



St Bartholomew's CE Primary School



"Let your light shine"

News in school

24.1.25

Dear Parents, Carers and Guardians,

Children at Home Alone

It has been brought to my attention that a number of children are walking home and staying at home on their own until parents come back from work. I cannot enforce anything with regards to this but would ask you to consider the below guidance from gov.uk.

The law on leaving your child on their own

The law does not say an age when you can leave a child on their own, but it's an offence to leave a child alone if it places them at risk.

Use your judgement on how mature your child is before you decide to leave them alone, for example at home or in a car.

The [National Society for the Prevention of Cruelty to Children \(NSPCC\)](#) says:

- children under 12 are rarely mature enough to be left alone for a long period of time
- children under 16 should not be left alone overnight
- babies, toddlers and very young children should never be left alone



Parents can be prosecuted if they leave a child unsupervised 'in a manner likely to cause unnecessary suffering or injury to health'.

Headlice

This week we have had reports of headlice in Nightingale and Darwin. Please see the attached fact sheet about headlice and check your child's hair for headlice and treat as necessary. We rely on parents' vigilance and their commitment to checking for and treating headlice in order for outbreaks in school to be reduced.

SEND Coffee Morning

Mrs Peach will be holding a SEND Café on Friday 7th February 1.45pm until 2.40pm. Any parents of children on the SEND Register are welcome to attend.

Car Seats

When we are asking for car seats for trips it is due to the laws surrounding the use of car seats.

Take care
Miss Ingle

Bible verse of the week

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

School worship

Lord, as I start this new week, I come before You with a heart full of gratitude for the gift of life and the opportunities that lie ahead. I thank You for the rest of the weekend and for the chance to begin anew. Lord, I pray for Your guidance and wisdom in the decisions I'll make this week.

Amen

Church News

Thirsty on a Thursday: The Church is open every Thursday between 9.30—11am for you to drop in any time for tea/coffee and a chat.

St Bartholomew's Church Coffee Morning: The monthly coffee morning takes place on Saturday 25th January in Church at 10-12 noon. Refreshments, books, small bring & buy (if you have anything surplus to requirements). All welcome. For more information: Wendy 01775 640296

Snowdrop Weekend: Date to be confirmed. Wander round the Snowdrops in the churchyard. Refreshments in church. For more information: Wendy 01775 640296

Shrove Tuesday: Pancakes in the Village Hall on Tuesday 4th March, 3-6pm. Further details to follow: For more information: Wendy 01775 640296

Attendance winner of the week

Darwin Class are the attendance winners for w/c 13.1.25 and have won a trip to the park with Gerald during playtime one day next week.

Celebrated this week in Collective Worship

W/E 24.1.25	Fantastic Award	Excellence Award
Dahl	Jaxon	Bonnie
Nightingale	Ronnie-Rai	Clio
Darwin	Marylyn	Iona
Franklin	Arlya	Ella Rose

Any Other Information/Reminders

Class Photos

Class photos will be taken on Wednesday 5th February 2025. Your child will be included in these photos unless you inform the office otherwise.

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 page.

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 Szydowski 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 Szydowski to go and collect them. If you feel 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?>



Bookmark have informed us that if you select a book from our list on their website and buy via the website then a delivery cost will be added. If you see a book you would like to purchase please email them directly or call the shop. They will then have the books delivered to the shop for free and it will be collected from them.

Health Care Plans

In order that we can provide the necessary care required to those children who have on-going health care needs, we require parents to complete a 'Health Care Plan' form via ParentMail. This document is used to detail the on-going health issues and, if applicable, the medication that each child requires. If you haven't done so already and your child has health care needs, please complete the form via ParentMail. Thank you to those parents who have already completed their child's Health Care Plan.

PE Timetable Term 3:

	Indoor PE	Outdoor PE
Dahl	Wednesday	Monday
Nightingale	Monday	Wednesday
Darwin	Wednesday	Tuesday
Franklin	Friday	Thursday

Attendance

All schools are expected to keep their attendance over 96%, and our Year to Date attendance sits at 96.09%. 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.**

"From the first day of term to the last, the small moments in a school day make a real difference to your child.
#AttendanceCounts"

Attendance

Supporting you to understand the new rules



A National Framework for Penalty Notices for school absences, including unauthorised leave of absences in Term Time, is being introduced following changes to the law. These new government regulations will come into effect from 19th August 2024.

What are these changes?

If a pupil has **10 unauthorised sessions**, which is equal to **5 school days**, within a **10 week period**, a penalty notice may be issued.

This will come under 3 categories: First, Second, and Third offence.

First Offence

The first time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child if paid within **28 days**, reduced to **£80** per parent, per child if paid within **21 days**.

Second Offence

The second time a Penalty Notice is issued for Term Time leave or unauthorised absences the amount will be:

£160 per parent, per child to be paid within **28 days**. No reduced rate will be offered.

Third offence and any further offences (within 3 years)

The third time an offence is committed for Term Time leave or unauthorised absences a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates Court.

Magistrates' fines can be up to £2500 per parent, per child. Cases found guilty in Magistrates' Court can show on a Parents future DBS certificate, due to failure to safeguard a child's education.

For any further inquiries about school attendance please visit:
www.lincolnshire.gov.uk/school-attendance

Lincolnshire
COUNTY COUNCIL
Working for a better future

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.

Pencil Cases

Please remember to ask your child regularly if they require anything replenishing, especially glue sticks, which are frequently used items.

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.

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.

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!

Dates for Your Diary

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

[Events from January 6 – April 4 – St Bartholomew's](#)



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025



A warm welcome to our Winter 2024 Newsletter

Our Services

- Providing refuge across South Lincolnshire for victims and their children fleeing domestic abuse
- Preventing future domestic abuse in the next generation our work in schools
- One to one direct support through our rural community hubs in Holbeach, Spalding, Boston, Long Sutton, Sutton Bridge and the surrounding villages
- Delivering The Freedom Programme – helping Victims understand the effects of domestic abuse and feel empowered to move on
- Offering extended support through the Moving On Together programme for survivors in the local community

Our Rural Community Hubs

Do you need advice and support around domestic abuse?

Spalding - Tuesday - 10am-2pm
Holbeach - Thursday 10am-12pm
Boston - Wednesday 10am-2pm
Sutton Bridge - Thursday 10am-12pm
Long Sutton - Thursday 12pm-2pm

**Translation and Interpretation available throughout
all of our Hubs.**

**For further information or to book a face to face or
telephone appointment**

Call us on 01205 311272

Or email us at info@havendas.org.uk

Collaboration with Boxes of Hope Holbeach

Rural Community Hubs

We are so pleased to announce that we will be expanding our Rural Community Hub Services and will be partnering up with Boxes of Hope, to provide extra Domestic Abuse Support Services, in Holbeach.



**Boxes of Hope - Lincolnshire
First Thursday of every month**

For more information:

Email: info@havendas.org.uk

Call: 01205 311272

"With huge thanks to Holbeach United Charities, we are excited to announce the expansion of our Rural Community Hubs and our collaboration with partner charity - Boxes of Hope."

An update on our charity

A warm welcome to our Winter 2024 Newsletter, and a Happy New Year to you all.

Firstly, we wanted to start off the year by saying a HUGE thank you to all those who supported us over the Christmas period. We received an incredible amount of gifts, food donations, vouchers and cash donations from our supporters. This really did make such a huge difference to the support that we could offer those who have been affected by domestic abuse.

With huge thanks to Platform Housing who funded a Christmas Party for our residents living in our refuge accommodation, with a fantastic performance from Mr Shiny the magician. The looks on the children's faces was so magical, some of the children had never been to a party before. A huge thanks to all of the local schools and organisations who got involved in raising money for our Christmas Jumper Day appeal in which we raised over £1000! Lincs Wildlife Park also put on an incredible free festive day out for our families, which was thoroughly enjoyed by all!



As we welcome in the new year, we are excited to see what the future holds for our charity. We are pleased to announce the extension of our educational domestic abuse workshop delivery throughout Boston and South Holland. With support from The National Lottery Reaching Communities fund, we are now able to offer healthy relationships workshops to local colleges and sixth forms. We are also able to offer translation services throughout our Rural Community Hubs, which we feel will benefit our local community massively! If you are a local college or school and would like to know more about the domestic abuse workshops we offer to students, please contact us to find out more.



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We have created a new domestic abuse awareness poster, we are encouraging local public places to display these in communal areas.

It is so important that victims of domestic abuse know how to access help.
Please email us to receive your copy of the poster!

WORRIED ABOUT YOUR RELATIONSHIP?
Haven Domestic Abuse Service can offer FREE support and advice to anyone experiencing domestic abuse in Boston and South Holland. Translation and Interpretation services available.
To book a confidential appointment:
Call us on 01205 311272

Become a trustee



Charity trustees play a very important role in making sure that the charity is run in the interests of the people it is there to support. They strategically oversee the management and administration of the organisation.

Trustees are the volunteers who lead charities and decide how they are run. You may have heard them called board members or the board. Trusteeship is a great way of contributing to causes you care about and developing strategic and leadership skills at the same time.

Anyone can be a trustee, regardless of how junior or senior you are in your career, whether you're in paid employment or not, regardless of your ethnicity, class, gender orientation, sexuality or any other difference. Boards thrive when they have a diversity of skills, knowledge, age and experience on their board.

Please contact us if you are interesting in joining our amazing board of trustees

Spot the signs of Domestic Abuse:

Warning signs that someone may be in an abusive relationship:

- Changes in appearance
- Avoiding contact with friends and family
- Declining invitations to social events
- Appearing stressed often with physical symptoms
- Sudden changes in behaviour
- Defends the abuser and minimises or justifies his/her actions
- Increased sickness from work
- Hypersensitive to noise or sudden movements
- Perpetrator contacting them excessively at work

The UK government's definition of Domestic Abuse is "any incident or pattern of incidents of controlling, coercive, threatening behaviour, violence or abuse between those aged 16 or over who are, or have been, intimate partners or family members regardless of gender or sexuality. The abuse can encompass, but is not limited to psychological, physical, sexual, financial, emotional.

A huge thank you to our funders

Without your amazing support we would not be able to do the amazing work we do....



& Huge thanks to our Sponsor A Room Funders:

Waynflete Worth Foundation, Duncan & Toplis, Gatehouse Consultancy and Training Limited, Rotary Club Of St Botolphs Boston and Longhurst Housing Group.

Activities in the refuge



Become a Moving on Together Volunteer



Moving On Together Scheme

Could you spare some time to volunteer on our Moving On Together Scheme & help those affected by Domestic Abuse?

We're looking for people with a range of life experience, people skills and some time to provide encouragement and support to victims of domestic abuse.



To find out more about volunteering for our charity, please get in touch:
Email us: zoet@havendas.org.uk
Call us: 01205 311272

Get in touch, we would love to hear from you

If you would like to contact us about anything you have read today or to have a chat about our charity and the work we do, please call 01205 311272 or email info@havendas.org.uk

You can also visit our website at www.havendas.org.uk

If you would like to donate to our charity, please scan the QR Code.



Scan. Pay. Go.