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: 21st March 2025

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

'Learn to do right. Seek justice.' Isaiah 1.17

Dear Parents and Carers

We have had a fantastic day taking part in Red Nose Day. Thank you for your support in raising more than £200 xxxx.

Snack and water

Can I please remind parents and carers that children should only be bringing **water** in water bottles. Any snacks sent into school should only be fruit or vegetables (e.g. carrot). This is part of being a healthy school. We appreciate your support with this.

Parents Evening

We will be holding our parents evenings on Tuesday 8th April and Wednesday 9th April. We will let you know next week how to book but we wanted to give you advance notification.

Easter Worship

We are holding our Easter celebration worship on Thursday 10th April for the

- EYFS and KS1: 9.30am in the school hall
- KS2: 1.30pm in the school hall

Lateness

This week we have had our termly meeting with the local authority regarding attendance at the school. If your child arrives after 8.50am, when the gates are closed, please go to main reception. You will be asked to sign a form to confirm your child is late and the reason. It is important that these are completed as we need a record of the reasons. If they are not completed we have to record that no reason has been given. If a child comes to school after 9.20am they are recorded using a U code, which is unauthorised for the morning session. This affects your child's overall attendance. If you have any questions or concerns please contact the school office. Please see the attached lateness chart, which outlines the impact of your child being late to school.

Weekly prayer

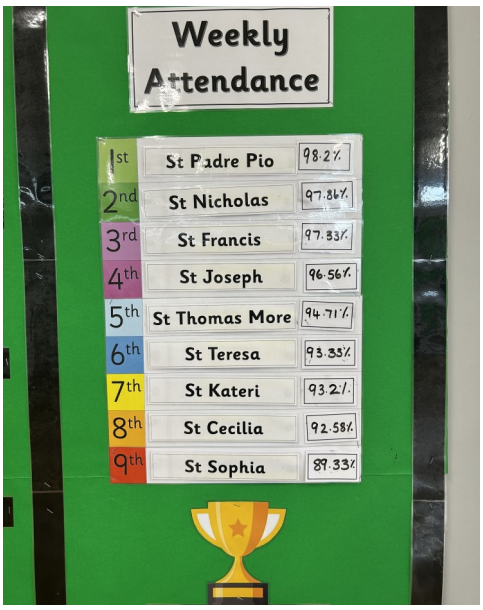
Dear God,
Thank you for all the wonderful things you do. I am so grateful for St Matthew's and our incredible teachers.
I am really thankful for all the art Mr Sheppard teaches us.
Thank you for helping the homeless and people in need.
I am grateful for how you treat us.

Amen. 3 St Cecilia

Attendance Award

This week the attendance award has gone to

6 St Padre



Future Dates

Friday 11th April	Break up for Easter
Monday 28th April	Back to school
Monday 5th May	Bank holiday
Friday 23rd May	Break up for half term
Monday 2nd June	PD Day
Tuesday 3rd June	Back to school
Friday 18th July	Break up for summer

Pupils of the Week

Nursery	Mason
R St Francis	Jaxon
R/1: St Teresa	Cody
1/2: St Nicholas	Ethan
2: St Joseph	Cohen and Kaliyah
3: St Cecilia	Olivia
3/4: St Sophia	Arabella
4/5: St Kateri	Deakin
5/6: St Thomas	SJ
6: St Padre	Leighton

Readers of the Week

R :St Francis	Hugo
R/1: St Teresa	Ayla
1/2: St Nicholas	Holly-Leigh
2: St Joseph	Penny
3: St Cecilia	Ayla J
3/4: St Sophia	Antonia
4/5: St Kateri	Jiselle
5/6: St Thomas	Poppy
6 St Padre	Jemma

Well Done

Over the week Mylee, Emily Hitchin and Emily-Jayne in 5/6JB have cleaned their local carpark due to the mess of mud, leaves, sticks and litter left in the grass and the mud – they worked hard after school this week and have now cleaned the area completely.

This wasn't an easy task and have completed jobs such as: Shovelling, sweeping, litter picking and putting the sticks in the green bin!

They found this challenge quite fun and rewarding as they played games and worked well together as a team all while cleaning! They hope all the community who can now park there are pleased with the area and are willing to clean other spaces near them too!

Nursery and Reception

A huge thank you to all the EYFS parents and families for raising a staggering £682 through sponsoring our Nursery and Reception children to take part in a pancake race! We have already started ordering and buying different resources as we continue to develop the early years garden pictures of our new resources and areas will be shared once they are completed. Thank you to Willow and Oliver for raising a massive £115 each. Miss Booles has got a little gift for you both.

Early years are developing the garden and are after the following items, if you have any items please bring them to the school office or Miss Booles:

- Saucepans
- Wooden spoons
- Cooking utensils
- Cooking racks and trays
- Washing up racks
- Construction toys and vehicles
- Tyres
- Planks of wood

Reception have been making bird feeders in Wild Tribe with Miss Booles this week. They had twine and threaded cheerios onto it. Once completed they then went around the woods to find a good place to hang it. Reception are looking forward to going back to the woods next week to see if they have been eaten.

Football Festival

"When we arrived in school, we had to get dressed in the school football kit. We collected our belongings and headed towards the hall where Sensei and Mr Doughty were waiting for us. We got onto the bus with our friends (Koto, Bluebelle, Charlie, Leighton, Emily-Jayne, Jacob and Pistis) and by 9.25am we had arrived at the AFC Telford stadium.

When we got sat down with the other schools, Patrick told us about the activities we would do and we began our football morning. We played games like Red light Green light, Spider tag, Foxes and Farmers, Penalties and Chicken or Hero and 1V1. We found the games fun and challenging, and we had great teamwork when passing the ball.

When we had finished our activities, we had another talk thanking the staff and then the nine schools were dismissed. We got onto our coach and ate our snacks until we arrived back at school". By Joel and Salote

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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 enthrals 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.

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.

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.

National Online Safety®

#WakeUpWednesday

Sources: https://www.bbc.co.uk/news/technology-63204605
https://sproutsocial.com/insights/social-media-algorithms/

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