



## St Bartholomew's CE Primary School



### News in school 23.2.24

Good afternoon,

Welcome back to the 2nd half of our Spring term. I hope that you all had a wonderful break and are raring to go for the coming weeks. We have an exciting and busy term ahead so hold onto your seats!

Our gateway of discovery opened this week with our children taking part in a mock trial in Willow, delving into space in Oak Class, discovering the wonders of Chinese New Year in Apple Class and Mary Anning in Palm Class. I am always diving into the learning in the classrooms and the children were able to share their knowledge, excitement and interests with me exceptionally well. Two young men from Apple class even delivered a pizza to my office! What a super start to our term.

I am delighted to say that several children were sent to see me this week to share with me their acts of kindness, politeness and perseverance. What a pleasure to see God's spirit and love shining through our children every day.

#### Attendance

In News in School 5.1.24 I wrote about how we were looking to further improve our overall attendance figures and one of the ways is that every child that has 100% attendance for the week will have their name put into a 'hat' (electronic spinner) and one name would be selected at random each half term to win a £10 All4One voucher. Well done to Esme (Year 6) on winning the voucher for Term 3. Remember, you have to be in it to win it, so let's try and get 100% of our children in school every day.



Your child will be bringing home their Termly Attendance Summary letter today, which informs you of their termly and year to date attendance percentage, as well as the number of lates and unauthorised lates received termly and year to date.

#### World Book Day

On Thursday 7th March we will be celebrating Book Day slightly differently from normal. We will, of course, be exploring the magic of books, but this year we will be looking at books in other languages. We have some volunteers coming to school to help us on the day itself when the children will hear stories in four different languages. On this day the children are invited to come into school in their 'Cosy Clothes' (This is something comfy that they would like to wear for the day.) The children will be moving around the school into different classrooms in their House Teams. This will give the children the opportunity to work with each other from across the key stages.

On Friday 8<sup>th</sup> March you are invited to join us in the hall between 2pm and 2.40pm to look at what the children have learned about the stories and the countries where they are told. Following this, you are invited to join us at 2.40pm for a special World Book Day Collective Worship. It really will be a WORLD Book Day celebration! Please note the

children will need to be in full uniform on this day (Friday 8<sup>th</sup>). We hope this will be a wonderful few days of the celebration of books and St Bart's way to show everyone that we LOVE reading!

If you would like any more information about WBD please follow the link below. There are competitions and activities that the children can complete at home if they would like too. <https://www.worldbookday.com>

Take care, Miss Ingle

## School worship

Our prayer today asks for God's help to remind us to be kind, and to grow the fruit of the Holy Spirit. Dear Lord, Help me to demonstrate kindness everywhere I go. Remind me to share smiles, share friendship, and spread kindness today and always.

Amen.

## Bible verse of the week

Ephesians 4:32 - "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."

## Celebrated this week in Collective Worship

w/e 23.2.2024	Fantastic award	Excellence award
Apple Class	Flo	Rosaleigh
Palm Class	Iona-Rose	Daisy S
Oak Class	Lottie	Ella -Rose
Willow Class	Josie	Olivia

## Attendance winner of the week

Palm Class are the attendance winners of the week and will receive the reward of taking Gerald to the park at playtime one day next week.

## Dates for Your Diary

Date	Time	Event
1 <sup>st</sup> March		Year 5 Boys: 11+ Registration closes for Spalding Grammar School
1 <sup>st</sup> March		Secondary School place offer day
7 <sup>th</sup> March		World Book Day (more details to follow)
15 <sup>th</sup> March		Red Nose Day (more details to follow)
19 <sup>th</sup> March		Willow Class – Easter Cracked
25 <sup>th</sup> March	3.30-5.30pm	Parents' Evening
26 <sup>th</sup> March	3.30-6.30pm	Parents' Evening
28 <sup>th</sup> March	2.15pm	Easter Church Service ( <b>collection Village Hall</b> )
16 <sup>th</sup> April		Reception 2024 place offer day
16 <sup>th</sup> April		Palm trip to Woolsthorpe Manor
26 <sup>th</sup> April		Year 1 – Learn2Ride course
15 & 16 <sup>th</sup> May		Year 5 – L1 & 2 Bikeability
26-28 <sup>th</sup> June		Year 6 Residential - Ravenstor

Please be aware that Lincolnshire County Council have amended the term dates for 2024-25. Tuesday 22<sup>nd</sup> April 2025 is now an Inset Day and Monday 2<sup>nd</sup> June 2025 is now a normal school day. Please see our school website for all term dates.

All calendar dates/events can be found on our school website by clicking on the 'calendar' tab. If you wish to add an event to your own calendar, you can do so by clicking on the link and pressing the 'add to calendar' button.

# Any Other Information/Reminders

## PE Timetable Term 4:

	Outdoor PE	Indoor PE
Apple	Monday	Wednesday
Palm	Tuesday	Thursday
Oak	Thursday	Monday
Willow	Friday	Tuesday

### Attendance

All schools are expected to keep their attendance over 96%. This term we have dropped to 95.2% I know that this term brings chilly weather and wet mornings, which in turn means more colds and coughs are about, however, if your child has a cold, they should still be in school please. If you need any help with attendance, please come and speak to us as we will help in any way that we can. Dr Chris Whitty released this statement via the DfE: *"It is usually appropriate for parents and carers to send their children to school with mild respiratory illnesses. This would include general cold symptoms: a minor cough, runny nose or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above."*

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

### Book Wish List

We are constantly trying to update our school Library so the child have the opportunity to read new and exciting books. With this in mind, Mrs S has sourced a 'Book Wish List'. It has been created by our local book shop 'Bookmark' in Spalding. They have been extremely kind and made an area on their website where you can click on a book and purchase it online and have also offered us a discount. We felt it was not only important to purchase new books for our children but also support a local small business. When a few books have been purchased they will then contact Mrs S to go and collect them. If you feel like you would like to purchase a book for our Library, or know someone that would like to, then please follow this link:



<https://uk.bookshop.org/lists/st-bartholomew-s-ce-primary-school-wishlist?>

Thank you so much for your continued support.

**Red Nose Day** takes place on Friday 15th March 2024. We are asking for donations of £1 in exchange for wearing red for the day.



### Working Party

Due to the current economic climate, we are looking for ways to cut down on costs over the year. We currently spend a reasonable amount of money each month for the upkeep of the school playing fields and hedges. We are looking to source our own ride on lawn mower for our wonderful caretaker to use for the grassed areas. In addition, we wondered if anyone would be prepared to join a working party 3 times a year to cut the hedges. If you think that you could help with this, please email the office and let them know. Every little helps! Thank you!

### School Mobile Phone

We now have a school mobile for afterschool care. The number is: **07396725986** It will be turned off during the school day. It will only be available for parents who have children attending afterschool care during afterschool care hours. **PLEASE CONTACT THE SCHOOL OFFICE FIRST IN ALL CIRCUMSTANCES.**

### After School Kids Club

Please be aware that if parents/carers/guardians are more than 10 minutes late collecting from after school clubs at 4pm there will be a charge of a full hour, per child, childcare cost.

### Pencil Cases

Please remember to ask your child regularly if they require anything replenishing.

### Severe Weather/Snow Closure

In the event of severe weather, we will always strive to ensure that the school remains open, but in the event that extreme weather conditions necessitate the closure of the school we will advise you of this in a number of ways. We will notify parents via email via Parentmail, update the school website and advise Lincs FM and BBC Lincolnshire radio stations so listen out to their broadcasts or log onto their websites. We will also post a message on the school's Facebook and 'X' pages.

### **School Opening**

Our school office is open from 8.30am to 3.15pm, Monday to Friday. If you wish to contact the school out of these hours, please call 01775 640357 and leave a message on our answerphone or alternatively email [enquiries@stbartholomews.lincs.sch.uk](mailto:enquiries@stbartholomews.lincs.sch.uk).

**PTFA Easy Fundraising** is a great source of funds for the school which could raise £££s for the PTFA. A range of retailers, holiday companies, Ebay, Tesco and many more donate a percentage of money spent when parents / carers / guardians spend money. It costs the consumer absolutely nothing at all. Parents/carers/guardians need to click on the easy fundraising link:

<https://www.easyfundraising.org.uk/panel/>

- Register an email and password
- Nominate your cause
- Download a reminder tool to browser so when purchases are made through a partner a reminder is sent.

Make the purchase and a percentage goes to St Barts!

£36.98 raised in the last 30 Days!

**Willoughby**  
Foods Ltd.  
"Healthy School Meals children can't get enough of"

## Friday 15th March

(Order by Tuesday 5th March)

**Fish Fingers**  
**Crispy Cube Potatoes**  
**Baked Beans**

**Red Nose Dessert**

For our full menu and to place an order please visit  
[www.willoughby-foods.co.uk](http://www.willoughby-foods.co.uk)

# What Parents & Carers Need to Know about ONLINE DATING & RELATIONSHIPS

## WHAT ARE THE RISKS?

Most online dating apps claim to be for over-18s only but, in some cases, relaxed age verification also allows children to access them. What's more, some popular social media platforms use similar design features to many dating sites – blurring the line between why a young person initially downloads an app and what they actually end up using it for.

## ONLINE GROOMING

Online grooming is when someone forms a connection with a child in the digital world and carefully cultivates this relationship with the intention of manipulating the child into doing something sexual or illegal. The process involves gaining the young person's confidence – which can make them far less likely to tell a trusted adult about their new online 'friend', or to recognise what is even happening.

## WEBCAM BLACKMAIL

Some young people have been coaxed into getting nude or semi-nude on a video chat with someone they met on a dating platform. They're then told that, unless they hand over a certain amount of money, a recording of the video will be posted online (or possibly sent to their contacts). This can be hugely traumatic for a young person and, in extreme cases, has resulted in self-harm and even suicide.

## DAMAGE TO SELF ESTEEM

Many dating platforms encourage users to rate the images that people upload; this has clear potential to negatively impact a young person's self esteem. On some apps, pictures of a user's face and body can be rated anonymously, with notifications informing them if someone has then declined to match with them. This form of rejection can feel extremely hurtful and degrading.

## CATFISHING AND SCAMS

Creating a false identity to deliberately lure people into a relationship (whether romantic or platonic) online is known as catfishing. Commonly, someone pretends to share interests or beliefs with their victim and gradually gains their trust. A young person's feelings for this fake 'friend' may cloud their judgement and can lead to them surrendering money, personal images, passwords and so on.

## STALKING AND HARASSMENT

Stalking is obsessive behaviour by a fixated individual which disrupts their victim's life; it can bring severe distress and even the fear of violence. There have been frequent reports of stalking cases that originated on dating apps, with perpetrators creating new accounts in response to being reported or blocked. It's a particular cause for concern if a young person has ever given out personal details (such as their street or school name) online.

## Advice for Parents & Carers

### KEEP THE CONVERSATION GOING

Reassure your child that they can always talk to you about anything online that's worried them. Emphasise that if they're being sent unwanted images – or if they've shared images or video content themselves – they should tell you straight away. Discuss the potential risks of online dating and check in with them frequently to ensure that they're feeling comfortable about their online relationships.

### TAKE A 'SAFETY FIRST' STANDPOINT

Encourage young people to be careful about who they send invitations to – and accept them from – on dating sites and apps. Familiarise yourself with how to adjust the privacy settings on your child's devices and apps to help them control who can access their profiles and information. Talk to your child about why it's unwise to share any sensitive, private or confidential information in their profile.

### PROTECT CONTACT DETAILS

If a young person is interested in using online dating sites or apps, strongly encourage them to choose one that offers the facility to conceal both parties' email addresses when messaging prospective dates. If that's not possible, ensure that the young person sets up a separate email address which doesn't include their real name. This is easy to do via providers like Hotmail, Yahoo! Mail or gmail.

### HIGHLIGHT COMMON DANGER SIGNS

Talk to your child about some of the obvious red flags in online dating: requests for money, for instance, should always ring alarm bells. Likewise, if a young person is in contact with someone who they feel is pressuring them into providing personal or financial information – or who they suspect is trying to trick them into it – they should end communication immediately and contact the dating service provider.

## 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.



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# 10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

## 1. DESIGNATE A TRUSTED ADULT



It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.

## 2. MEET CHILDREN HALFWAY

Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, younger ones and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.

## 3. FACTOR IN THEIR BASIC NEEDS

Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.

## 4. REMAIN PATIENT



If a child is struggling with their emotions, it can often become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.

## 5. BE 'A DYSREGULATION DETECTIVE'



While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, an unmet sensory need or something else entirely. Once we identify some triggers, we can help to avoid or overcome them.

## 6. USE SUITABLE LITERATURE



There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content: ask questions about what feelings the characters had, why they felt that way and what strategies helped them. It can also be useful to refer back to snippets of these books at appropriate moments.

## 7. TRY SENSORY RESOURCES



An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fibre-optic lights. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.

## 8. NURTURE INDEPENDENCE



If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, so be patient. Encourage them to share any helpful strategies with a trusted adult.

## 9. MODEL GENUINE FEELINGS



Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. While you'll obviously want to avoid sharing anything too personal with children, they should still see us experiencing and handling our own feelings. Tell them how you are feeling, then show them how to respond in a healthy manner.

## 10. FORMULATE A PLAN



As much as we try to prevent children from experiencing dysregulation, it's always wise to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one; it's hugely important to know in advance what might help and what could worsen the situation.

## Meet Our Expert

Georgina Durrant is an author, former teacher, Special Educational Needs Coordinator and the founder of the award-winning SEN Resources Blog, where she shares activities, advice and recommendations for parents and teachers of children with SEND.



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