends – Play for Disabled Children

Friends-Play for Disabled Children are a registered charity supporting families in St Helens and the surrounding areas. The charity was set up in October 2012 by two parents with disabled children.

The charity aims to bring families of disabled children in St Helens & the surrounding area together to play through events, trips, days out and to provide a support network for those families to help prevent isolation.

For more information visit:

<https://friendsplay.org.uk>



CARERS CARD UK

A national carer card and app that supports you when caring for someone. The card is for anyone that looks after someone that needs help and support. It provides reassurance by including your Emergency Contact details (ICE), whilst unlocking Discounts, Wellbeing Hub, our Carer Circle tool, and so much more through our app.

For more information visit:

<https://www.carerscarduk.co.uk/>