



Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 11th October 2024

This half-term we are focusing on the Christian Value of Thankfulness



'Always be thankful' 1 Thessalonians 5.16

Dear Parents/Carers,

Parents Evenings

Parents evenings are being held on Tuesday 22nd October (3.30pm to 6.20pm) and Wednesday 23rd October (3.30pm to 5.20pm). We will be using the Parentmail App for parents to book appointments. You will be able to book from 5pm today. On the main screen there is a heading called Parents Evening where you will be able to book.

Harvest Festival

Our Harvest Festival will be held on Tuesday 22nd October at School—Reception and KS1 at 9.15am and KS2 at 2.30pm. You are very welcome to come along and share in the festival. Any donations of non perishable items (tins, packets etc.) can be donated from Monday 21st October. Any fresh produce, can be brought in on the morning of the 22nd.

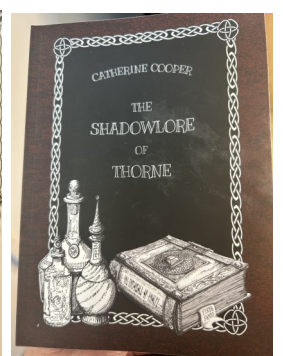
World Mental Health Day

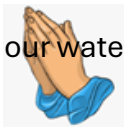


"Yesterday was world mental health day and we were all wearing yellow to show that Mental health matters. Your Mental Health is all about your emotions, psychological and social wellbeing and it also has a huge effect on how we feel. These are things that might make you happy like drawing or even making things that make you happy. The safeguarding and wellbeing champions want to find ways to help you open up about how you feel, like worry boxes or reflection areas around school. We would like to introduce a way to help you share how you feel by getting small pouches and put your name in and put it in on how you are feeling.

Remember Friends and teachers are always there to help. Did you know ages between 6 and 12 years old you need to have at least 9 to 12 hours of sleep." by Jack and Roxy

Mr Sheppard

Well done to Mr Sheppard who, as well as being one of our amazing Teaching Assistants, is also an illustrator. A children's book has just been published with the pictures all done by him!



<h3>Weekly prayer</h3> <p>Father God,</p> <p>Thankyou for making animals and thankyou for our friends.</p> <p>Thankyou for the sun and sunlight and for humans on our earth.</p> <p>Thankyou for making our school and everything in it.</p> <p>Thankyou for food and our water. Amen</p>  <p>By 3 St Cecilia</p>	<h3>Pupils of the Week</h3> <p>Reception :St Francis Leila</p> <p>R/1: St Teresa Nina</p> <p>1/2: St Nicholas Duchess</p> <p>2: St Joseph Arthur</p> <p>3: St Cecilia Ollie</p> <p>3/4: St Sophia Baqir</p> <p>4/5: St Kateri Affino</p> <p>5/6: St Thomas Seb</p> <p>6: St Padre Shantel</p> 	<h3>Readers of the Week</h3>  <p>Reception :St Francis Micaiah</p> <p>R/1: St Teresa Amelia</p> <p>1/2: St Nicholas Carla</p> <p>2: St Joseph Victoria</p> <p>3: St Cecilia Yumi</p> <p>3/4: St Sophia Luca</p> <p>4/5: St Kateri Amelia J</p> <p>5/6: St Thomas Joel</p> <p>6 St Padre Xander</p>
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P.E. Days

Monday	Tuesday	Wednesday	Thursday	Friday
Miss Edwards R/1 Miss Blocksidge 2 Mr Doughty 3/4 Mr Skelton 4/5	Miss Williams R Miss Plant 1/2 Miss Blocksidge 2	Miss Edwards R/1 Mrs Wyre 3 Mrs Barfield 5/6	Miss Boole N Miss Williams R Mr Skelton 4/5 Mrs Barfield 5/6 Mr Bailey—6	Miss Plant 1/2 Mrs Wyre 3 Mr Doughty 3/4

Future Dates

22nd Oct	Harvest Festival Reception/KS1—9..15am KS2—2.30pm
22nd Oct	Parents Evening—3.30pm to 6.30pm
23rd Oct	Parents Evening—3.30pm to 5.30pm
24th Oct	Last day of school and Mufti for Breast Cancer— £1 donation please
4th Nov	Children back in school
20th Dec	Last day of school

Attendance

The Department for Education are placing a strong emphasis on attendance at the moment. We would ask that you telephone school every day that your child will be off by 9am—unless, for example, they have been sick and you have already advised us that they will be off for 48 hours.

Applying for Reception places and Year 7 Places for September 2025

Applications for Reception places and Year 7 places to start in September 2025 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2020 and 31 August 2021 will start primary school from September 2025. Parents need to apply for a reception place by **15 January 2025**.

Children born between 1 September 2013 and 31 August 2014 will start secondary school from September 2025.

Parents need to apply for a Year 7 place by **31 October 2024**. Children with an Education, Health and Care Plan (EHCP) must also apply by 31 October 2024.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



sources: <https://www.bbc.co.uk/news/technology-53204895>
<https://iprusocial.com/insights/social-media-algorithms/>

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

NOS
National Online Safety®
#WakeUpWednesday