

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

9th December, 2022



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



Christmas Fair

Thank you to all of our parents for attending our Christmas Fair yesterday. The evening ran so smoothly and was so well organised by our wonderful PSA. The team worked tirelessly to create a special event for all of our families to enjoy. We will update everyone with how much was raised next week.

Christmas performances next week- check the next page for dates!



Attendance winners!	
Infant School:	Junior School:
None	None
Punctuality winners!	
Robins and Doves 0 lates	6B 0 lates

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When:	What:	Who:	Where:	Time:
12th December	Year 3 and 4 Christmas Performance	Year 3 and 4 parents	Junior Hall	9.10am
13th December	Nursery and Reception Nativity	Nursery and Reception parents	Junior Hall	9.10am
14th December	Year 5 and 6 Carol Concert	Year 5 and 6 parents	Junior Hall	9.10am
15th December	Year 1 and 2 Christmas Performance	Year 1 and 2 parents	Infant Hall	9.10am
15th December	Christmas Lunch (book via Arbor)	All pupils	Infant Hall	Lunch
15th December	Christmas Jumper Day- Donate £1 via your Arbor account	All pupils	Infant and Junior School	All day
16th December	Early closure for all pupils	All pupils	Infant and Junior School	2pm
3rd January	School closed for staff INSET day	All pupils		
4th January	School reopens for spring term	All pupils	Infant and Junior School	8.50am

Reminders

- Christmas performances next week! Parents warmly invited!
- School closes at 2pm on Friday 16th December
- Follow us on Twitter! @stmarysrcpriory to see weekly updates from our classes!



Stars of the Week



Owl Class	Joel	Aurora
Robin Class	Andreas	Leila
Swan Class	Iggy Esther Jayden	Briana Sofia Rosa Esther
Woodpecker Class	Audrey	Jaida
Dove Class	whole class	
3N	Heaven	Mikal
3M	Emely	Morgan
4B	Marty	Christian
4M	Synah	Shalom
5C	Szymon	Emily
5J	Filip	Harmonie
6B	Nikodem	Nadia
6D	Frankie	Kuba

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!

Frosty conditions don't stop 6B's cricket practice.



5C sewing their draft excluders in anticipation of a cold spell!



Robin class have been very busy this week preparing for our Christmas Fair!

We are all very excited to show you the amazing Christmas decorations we have been creating!



Today the Worshipping Woodpeckers attended a wonderful mass, here we can see them learning all about St Nicholas and the true spirit of Christmas. [#WorshippingWoodpeckers](#)



Applying for Primary School



Online Talks with Q&A

Haringey is running a series of **online meetings** to help you apply for your child's primary school.

If your child is currently in the last year of nursery, log in for advice and guidance on how to apply for primary school.

30 minute talk plus Q&A sessions:

- Friday 11 Nov, 9am
- Monday 14 Nov, 3pm
- Tuesday 22 Nov, 5pm
- Wednesday 30 Nov, 1pm
- Wednesday 7 Dec, 2pm
- Tuesday 13 Dec, 12pm
- Monday 19 Dec, 6pm
- Wednesday 28 Dec, 11am
- Thursday 5 Jan, 9am
- Monday 9 Jan, 11am
- Friday 13 Jan, 5pm

[Link to Online Talk](#)

For instructions on how to join the meetings, visit
www.haringey.gov.uk/starting-primary-school

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.



Source: <https://www.bbc.com/news/technology-53246995>
<https://aprousocial.com/insights/social-media-digital-well/>

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What Parents & Carers Need to Know about CALL OF DUTY: MODERN WARFARE II

AGE RATING

PEGI
18

The Call of Duty (CoD) series is a worldwide gaming phenomenon, with millions of copies sold every year. While 2021's release, Vanguard, wasn't quite as well received, this latest entry – Modern Warfare II – has so far proved a massive commercial success. A sequel to the recent Modern Warfare reboot (and not to be confused with the original Modern Warfare 2, from back in 2009), the game is an online shooter which features – unsurprisingly – extreme violence, rendered in realistic graphics. Amid the explosions and political nature of the plot, there's much for parents to be aware of.

WHAT ARE THE RISKS?

VIRTUAL VIOLENCE

Like most of its predecessors in the franchise, Modern Warfare II carries an 18 age rating from PEGI (the Pan-European Gaming Information system, which assesses games' content for suitability). This means players will encounter – according to PEGI's wording – depictions of "gross violence, apparently motiveless killing, or violence towards defenceless characters".

OFFENSIVE CHAT & MESSAGING

Most CoD players are likely to spend the majority of their time on Modern Warfare II in online multiplayer mode. This entails competing against – or cooperating with – strangers on the online battlefield. The fast-paced, cut-throat world of CoD means that communication through the game's voice chat and direct messages often turns heated and aggressive, which may upset younger players.

IN-GAME PURCHASES

Modern Warfare II follows the 'battle pass' model of games like Fortnite. For a fee – usually around £10 – each 'season' (every three months or so), players will be invited to complete extra challenges to earn new weapons and equipment. Different tiers of battle pass (costing more money) enable them to achieve this more quickly, while items can also be purchased from the in-game store.

POLITICAL SENSITIVITY

Previous CoD games have been accused of attempting to "rewrite history": failing to correctly attribute alleged war crimes to the US military, for example. The semi-fictional version of history presented on screen can cause players to misunderstand past conflicts and the real reasons they took place. This could lead to young people developing a distorted, inaccurate view of world politics.

AN ADDICTIVE EXPERIENCE

Multiplayer mode in Call of Duty titles revolves around levelling up your character to unlock new weapons, abilities and equipment. The process is designed so that it doesn't take too long to see an improvement, and the feeling of making meaningful progress can keep players hooked for hours. It's easy for gamers of any age to lose track of time, but younger ones are especially susceptible.

Advice for Parents & Carers

RESPECT THE AGE RATING

Based on accurately recreating combat situations, Call of Duty games are unflinching in their portrayal of war. Limbs are shot off and explosions send gore flying, while the previous Modern Warfare featured a lengthy interrogation and torture sequence. With Modern Warfare II offering the same style of brutal realism, it's worth reiterating that the PEGI 18 age rating is there for a reason.

CLOSE OFF COMMUNICATION

Unless they're playing with their real-life friends, it may be worth closing communication channels if your child plays Modern Warfare II. There's less of a team focus than in many other online combat games and therefore no real need to interact with strangers. Call of Duty fans can be intensely competitive, so even a single action by your child could provoke a barrage of abuse from strangers.

SET SPENDING LIMITS

If your child is likely to be tempted by buying that 'must-have' weapon or item, consider removing your bank details from the console or computer to prevent indiscriminate spending – and an unwelcome bill. Pre-paid cards could be an option for in-game purchases, allowing you to control how much your child can spend in advance – and helping them learn the basics of budgeting.

TRY OTHER MODES

If it seems that your child only ever plays Modern Warfare II in multiplayer, you could try out the Spec Ops mode with them – formulating strategies while enjoying each other's company. You could also play multiplayer together, taking it in turns to ensure regular breaks. Another alternative is the game's campaign mode, featuring bespoke missions and scenarios which follow an overarching plot.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Sources: <https://pegi.info/what-do-the-ratings-mean/> | <https://www.gamesradar.com/call-of-duty-modern-warfare-ii-accused-of-rewriting-history-to-blame-russia-for-consumers-of-war-crimes/>

What Parents & Carers Need to Know about

AMIGO

Amigo is a social platform which purports to connect strangers from around the world – and, with built-in translation software, it reduces the expected language barriers. Focusing heavily on one-to-one chat, video calls and live streams, Amigo encourages its users to build up online relationships and unlock exclusive features such as private video and audio calls: essentially, the more that people chat, the more functions become available to them. This is an app designed with mature users very much in mind and is therefore definitely not recommended for children.

AGE RATING

18

WHAT ARE THE RISKS?

ONE-TO-ONE COMMUNICATION

While online chats and livestreaming are a great way to communicate with people that children can trust (such as friends and family), Amigo encourages users to connect with complete strangers and develop a friendship through private chats, calls and videos. This will be a clear red flag for most parents, due to the possibility of a child encountering inappropriate content or an online predator.

INAPPROPRIATE CONTACT

Within minutes of signing up for our trial of Amigo (and without using a profile photo), users of the opposite sex were messaging with suggestive statements such as "You're just my type" and "Let's have fun". While the app's stated intent is to help people build friendships, some users obviously seek to take those relationships in a more mature and amorous direction.

MEMBERSHIP COSTS

Like many apps that are free to download, Amigo's business model is centred on in-app purchases. Users are encouraged to pay for VIP membership – enabling them to send more messages each day and boosting their profile's visibility. People can also buy coins (again, for real money) which allow them to send virtual gifts and further increase the number of messages they can send daily.

LACK OF AGE VERIFICATION

Amigo makes no secret of the fact that it's for people aged 18 or above. There's no age verification, however, so a young person could simply sign up under a false date of birth. The app's algorithm claims to match users of similar ages (making them more compatible), but either the algorithm isn't very reliable, or most users have entered a fake age which doesn't correspond with their profile pic.

REWARDS FOR REPEATED USE

Amigo gifts virtual coins to users if they reply to messages within 10 seconds, while there are also daily rewards for posting comments, sharing a video, getting likes or simply opening the app. It also encourages increasing 'Intimacy Levels' with other users to unlock extra features: once someone's online 'friendship' reaches Intimacy Level 3, they can hold one-to-one video calls with each other.

Advice for Parents & Carers

MONITOR DOWNLOADS

As well as frequent catch-ups with your child about what they've enjoyed doing online, you could consider taking the additional step of physically checking their phone every so often to see which apps they've installed. The safest option could be to enable 'ask to buy' (Apple) or 'purchase approvals' (Android) on their device, meaning your authorisation is needed to download any apps.

RESPECT AGE RESTRICTIONS

Apps have age restrictions for a reason, and Amigo is very definitely a mature content platform. Given that many of Amigo's users apparently use a bogus date of birth, you might want to remind your child about the implications of setting up a fake profile – such as being exposed to messages and videos that make them feel uncomfortable or feeling pressured into chatting with strangers.

BLOCK, REPORT, DISCUSS

Many children already know that connecting with strangers online is dangerous, but it never hurts to refresh their memory. Whatever communication apps your child uses, make sure they're fully aware that if anything online makes them feel uncomfortable, scared or upset, then they can block the user responsible, report the content, take a screenshot as evidence and come to tell you straight away.

ACTIVE LISTENING

If your child does approach you with a concern, make time to stop what you're doing and actively listen. Let them talk without interrupting or showing any judgement, then discuss their options and the possible solutions: this empowers them and reassures them that you're there to be supportive. If the issue is one that has put your child at risk, however, you may wish to contact the police.

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.



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What Parents & Carers Need to Know about MINECRAFT

AGE RATING
7+

Minecraft is a beloved classic of modern gaming. First released in 2011, this open-ended 'sandbox' game of building and exploration still has over 140 million players who happily return to play it at least once every month. Minecraft has also been utilised for much more than just entertainment: it's sometimes used in schools to teach children coding, and it's also employed as a tool for computer-aided design, which is another valuable skill. Encouraging creativity and problem solving, Minecraft has plenty to offer gamers of all ages, and it's available on almost all video game platforms.

WHAT ARE THE RISKS?

PUBLIC SERVERS

Joining a public network (called a server) lets your child potentially interact with strangers through text chat. Some servers focus on building, while others are dedicated to role-playing – encouraging direct player interaction. Anyone can join public servers and connecting to one is relatively simple. Public server IP addresses (and therefore someone's location) are easy to find with search engines.

GRIEFING

Some people in Minecraft delight in purposefully damaging or destroying another player's creation. This is called 'griefing' and is a form of bullying: it intentionally spoils someone else's experience in the game by deleting hours of their work and forcing them to start from scratch. Many public servers treat griefing as a severe offence and frequently ban offenders.

ADDICTIVENESS

Minecraft's gameplay is relatively simple, and the outcome (when a child has built something new, for instance) can be extremely gratifying. This can make the game highly addictive. It's easy to lose track of time while playing Minecraft, causing committed young players to forget about other activities like homework or enjoying family time.

SCARY ELEMENTS

The visual design and gameplay of Minecraft is purposefully child friendly, so there's nothing too untoward in the game. However, some of the 'baddies' that can be encountered might prove a little too scary for very young players. In the game, certain enemies come out at night and are accompanied by audio – such as zombie moans and skeleton bone rattles – that may unnerve young ones.

ADDITIONAL PURCHASES

After initially buying the game, players can make optional extra purchases for cosmetic items and other bonuses. Minecraft Realms is an optional online subscription (requiring regular payments) that lets users run a multiplayer server to play with their friends. Most games consoles also need an active subscription to enable online play – so online gaming can quickly become an expensive hobby.

Advice for Parents & Carers

RESEARCH CONTENT CREATORS

There are a lots of Minecraft content creators who release helpful videos about the game on YouTube and Twitch. Not all of these, however, are suitable for children. Watching these content creators' channels yourself first is a safe way to find appropriate Minecraft videos to share with your children. This also helps you learn more about the game itself, and how your child plays it.

CHOOSE THE RIGHT MODE

Selecting 'Creative' or 'Peaceful' mode allows children to play Minecraft without having to contend with enemies. It's also a great way for you to get used to playing the game with them, since the difficulty level is lower. This allows you to work together on a long-term project, creating something special without the threat of moaning zombies or creepers damaging your build.

HOST A PRIVATE SERVER

The easiest way to find a safe server for your child to play on is to make one yourself. Hosting a server prevents strangers from finding it, unless they've been given the necessary joining details. A private server also lets you control who's allowed to enter and – if necessary – to ban someone who shouldn't be there. This is the closest equivalent to parental controls in Minecraft.

ENCOURAGE BREAKS

It's easy for the hours to fly by while your child is playing Minecraft, so reminding them to take regular breaks is essential. This is a useful way for them to learn good time management, which they'll benefit from as they get older. It will also teach them to play their favourite games in moderation – limiting addictive behaviour and allowing them to manage their day better.

TALK ABOUT STRANGERS

At some point in their lives, almost everyone needs to have contact with a stranger online. Talking to your child about online safety, therefore, is essential – as is having a plan in place for dealing with any hostile or difficult strangers. Ensure that your child knows never to tell a stranger about themselves online, and that they should come to you straight away if they do encounter a problem.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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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/>

