



Loving minds ♥ Hearts ♥ Hands

# Weekly Newsletter

## First Holy Communion



Please come and support 6 children from St. Ambrose who will be doing their first Holy Communion on Sunday 19<sup>th</sup> May at 10am at St. Ambrose Church.

This is a very special day for them and we would like as many of our school family to support them as possible.

## Awesome Assembly



On Thursday, Year 1 led an assembly which focused on dealing with feelings and shared ways in which we can support each other. This linked in to the activities the children have been doing for Mental Health week. To find more information, see the back of the newsletter.

## Amazing Attendance



Unsurprisingly Year 6 had full attendance for the week. This means that they have earned a non-uniform day as a reward. This will be next Thursday as on Friday, children will be dressing for the Pentecost Party. We hope more classes have non uniform days this term and next.

## Friday 17th May 2019

### Dates for the Diary

Monday 20<sup>th</sup> May  
Year 6 Gospel Assembly  
Thursday 23<sup>rd</sup> May  
Holy Communion celebration Assembly.  
Friday 24<sup>th</sup> May  
ACE assembly

### Winning classes

**Attendance**  
Year 2 and Year 6  
**Punctuality**  
Year 5  
**Lunchtime Waste**  
Year 4

## That's SATs

### Y6 SATs

Well done to our Year 6 children who gave 100% effort in their SATs tests this week.

We are very proud of their continued commitment!

Thank you to all the parents who made sure their children were in on time and every day, ready to do their best.

## Pentecost Party

A reminder that the Pentecost party will be held on Friday 24<sup>th</sup> May at 2pm in the GIFT garden. This is a celebration of the birthday of the Church and we would like as many parents to come and join in the celebration with the children and the staff. (If possible, please bring some sunshine with you as well!)

### PENTECOST PARTY



## Walk to School Week



Next week is National Walk to School Week.

This is a five day challenge to encourage the children to feel the benefits of walking and reduce carbon dioxide emissions by not travelling in cars.

Please help the children by joining in with them next week.

## This week's ACE awards

	A	C	E
N	Deacon	Samiya	Alexander
R	Aanyah	Julius	Eabha
Y1	Charlotte	Amelia-Grace	Jeremiah
Y2	Cian	Tayah-Ray	Nifemi
Y3	Lujain	Mohammad	Renaya
Y4	Ayan	Favour	Musa
Y5	Sean	Armel	Colm
Y6	Whole Class		



A = Achievement  
C = Commitment  
E = Effort



Housepoints	Y1	Y2	Y3	Y4	Y5	Y6
Arrowsmith	Kai	Tayah-Ray	Bradley	Amelia	Grace H	Lily
Clitheroe	Vicky	Joshua	Derrick	Bella	David	Steve
Southworth	Fatimah	Cian	Blanka	Samir	Heidi	Yared
Ward	Sienna C	Daan	Favour	Favour	Marcus	Hames

This Weeks Winning House  
**Clitheroe**



# Social Media and Mental Health

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

## SOCIAL MEDIA & Mental Health

### What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

### Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

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#WakeUpWednesday

### Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



### 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

### 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



### 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



### 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



### 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



#### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

#### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.nos.gov.uk/wp-content/uploads/2015/10/20-https://www.rgh.org.uk/wp-content/uploads/2016/02/2016-03-17-19-adf6ac2ec7a7a2a.pdf>, <https://www.psychologytoday.com/uk/blog/cutting-edge-leadership/201505/warning-signs-mental-health-risk>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

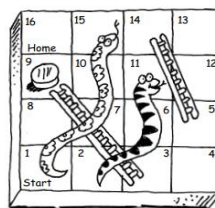
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### Reading Challenge

1. How can you support children on Sunday?
2. Who had 100% attendance this week?
3. How can you get to school next week?
4. Find a word that means pleased.

### Maths Challenge



Your counter is on 9.

You roll a 1 to 6 dice. After two moves you land on 16.

Find all the different ways you can do it.

### Word search Challenge

#### Planets Word Search

P	F	I	E	S	P	D	T	B	N	L	P
C	E	T	U	J	T	H	R	I	N	Q	
J	K	N	A	R	D	H	A	E	B	H	J
H	E	F	M	S	A	T	U	R	N	B	I
V	I	M	M	L	F	N	E	M	A	U	I
Y	G	F	E	N	O	T	U	H	N	Z	K
U	I	I	R	E	I	W	T	S	P	M	G
M	S	Q	C	P	H	C	R	W	M	E	F
A	P	L	U	T	O	A	M	S	E	L	A
S	O	J	R	U	M	M	D	E	A	R	M
D	I	A	Y	N	R	X	H	G	M	D	X
R	E	E	P	E	O	F	B	N	H	O	O

Can you find these planet and dwarf planet words in the word search?

- MERCURY
- VENUS
- EARTH
- MARS
- JUPITER
- SATURN
- URANUS
- NEPTUNE
- PLUTO

