



St. Joseph's Catholic Primary School

Commerell Street

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www.stjosephs.greenwich.sch.uk

TO LEARN TOGETHER AND GROW IN GOD'S LOVE

Headteacher: Miss Suzanne Long

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St Joseph's RC Church

103 Pelton Road, Greenwich, SE10 9AN

Priest's House

2 Commerell Street, Greenwich

Telephone: 020 8858 1845

Dear Parents/Carers,

Wow what a week! Our choir took part in Young Voices at the 02. They were absolutely fantastic and were great ambassadors for St Joseph's Primary School. Thank you to all the parents/carers who came to support us.

Year 3 visited the British Museum to learn about Egyptian artefacts linked to their History topic. Thank you to the parents/carers who were able to accompany them.

Have a wonderful weekend.
Miss Long

Dates for your Diary

Tuesday 16th January – Year 5 will be going swimming every Tuesday until Easter.

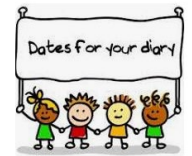
Monday 5th February – Y1 Phonics Screening Check Meeting 9 am & 5 pm

Wednesday 7th February – NSPCC Number Day Parent Workshop

Thursday 8th February – St Valentine's Disco 4.30 pm – 6.30 pm

Friday 9th February – Dress to Express £1.00 donation

Friday 9th February - Last day of half term. Break up normal time.



School success starts
with attendance



As a school we aim for pupils to achieve 100% attendance or as close as possible. Evidence shows strong attendance directly links to a child achieving their full potential. Through working together, we can ensure that your child receives a full-time education, through regular and structured attendance.

While it is understandable that there may be a number of legitimate reasons why your child's attendance may be affected, it remains essential that all children attend school as often as possible and are not absent for minor coughs and colds.

Keeping attendance above 95% allows pupils to achieve their potential.

Winners last week

Year 4 – 100% who have now joined 100% club!

School attendance 95.1%



St Joseph's School Prayer

Heavenly Father -

Let us aim to be the very best we can be, at all times.

May St Joseph's be full of happiness.

Fill our hearts with love, respect and compassion for all who are part of our school, local and global community.

Help us to make good choices, and guide us in understanding when we don't.

Let us remember, in learning together, we grow together and succeed together, in God's love.



Dress to Express

As a school community, we will be encouraging all children and staff to use clothing and colour to express themselves on **Friday 9th February 2024**. We would like parents/carers to contribute £1.00, and any funds raised will be utilised to purchase additional books to support children's mental wellbeing at school.



Holy Communion

The First Holy Communion celebration will take place on 07 July 2024. If your child is not baptised St Joseph's church could organise this. The age group is from 8 years old (year 3) and onwards. We meet every Sunday after 10am mass (for 45 minutes lesson) but the children will need to attend mass as they will learn the biblical and Catholic faith procession.

We break up every school calendar break and holidays.

Year 3 Trip to British Museum

On Thursday 1st February Year 3 went to visit the British Museum in order to look at the exhibits and artefacts linked to our Ancient Egyptian topic in History. We found out how the Ancient Egyptians believed in nearly 2000 gods and that they also worshipped animals such as cats and the sacred ibis. We then went to the part of the museum where they had mummies and mummification objects on show. We tried to read the hieroglyphics too which was quite hard! Thank you to our parent and staff helpers who made the trip both fun and safe. We had a great time!



Five to Twelve Study

Year One is taking part in the Five to Twelve study

Pupils from our school have been selected to take part in the new **Five to Twelve** study!

Five to Twelve is a new national study involving around 8,000 children attending primary school in the 2020s and their families. The study will explore how children are getting on in a range of areas in the post-pandemic context. By following children and their families over time, the study aims to provide a contemporary understanding of how children's environments and experiences impact on their future education and wellbeing outcomes.

For the first stage of the study, the National Centre for Social Research (NatCen), which is delivering the study on behalf of DfE, will be sending letters to the parents or carers of the selected children at their home address in October 2023. The information posted to families will list the various ways they can get in touch with the study team, should they have questions about participating or opting out.

If invited parents and carers have any questions, you can visit the study website

at fivetotwelve.org.uk, or get in touch with the study team at FivetoTwelve@natcen.ac.uk or on Freephone 0800 652 4568

Rainbow Awards

2nd February 2024

Rec – Kaima, Asiah-Rose

Year 1 – Bluebell, Ralph

Year 2 – Phoebe, Miray

Year 3 – Summer, Jemima

Year 4 – Georgie, Daniel

Year 5 – Melvin, Freda

Year 6 – Nyla, Harri-Leigh

WELL DONE TO YOU ALL!



This Week



Dilay – Y1

Lillie – Y4



Special Educational Needs - Free Sessions for Parents with an Educational Psychologist

Free Emotion Coaching workshops delivered by educational psychologists are being offered for parents of children aged 0-2 years old (please see referral criteria below).

These start on Friday 2nd Feb. If you are interested in this great opportunity, please sign up here: https://forms.office.com/Pages/ResponsePage.aspx?id=Y_ly5kY_EUGqXNVBJvIRBXjgiR36BCIOsC0mS10QQfpUMTVXRVBXQ0hPR0UzT1E0NzZVUjBTM05EMi4u

A creche will be provided for those who need childcare support.

What is Emotion Coaching?

Emotion Coaching is a model of communication that enables parents to understand and talk to their children, from an early age, about their emotions in a way that promotes a child's emotional literacy, emotional regulation and overall wellbeing. Sessions will be run by Educational Psychologists and are intended to empower parents to understand how to manage when toddlers experience 'big' emotions and how to safely set limits in an attachment informed way.

Dates and times of sessions

Sessions will take place Friday afternoons from 1.30-3pm, on the following dates:

- 2 & 9 February 2024
- 15 & 22 March 2024
- 10 & 17 May 2024
- 28 June & 5 July 2024
- 4 & 11 October 2024
- 18 & 25 October 2024

Attendees should attend *both* sessions. **Location** The Training Room, Storkway Children's Centre, Kidbrooke, London SE3 9QX

PLEASE NOTE. You must be signed up with Storkway Children's Centre in order to attend sessions. Please click here to register: <https://res-1.cloudinary.com/gll/image/upload/v1667910841/tpinbr35iktz0rkrykai.pdf> OR you can visit the centre in person.



Young Voices 2024 – more photos will be uploaded to St Joseph's website soon!

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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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