



# Our Lady's Catholic Primary School

## Weekly Newsletter

*"A place of learning – A community of Christ"*

6<sup>th</sup> May 2022

Dear Parents,


I hope you had a lovely "long weekend" and have enjoyed this shorter week. However, it doesn't mean we haven't managed to get through an incredible amount of work. There have been some great things going on including Forest Schools with Chiltern Forest Rangers, Year 4 going on Tri-Golf and all the clubs starting up again.

However, the highlight of the week was Father Alessandro coming into school today to celebrate Easter with us. It was a beautiful Mass and one where we are reminded that believing in Jesus, and all that he has done for us, is a really joyous thing. If we always remember that, we will go around with big smiles on our faces and be much happier.

Finally, I would like to wish the children receiving their First Holy Communion tomorrow good luck. It is a very special day and I hope they have a day they will remember forever. Hopefully it will be made even more special with the children in our choir singing.

Have a lovely weekend,

God bless,

M. Hold 

## Good News Certificates

Congratulations to the children who received certificates from their teachers last week. They were:

|        |                 |
|--------|-----------------|
| Year 1 | Renske & Xavier |
| Year 2 | Karo & Jude     |
| Year 3 | Hannah & Ivor   |
| Year 4 | Karamo & Ben    |
| Year 5 | Yulek & Nuala   |
| Year 6 | Sorcha & Jacob  |

## Recruitment

We are currently looking to recruit teaching assistants from September. This might suit a young person taking a year out. If you know of anyone who would be interested then please forward the details of the job to them.

Thank you  
Mr Holdsworth

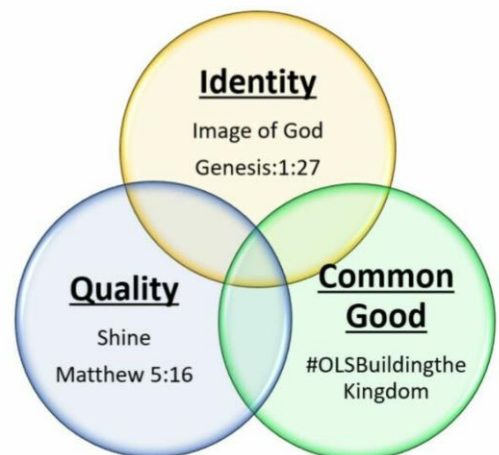
[Learning Support Assistant at Our Lady's Catholic Primary School](#)

## Curriculum

### *“Identity, Quality and Care for the Common Good”*

Today, you should have received this term’s Curriculum Newsletter and a letter about the Relationship and Sex Education that your child will learn this term. There is more information about our school curriculum on the website.

Thank you





Here is the Parent Newsletter for May.

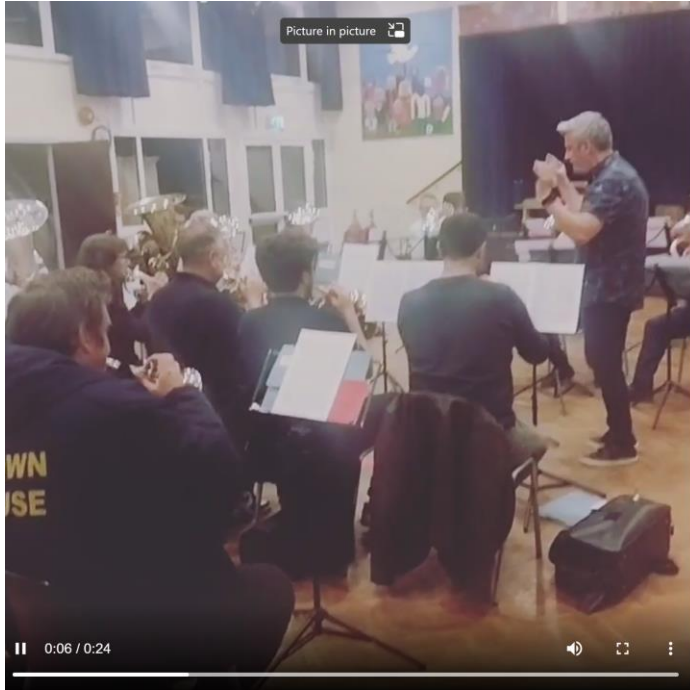
[www.tentenresources.co.uk/parent-newsletter/](http://www.tentenresources.co.uk/parent-newsletter/)

**@OLScheshambois**

Here is a quick snapshot of our learning this week:



A screenshot of an Instagram post from the account @olscheshambois. The post features a photo of children in a forest shelter. The caption reads: "olscheshambois Year 1 and Year 2 have been building shelters in forest schools today. Thank you @chilternrangers #OLSforestscool". The post has 26 likes and a comment from user teresawatson7. The interface includes icons for likes, comments, shares, and a bookmark, along with a "View Insights" link and an "Add a comment..." input field.



**olscheshambois** ...

**olscheshambois** The Amersham Band rehearsing at OLS this evening #OLScommunity  
1 d

**teresawatson7** 🙌❤️  
1 d Reply

**teresawatson7** 🙌❤️  
1 d Reply

100 views  
1 DAY AGO

Add a comment... Post



**olscheshambois** ...

**olscheshambois** We've just found a frog in our very small pond #OLSnature #OLSbuildingthekingdom  
1 d

**teresawatson7** 🙌🍷❤️  
19 h Reply

[View Insights](#)

16 likes  
1 DAY AGO


Add a comment... Post





 olscheshambois

...

 olscheshambois Year 4 are having a great time at the Trigolf festival this morning #OLSsport


1 h

[View Insights](#)



4 likes

1 HOUR AGO

 Add a comment...

 Post



 olscheshambois

...

 olscheshambois Year 5 planning have planned a short liturgy in response to their latest RE unit of work #OLSRE #olsbuildingthekingdom #OLSpupilleadworship

19 m

[View Insights](#)



3 likes

19 MINUTES AGO

 Add a comment...

 Post



# Safeguarding

If your child has a phone and is using group chats then this poster gives parents some good advice. It is quite hard to read here so I've also uploaded it to the school website.

[NOS Group Chats Guide \(olschesham.co.uk\)](http://NOS_Group_Chats_Guide(olschesham.co.uk))

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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### WHAT ARE THE RISKS?

#### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

#### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

#### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

#### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

#### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

#### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

#### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

#### BE SUPPORTIVE, NOT JUDGEMENTAL

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

#### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

#### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

#### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

#### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### 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.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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## St Columba's Youth Mass

The youth mass is on Sunday 8<sup>th</sup> May at 6.00 pm. Everyone is welcome.

### Accelerated Reader

|               | <b>Words Read</b>       |
|---------------|-------------------------|
| <b>Year 6</b> | <b>20,030,839</b> words |
| <b>Year 5</b> | <b>15,345,128</b> words |
| <b>Year 4</b> | <b>12,643,130</b> words |
| <b>Year 3</b> | <b>3,436,187</b> words  |

### Millionaire Readers

Thomas (Year 5)  
Ben (Year 6)  
Abigail (Year 6)  
Alex (Year 5)  
Wiktor (Year 5)  
Ula (Year 5)

Constance (Year 5)  
Robert (Year 6)  
Charlie (Year 6)  
Michael (Year 6)  
Mirella (Year 6)  
Bella (Year 6)

### Double Millionaire Readers

Harry (Year 4)  
Kaitlyn (Year 6)

### Triple Millionaire Readers - Wow

Matilda (Year 4)  
Kenandra (Year 5)

### Meeting Targets and above 85% in Quizzes

#### Year 3

Leo  
Spike  
Alma  
Dominik  
Robert  
Zuzanna

Alaia  
Matylda  
Ethan  
Sabrina  
Emilio  
Alasdair

#### Year 5

Amelia

#### Year 4

Pierce  
Karamo  
Ellie  
Lena  
Jordan