



St. Joseph's Catholic Primary School

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TO LEARN TOGETHER AND GROW IN GOD'S LOVE

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Dear Parents/Carers,

Thank you to all the parents/carers for your continued support this half term. It was lovely to see so many adults join the children for NSPCC Number Day. Have a wonderful half term and we look forward to seeing you all on Monday 19th February.

Miss Long



Dates for your Diary

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

Monday 19th February – pupils return to school.



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.



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

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 – 96.5%

School attendance last

Week 92.3%



Class 100% Attendance Challenge

Each class will receive a certificate and be added to the 100% club every time they achieve 100% attendance. In addition to this, when the class achieves...

Number of weeks of 100%	Reward
2 weeks	Extra play
3 & 4 weeks	Popcorn party
5 & 6 weeks	Extra entry to the 100% club

In June, we will draw from all the classes in the 100% club and the class that is picked will win a whole class outing in July.



**Which class will get
into the 100%
club first?**



100% Club

Year 5 have been entered in the 100% club 4 times! To celebrate their fantastic achievement they went bowling at the O2. YR, Y3 and Y4 are also in the 100% club. Y1, Y2, and Y6 need all the pupils to be in school 1 week to enter and a chance to win a day out!

Lent is a 40-day fast — a reference to the time Jesus spent being tempted in the desert. It's a time when we can prepare our hearts for the remembrance of Christ's death. Our observance of Lent culminates in the solemn celebrations of Holy Week when on Palm Sunday we follow Christ from his triumphant entrance into Jerusalem to the foot of the Cross as sorrowful bystanders to His Passion, before rolling back the stone of the empty tomb and the joy of the Resurrection. The six-week period is dedicated to prayer, fasting, and almsgiving in preparation for this great celebration of Christ's Paschal Mystery in the Easter Triduum.



Well done to Phoebe who has been the 1st to return a full Missio box helping to raise funds for vulnerable children.

This week we held our NSPCC Number Day workshop. Parents and carers were invited into take part in different Maths based activities. It was lovely to see so many adults coming in to take part and enjoy the fun games with the children. Thank you for all of your help and support!



Rainbow Awards

9th February 2024

Rec – Harper, Amie

Year 1 – Sonny, Isabella

Year 2 – David, Ruby

Year 3 – Sadie, Sola

Year 4 – Chiagozie, Dasne

Year 5 – Emily, Olivia

Year 6 – George, Eva

WELL DONE TO YOU ALL!



This Week

Olivia – Y5

Madalyn – Y3

Hafsa – YR

Elsie – Y2

Miss Lopez



Children's Mental Health Week 2024

Miss Maciejewski introduced Children's Mental Health Week during Monday assembly. Throughout the week, classes participated in different activities. Year 5 used role play to explore emotions based on the book, *The Mole the Fox and the Horse*.

The week ended with *Dress to Express*. We raised £85.00 which will go towards purchasing some books to explore well-being and emotions.

Thank you to parents, carers and children for your participation in helping to raise awareness of this important national event.



Valentine Disco



Thank you Charlotte who went over and above putting together a wonderful Valentine's disco for our school community. Everyone had a fantastic time. Also, DJ Frankee was a huge hit!



- 100g plain flour
- 2 large eggs
- 300ml milk
- 1 tbsp sunflower or vegetable oil, plus a little extra for frying
- lemon wedges to serve (optional)
- caster sugar to serve (optional)



Method

STEP 1

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.

STEP 2

Set aside for 30 mins to rest if you have time, or start cooking straight away.

STEP 3

Set a medium frying pan or crêpe pan over a medium heat and carefully wipe it with some oiled kitchen paper.

STEP 4

Ladle some batter into the pan, tilting the pan to move the mixture around for a thin and even layer. Quickly pour any excess batter into the mixing bowl, return the pan to the heat



STEP 5

Leave to cook, undisturbed, for about 30 secs. If the pan is the right temperature, the pancake should turn golden underneath after about 30 secs and will be ready to turn.

STEP 6

Hold the pan handle, and flip the pancake. Or, ease a palette knife under the pancake, then quickly lift and flip it over. Make sure the pancake is lying flat against the base of the pan with no folds, then cook for another 30 secs before turning out onto a warm plate.



STEP 7

Serve with lemon wedges and caster sugar, or your favourite filling. *Once cold, you can layer the pancakes between baking parchment, then wrap in cling film and freeze for up to 2 months. (Tweet your pancake pics @StJosephsSE10)*

What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING
13+

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



National Online Safety

#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | https://about.instagram.com/en_US/blog/ | <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/blog/announcements/introducing-reels-and-shop-tabs>