



We put Christ at the Centre of our Lives: Think, Speak, Act.

Newsletter Date:
Friday 7th March, 2025

St. Philip Neri with St. Bede Catholic Voluntary Academy

Lent

On Wednesday, we entered the most Holy season of Lent. We held two very special Ash Wednesday services during which all children received the ashes that had been blessed earlier during the celebration of Mass at All Saints' School.

During Lent, we will encourage our children to fast from the things that hinder us from being good and to feast on the things that help us to be good. We are excited to offer special opportunities for prayer during this time and will prioritise supporting those less fortunate than ourselves.



As you'll have seen in last week's Newsletter, our almsgiving efforts this Lent will support the work of the [Sherwood Forest Foodbank](#). If you'd like to donate any food items, please leave these at our collection point in the Main Entrance Hall. In the next couple of weeks, we'll hold a non-uniform day in return for donations and will end Lent with Cereal Box Dominoes. You can read more about this on the final page of this Newsletter!

New Car Park Gates

You've probably noticed that the fencing work has now been completed. I'm sure you'll agree that this doesn't just make our school safer but also looking smarter too. From Monday, the school car park gates will be fully operational. As before, you will need to speak to a member of the Office Team through the intercom on the Entry gate if you wish to enter the car park. Please remember that the car park should only be used with permission and in exceptional circumstances at the start and end of the school day to limit the number of vehicles using this space to help keep our community safe.

In order to discourage parents parking unsafely at Tesco's loading entrance, it is important to note that this pedestrian entrance WILL NOT be in use at the start or at the end of the school day.

Liturgy of the Word/Mass

| Date | Type of Service | Who's Involved? |
|------------------|---------------------|-----------------|
| Tuesday 11 March | Mass | Year 2 |
| Tuesday 18 March | Liturgy of the Word | Year 1 |
| Tuesday 25 March | NONE | NONE |
| Tuesday 1 April | Mass | Year 6 |

As ever, families and parishioners are most welcome to join us at 9.30am in Church for each celebration.

Word of the Week

Next week, our Word of the Week will be **Prayer** which is a conversation with God. It is a way of opening our hearts to him and sharing our thoughts and feelings with him. During Lent, we can use prayer to reflect on our relationship with God and to ask for his guidance and strength.

This word will form the basis of our acts of collective worship throughout the week.

Attendance this week: **97.7%**

| | |
|-------|-------|
| FS2KW | 98.8% |
| FS2NM | 98.8% |
| Y1BS | 96.3% |
| Y1JY | 94.5% |
| Y2GB | 93.3% |
| Y2RT | 98.7% |
| Y3RB | 98.1% |
| Y3AN | 99.4% |
| Y4AS | 96.9% |
| Y4DK | 100% |
| Y5BF | 99.4% |
| Y5VD | 95.9% |
| Y6LB | 98.8% |
| Y6SC | 98.7% |

Parents' Evening

Many thanks to the overwhelming majority of you who were able to attend Parents' Evening this week. A close partnership between home and school really does help children flourish and achieve their full potential. For those of you unable to make an appointment, staff from the School Office will be in touch to arrange a meeting with your child's class teacher.

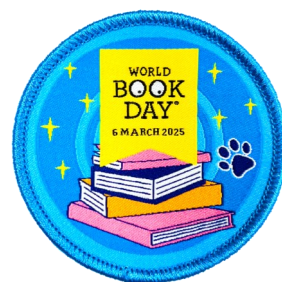
First Holy Communion

Please keep in your prayers our 26 children who began their First Holy Communion programme this week. Their journey begins this Sunday with their Enrolment Mass during the 11am Mass at St. Philip's Church.



World Book Day

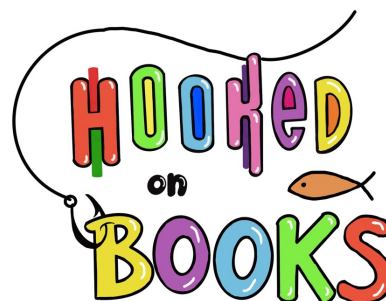
Across the school, the children absolutely LOVED the opportunity to dress up and spend a good part of the day enjoying reading. Each class conducted an activity linked to their author of the term and took part in a buddy reading session where the older children paired up with the younger children. The children loved this and have asked for more opportunities for this to happen. We will, of course oblige!



Hooked On Books

Our Hooked on Books initiative continues this half term for our Year 4, 5 and 6 classes. Hooked on Books is an opportunity for parents/carers/grandparents to come along and enjoy some quality time sharing our new treasure chests of stories with their children and to stay to listen to a class story at the end of the session together too. Please see this term's dates for your child's class below:

| Date | Year Group | Start Time & Place |
|------------|----------------|--------------------|
| 13th March | Year 4AS | 3pm, Dining Hall |
| 20th March | Year 5VD | 9am, Dining Hall |
| 27th March | Year 5BF | 9am, Dining Hall |
| 3rd April | Year 6LB & 6SC | 9am, Dining Hall |



Please arrive at the School Office a few minutes before this time and the class teacher will be there to greet you.

Online Safety

The National College have produced some helpful guides for internet use, which are beneficial for both children and adults. Last week's guide provided information about WhatsApp. This week's guide (which can be found on the next page of this Newsletter) is about Screen Addiction, which may help you if you're worried about screen time or are concerned that your child may be developing an addiction to their devices.

Key Dates

As well as checking the dates below, we strongly advise that you check Class Dojo regularly to see notifications of other events, including specific year group activities and Class Charity Events. Please note that new events may appear each week so please check back each week in case new events appear!

| Date | Time | Event | Location | Who's Involved? |
|-------------------|----------------|-----------------------|--------------------|-------------------|
| Thursday 17 March | From 9.00am | Confessions (Lent) | Sacred Space | Catholic children |
| Thursday 20 March | 9.30am—10.30am | Pilgrimage to Church | St Philip's Church | Year 5 |
| Friday 21 March | 9.00am—9.30am | Choral Verse | School Hall | FS2, Y1, Y2 |
| Wed 26 March | 10.00am—12pm | Pantomime Visit | All Saints' | Year 5 |
| Friday 28 March | 9.00am—9.30am | Choral Verse | School Hall | Y3, Y4, Y5, Y6 |
| Wed 2 April | 10.30am—11am | Resurrection Rocks! | School Hall | Year 3 & Year 4 |
| Friday 4 April | 9.00am—9.30am | Virtues Assembly | School Hall | Whole School |
| Friday 4 April | 2.30pm—3pm | Stations of the Cross | School Hall | Y3, Y4, Y5, Y6 |

Events scheduled for the last week of this half term will be shared next week. Please note that the Easter holidays begin on Friday 4th April at 3.30pm. We return to school on Tuesday 22nd April, 2025 at 8.40am. Term dates, including INSET days, can be found [here on our school website](#).



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National
Online
Safety**



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

STATISTICS

52% of children aged **3-4**
go online for nearly **9hrs** a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:
<https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018; <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies; <https://www.mirror.co.uk/techone-five-kids-losing-sleep-9653986>, University of Leeds; https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

www.nationalonlinesafety.com

Twitter - @natonlinesafety

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CEREAL BOX DOMINOES



THANK YOU!



This Lent, we are going to be doing something really exciting in school... CEREAL BOX DOMINOES!!

Over the next few weeks, we challenge you to bring in a full box of cereal to donate to the foodbank.

We will line up all the donated cereal boxes like dominoes in a long chain across the school. When the final box is placed, we will knock them down and watch them fall like a giant domino rally!

After the fun, all the boxes will be donated to families in need through our local food bank.

Please bring all Cereal Boxes into school between
Monday 24th and Thursday 27th March