

# St Mary's Priory Catholic Infant and Junior Schools' Weekly Newsletter

23rd June, 2023

**'Love one another; Always do our best; Take care of ourselves and the world around us'**



Last week, we had a review of safeguarding practice here at St Mary's Priory. The visitor stayed with us all day, speaking to children and staff. He visited our playgrounds, lunch hall and classrooms. We are very happy to share that the visitor said "A strong emphasis on safeguarding has enabled the school to establish a robust safeguarding culture." He also said that there is "a culture of 'telling' throughout the school" - this means that our children tell if they are sad or unhappy, and staff listen.



## Bikeability

We had our final session with Cycle Confident this week. The children have absolutely adored taking part, and there has been a huge increase of children cycling to school which is just fantastic to see! The instructors left us with wonderful feedback about our children: "The behaviour in this school is really good - we would happily come back and work with your children again"

Of course this is something we already knew, but it is great to hear it from someone else too!

### Attendance winners!

Infant School:	Junior School:
Robins 100%	3N 100%

### Punctuality winners!

Robins 0 lates	None
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## Junior Citizens

This week, Year 6 took part in Haringey's Junior Citizens. During the session, important messages concerning personal safety, road safety and guidance on street crimes are delivered to the current year 6 year group moving up to year 7, who are statistically the most vulnerable, especially where road safety is concerned.

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When:	What:	Who:	Where:	Time:
Summer 2	Parents invited to visit a lesson	All classes	Classrooms	See email from teachers for more details
6th July	Summer Fair- non uniform day	All pupils and parents	Infant Hall	3-4.30pm
11th July	Year 6 Leavers mass	Year 6 pupils and parents	Junior Hall	5pm
12th July	Sports Day	Years 1-6 children and parents	Infant/Junior Playgrounds	See email for timetable
17th and 18th July	Year 6 performance of High School Musical- More information to follow	Year 6 parents	Junior Hall	5pm
19th July	Year 6 Celebration	Year 6 pupils	Junior Hall	5pm

### Reminders:

- French Day next Thursday! Dress up in blue, white and red (non-uniform day)
- 6th July is our summer fair! Non-uniform day- dress up in your international attire or colours
- Sports Day date released above- timetable to be released closer to the time



**mum2mum**  
market  
nearly new sales



Baby and kids nearly new sales

**HARINGEY**

Earlham Primary School  
Earlham Grove, N22 5HJ

Saturday 8th July 2023

10:00 - 12:00pm

Admission £2 cash on the door (kids for free)

For stall booking and more information visit

[www.mum2mummarket.co.uk](http://www.mum2mummarket.co.uk)

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Dear parents and carers,

Our Summer Fair will be on Thursday 6th July at 3.00-4.30 and we would like to invite you, your family and all of your friends to our event. It will have an international theme with a parade. It will be a celebration of diversity and culture both here at St Mary's and the wider world. We would like the children to come dressed in their cultural clothing, or colours representing their country. They can also hold flags from countries of origin.

This year we are raising money for our pupils to experience and to have an opportunity to develop a better understanding of our natural world and to participate and express their creativity in performing arts.

Thank you for all your support,

Mrs Georgiou and PSA  
Parent Staff Association

We would dearly like:

- Nursery parents to donate confectionery, sweets or chocolates
- Reception parents to donate bottles, cans and cartons of soft drinks
- Year 1 parents to donate bottles, cans and cartons of soft drinks.
- Year 2 parents to donate confectionery, sweets or chocolates.
- Year 3 parents to donate packaged biscuits, cakes and cupcakes
- Year 4 parents to donate packaged biscuits, cakes and cupcakes.
- Year 5 parents to donate scented candles, perfume sprays, soaps, shower creams and bubble bath.
- Year 6 parents to donate scented candles, perfume sprays, soaps, shower creams and bubble bath.

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Dear Parents/Carers,

On Thursday 29th June, we will be hosting a French Day at school. This special event will be a great way to fire up the children's passion for language learning and their curiosity about the French language and culture.

On this day, we would love for all the children to come to school dressed in the colours of the French flag – blue, white and red or to come dressed up as anything related to France. Additional points will be awarded to children who have an interesting fact about their chosen outfit.

The children will have the opportunity to take part in a multitude of engaging activities, including French food tasting, art and design, music and sports.

We welcome any help to make this exciting day as special as possible; if any parents/carers are able to speak French or have any links/skills/items that would compliment French Day, please get in touch with your child's class teacher by Monday 26th June, explaining the nature of help/contribution being offered. For example, can you come in and teach the children any songs or some simple language phrases?

Thank you for your support for what I am sure will be a vibrant and interesting day at St. Mary's!

Kind regards,

Mrs A. Chrysaphiades  
French Teacher



# Maths Week London Poster Competition

To celebrate Maths Week London we will be having a poster competition.

The theme for Maths Week London 2023 is **Everyday Maths in London!**



## How will the posters be judged?

**Creativity** – creative interpretation of the theme

**Content** – a love for maths/ why maths is important/maths is everywhere!

**Communication** – clear presentation in an engaging way

## How to enter?

Hand in your poster to your class teacher by:

**Friday 30<sup>th</sup> June 2023**

**Make sure your name and class are on the back of your poster!**

## **What are the Prizes?!**

The lucky winners will have their posters featured in the newsletter and will receive a £10 Amazon voucher!



# Stars of the Week



Owl Class	Erica	Yapsel
Robin Class	Whole class for taking part	in the phonics screening test
Swan Class	Whole class for taking part	in the phonics screening test
Woodpecker Class	Georgina	Lena
Dove Class	Mia	Daniel
3N	Zaina	Drew
3M	Angela	Morgan
4B	Chloe	Kinga
4M	Dagmawit	Alexandra
5C	Fabiana	Natashleon
5J	Joanna	Cheyanne
6B	Matilda	Ainhua
6D	Jayden	Andrei

**Congratulations to our Stars of the week!**  
**These pupils have worked exceptionally hard to stand out amongst their peers. Well done everyone!**



**Link to our Twitter:**

<https://twitter.com/StMarysRCPriory>



# What's been happening at St Mary's this week?

Make sure you check out our school's Twitter account to keep up to date with what our pupils are getting up to!

6B have their first Bikeability lesson.



The sensational 6D children and their playgrounds that they designed and constructed themselves.

6D took part in a Haringey Junior Citizens session where they were taught how to keep themselves safe whilst transitioning to Year 7.



# GET TALKING HARINGEY

**Haringey**  
LONDON

## PLAY, LISTEN, TALK

Come join us for a fun afternoon and find out how we can all use everyday play to get our children talking. Our family-focused events will include a whole range of engaging and interactive activities, including music, storytelling and much, much more besides!

**FREE ENTRY  
OPEN TO ALL**



## OUR EVENTS

**16 JUNE, 12PM-4PM**

Join Ranger Stu's  
Exotic Animals at Bruce  
Castle Park Lordship  
Lane  
London N17 8NU

**29 JUNE, 12PM-4PM**

Join storyteller Wendy  
Shearer and author of  
*We're Going on a Bear  
Hunt* Michael Rosen at  
Campsbourne Play Centre  
Newland Road  
Hornsey N8 7AJ

**4 JULY, 12PM-4PM**

Join Groundswell Arts'  
Communication Pod at  
Russell Park  
Westbury Avenue  
London N22 6SE





# SEND

Special Educational Needs and Disabilities



## DO YOU KNOW ABOUT OUR LOCAL OFFER?

The Local Offer is information for parents and carers of children and young people (aged 0-25) with special educational needs and/or disabilities. It explains the support we offer in Haringey for those children and young people.

- **Community groups** – Parent Carer Forum, Markfield community centre, SENDIASS and more
- **Travel assistance** – School transport service, Travel buddies, Independent Travel Training, Personal Travel Budget and paid mileage
- **Health services** – Speech and Language Therapy, Nursing Services, Physiotherapy Service, Mental Health services and more
- **Preparing young people for adulthood** – Advice on getting a job, where to live, getting the right benefits, managing your health, transition and more



**CHECK OUT OUR WEBSITE AND SIGN UP TO OUR MONTHLY NEWSLETTER**

[www.haringey.gov.uk/local-offer](http://www.haringey.gov.uk/local-offer)

Haringey

# FREE webinars and workshops for parents and carers



Scan QR codes to book

**31.05.23** **CONVERSATIONS ABOUT PARENTING**  
**ONLINE** Discussions and advice about parenting today - Mel Prosper



**07.06.23** **GROWING TOGETHER**  
**ONLINE** Positive parenting and wellbeing - Dee Buchanan



**14.06.23** **\*\* DWP INFORMATION SESSION**  
**IN PERSON** Benefit changes and impacts - Gilleen White and Michelle Richards



**21.06.23** **MANAGING YOUR FINANCES**  
**ONLINE** Tips to cope with the cost of living - Justin Watson



**28.06.23** **\*\* COOKING ON A BUDGET**  
**IN PERSON** Come and make healthy, cost-effective meals - Dru Shaw



**05.07.23** **GODWIN LAWSON**  
**IN PERSON** A story workshop about gang and knife crime - Yvonne Lawson MBE



**12.07.23** **RAISING YOUR CHILD'S ASPIRATIONS**  
**ONLINE** Ways to help your child find their inner greatness - Dom Edwards



\* All events run from 10:30am - 12:00pm except cooking on a budget which is 10:00am - 12:00pm

\* In person events will be held at Haringey Learning Partnership, Commerce Road, N22 8DZ

\*\* DWP - Department of Work and Pensions

\*\* Cooking on a budget requires a £5 deposit, refunded after attendance.

Call Mel Prosper on 07385 380 426 for more information.

[www.haringeylearningpartnership.org](http://www.haringeylearningpartnership.org)



# St Mary's Online Safety Tips

Here at St Mary's we consider online safety a priority, we acknowledge that the world our children are preparing for is becoming increasingly online. Therefore, we have compiled the following tips in order to support you in guiding your child through digital experiences.

## Set Up Parental Controls

Home internet providers can offer parental controls for your family. There are 2 ways of achieving this:

- Use a filter from your internet provider to control the content that you and your family see. Some providers allow different settings for each user.
- Set up any device connected to your home broadband. How you do this depends on your provider and you'll need to access your home router. You can ask your internet provider for help setting this up.



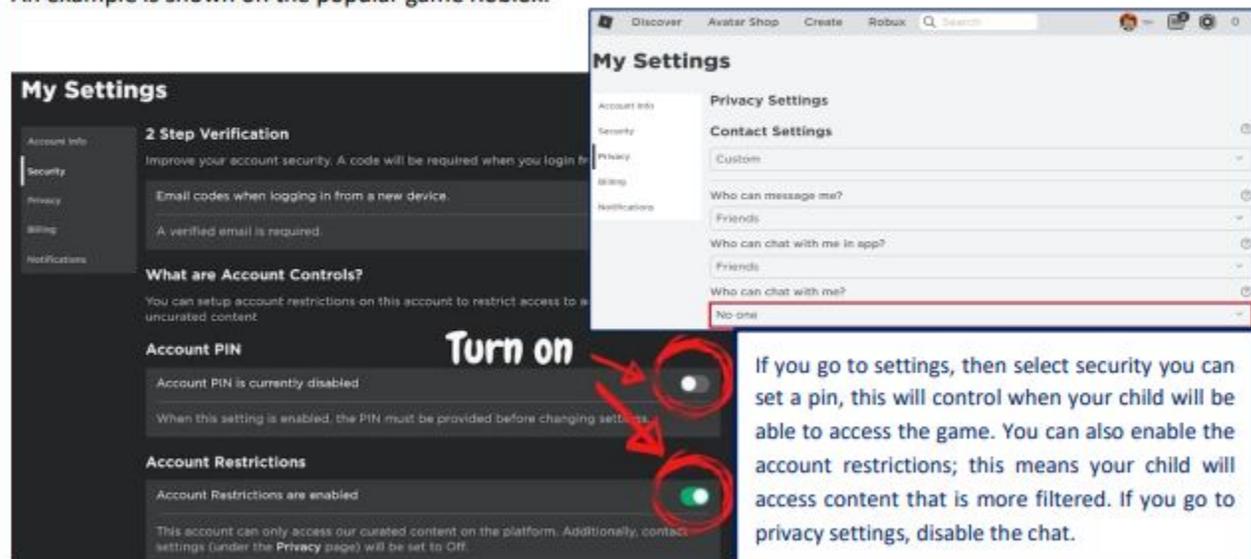
Check the settings on any games or device that your child is on.

Settings icons usually look like a gear like this: 

On some devices you can control the following:

- Turn off chat functions to stop your child from talking to people they don't know
- Restrict games based on age
- Turn off in-game purchases, or set a limit.

An example is shown on the popular game Roblox:



**My Settings**

Account Info

2 Step Verification

Improve your account security. A code will be required when you login from a new device.

Email codes when logging in from a new device.

A verified email is required.

What are Account Controls?

You can setup account restrictions on this account to restrict access to a curated content.

Account PIN

Account PIN is currently disabled

When this setting is enabled, the PIN must be provided before changing settings.

Account Restrictions

Account Restrictions are enabled

This account can only access our curated content on the platform. Additionally, contact settings (under the Privacy page) will be set to Off.

**Turn on**

**My Settings**

Account Info

Privacy Settings

Contact Settings

Custom

Who can message me?

Friends

Who can chat with me in app?

Friends

Who can chat with me?

No one

If you go to settings, then select security you can set a pin, this will control when your child will be able to access the game. You can also enable the account restrictions; this means your child will access content that is more filtered. If you go to privacy settings, disable the chat.

## Have devices in a supervised area

Remember that parental control tools are not always 100% effective and sometimes, unsuitable content can get past them, so don't rely on them alone to protect your child.

The best way to ensure your child is safe is to monitor their behaviours online. It is not reasonable to expect young children to regulate their own behaviours online, just as we would not expect it to be reasonable for a child to arrange what they have for dinner each night, we as adults must guide the children in their choices.

Avoid headphones or headsets, unfortunately there is plenty of content that appears to be aimed at children but have inappropriate themes. Remember, just because something is a 'cartoon' doesn't mean it's for children.

## Open a Discussion

- Talk to your child and ask them to show or even teach you how they use the internet, learn which websites or tools they like to use and why. Learning together can often open opportunities to discuss safe behaviour with your child.
- Always ensure your child knows how to block or report people online who send nasty or inappropriate messages or content. Encourage your child not to retaliate or reply.
- Make sure your child knows to tell an adult they trust if they see something online that makes them feel scared, worried or uncomfortable. This will only begin with
- Children love talking about games! If you ask them what their mission is, what the game is about or even play a short game with them, you can learn a wealth of knowledge about what your child enjoys online. This will allow you to look it up in your own time to scan whether it is appropriate or safe for your child.
- Discuss the SMART rules listed below for guidance, the children would have been taught these guidelines to follow when online. Support them in understanding them and realising their application.

## Learn the SMART rules



**Safe:** Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.



**Meet:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.



**Accepting:** Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems — they may contain viruses or nasty messages!



**Reliable:** Someone online might lie about who they are and information on the internet may not be true. Always check information you see or hear from the internet or social media.



**Tell:** Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.

# 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 enthral 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.



**NOS** National Online Safety®  
#WakeUpWednesday

Source: <https://www.bbc.com/news/technology-5324695>  
<https://aprousocial.com/insights/social-media-digital/>

# School uniform



# PE uniform



Details of our school uniform can be found on our website under 'parents', or by clicking the link below.

<https://www.stmaryspriory.co.uk/school-uniform/>

