



Our Lady's Catholic Primary School Newsletter

Friday 17th November 2023
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Go shine in
the world



Dear Parents and Carers,

Thank you to all the Year 1 parents who came in to watch a maths lesson this week for 'Parents Working Alongside Children'—it was a great turn out!

A reminder to look at the 'Important days for your diary' section on the back of this newsletter. We have lots of Christmas events coming up.

Please find some extra information and tips attached to this newsletter about how to keep your child safe online and when using devices.

Have a lovely weekend.

With Best Wishes, Ms Toop (Head of School) and Ms Richardson (Executive Headteacher)

Arsenal Anti-Bullying Workshops...

This week, it is national 'Anti-Bullying Week 2023' and the theme for this year is 'Make a noise about bullying'.

Year 3 and Year 4 took part in a fantastic workshop led by the Arsenal Football Team Citizenship Programme. They recapped the definition of bullying and the different types of bullying.

They acted out different bullying scenarios and discussed what they should do if they ever see bullying happen. They were reminded to be 'defenders' against bullying and speak out rather than being a silent witness.

All children could identify the different adults in the school that they trust to tell if they were being bullied or had a worry :)



Year 1 Food Technology Day...

As part of their Design and Technology Curriculum, Year 1 had a great afternoon making healthy pizza wraps! Here they are enjoying their delicious cooking...



I have received and read the Our Lady's Primary School newsletter of 17.11.2023

Name of child _____ Class _____

PLEASE RETURN THIS SLIP TO THE SCHOOL OFFICE AND YOUR CHILD MIGHT WIN A PRIZE :)

Important dates for your diary...

Friday 24th November – Non-Uniform Day

Thursday 7th December – Nativity

10am Performance for Reception and Y1 parents

2pm Performance for Y2 parents

Monday 11th December - Y5 and Y6

Christmas party

Tuesday 12th December - Y3 and

Y4 Christmas party

Tuesday 12th December –

9.30am: Nativity Performance for Nursery parents

Wednesday 13th December - Y1

and **Y2** Christmas party

Thursday 14th December - YN and YR Christmas party

Wednesday 20th December – KS2 Carol Concert (Year 3—Year 6 only)

Thursday 21st December – Non-Uniform Day and last day of term

(Note: Not Friday!)

Monday 8th January 2024 – Children back at school



Applications for Nursery and Reception class for September 2024... Tell a friend! We still have places!

Do you have a child looking for a place in Nursery or Reception class for September 2024 or do you know anyone that has?

Applications for both classes need to be completed by **15th January 2024**. An application form can be picked up from the school office or downloaded from our website www.ourladys.camden.sch.uk Parents applying for Reception need to also apply online via eadmissions.org.uk and should select 6 schools in order of preference.

A reminder that parents of children already in our Nursery class still must apply for Reception. You are not automatically guaranteed a place in Reception.



A Prayer for our Christian Value of Compassion...

Jesus help my eyes to see, all the good you send for me.

Jesus help my ears to hear, calls for help from far and near

Jesus help my feet to go, in the way that you will show,

Jesus help my hands to do, all things loving, kind and true.

Amen



Work of the Week!

Every week a fantastic piece of children's work is showcased in the school lobby (next to the office). **This week, Adam from Year 4 has been chosen for his excellent high-standard work in maths.**

All week he has shown a focused and enthusiastic attitude in his maths lessons. He has worked efficiently and consistently, and produced a fantastic array of work on written calculations.

Well done Adam, keep up the brilliant work!



Attendance...

I am pleased to announce that Year 6A has the best attendance this week with an amazing 96%. As a reward, you will receive some extra play time next week.

Please make sure your child is in school every single day unless they are too unwell to come to school. Every day counts and children who miss school do fall behind in their learning.



Don't let a little worry turn into a big one...

If you or your child are worried about something or have any questions, please phone the school office and book an appointment to see their class teacher, Miss Toop, Miss Fearon or Mr Withers.



Keeping your child safe online

Technology can move at an extraordinarily fast pace and it can be difficult to know how to start talking to your child about what they're doing online, who they might be speaking to or discussing the potential risks and issues.

As most mobile phones also have access to the internet too, the most important thing you can do for your child is to regularly monitor and check all of their devices. Here are some other tips:



What can you do to keep your child safe?

Teach your child to talk to an adult if they see something that upsets them or confuses them.

- Block the content
- Set parental controls and manage their access
- Report inappropriate content
- Monitor what your child is doing, through apps and the browser history
- Talk to your child and show them that you want to know what they are doing.

Did you know?

Studies found that students who spent more than two hours a day on TV or gaming, suffered a decline in academic achievement.



Other research suggests that moderate use (around 4 hours a day) of any screens (phones, tablets, TV, etc.) can lead to lower psychological well-being.

For children especially, it can be difficult to turn off a video game or put away a tablet/laptop. It is important that adults set boundaries around this.

Child-friendly Internet search engines...



www.swiggle.org.uk



Top tip - set these as the home-page on your child's tablet or laptop.

How to manage time spent gaming...

5 Ways to Manage Time Spent Gaming

by @inner_drive | www.innerdrive.co.uk



- DO** ✓ **GET YOUR WORK DONE FIRST**
You can then spend time enjoying gaming knowing that your work has been done.
- DON'T** ✗ **LOSE SLEEP OVER IT**
Sleep is important as it impacts on how you feel, think and behave the next day.
- DO** ✓ **SET A TIME LIMIT**
This can help ensure you don't spend too much time gaming. All things are best in moderation.
- DON'T** ✗ **SPEND TOO MUCH TIME ON YOUR OWN PLAYING IN YOUR ROOM**
Playing with other people in person and spending time with others is important.
- DO** ✓ **GET EXERCISE**
Be sure to get enough fresh air and physical activity regularly. Don't replace exercise and sport with gaming.