St Joseph's Catholic Primary and Nursery School, Pontefract.
Catholic Primary And Nursery School

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Newsletter Autumn 1 Week 6

October is the month of the Rosary

Mary, the mother of Christ. She is often seen as a gentle and caring figure, yet she must have had huge inner strength to accept her gift from God and then to know how much he would he would endure and sacrifice. The power of Mary is something we rely on and call on and she will never fail to answer. Let us use the Rosary this month to access her help and enable her to know all our needs.

How to Become An Expert in Your Child's Online World in 6 weeks. Please follow the link: https://nspcc.o2.co.uk/

NSPCC Website 'Share Aware' provides straight forward, no-nonsense advice that will untangle the web, and show parents how they can be just as great a parent online as offline. It includes a guide to social networking sites, a parents' guide and tips about how to talk to your child about staying safe online.

Tackling CSE is a priority for West Yorkshire Police and it is the responsibility of everyone to help spot the signs and say something.
For more information, visit www.southyorkshire.police.uk/uk/spotthesigns

St Joseph's supports and advocates 'Operation Encompass' Operation Encompass is a unique Police and Education early intervention safeguarding partnership which supports children and young people exposed to domestic abuse. Operation Encompass is the reporting to schools before the start of the next school day, when a child or young person has been involved or exposed to a domestic abuse incident the previous evening. It enables children to arrive at school and have their needs met, by trained Child Protection staff, who have been informed of the child's 'experience.' National Domestic Violence 24hr free-phone hotline:
0808 2000 247

NOTICEBOARD

Attendance

Attendance Figures

5/10/20-9/10/20

Whole School	98.53%
Reception	100%
Year 1	99.22%
Year 2	100%
Year 3	95.90%
Year 4	100%
Year 5	98.47%
Year 6	98.46%

Poppy Appeal:

Please be advised that poppy appeal money must be sent in a sealed envelope and not loose.

We are not accepting loose money due to the risk of transmission of covid-19.

Thank you for your support with this.

Food bank:

As part of their role our Minnie Vinnies, like to promote the donation of food to our local food bank.

If you would like to donate any items of food, please send it into school and we will then take it to the food bank ourselves.

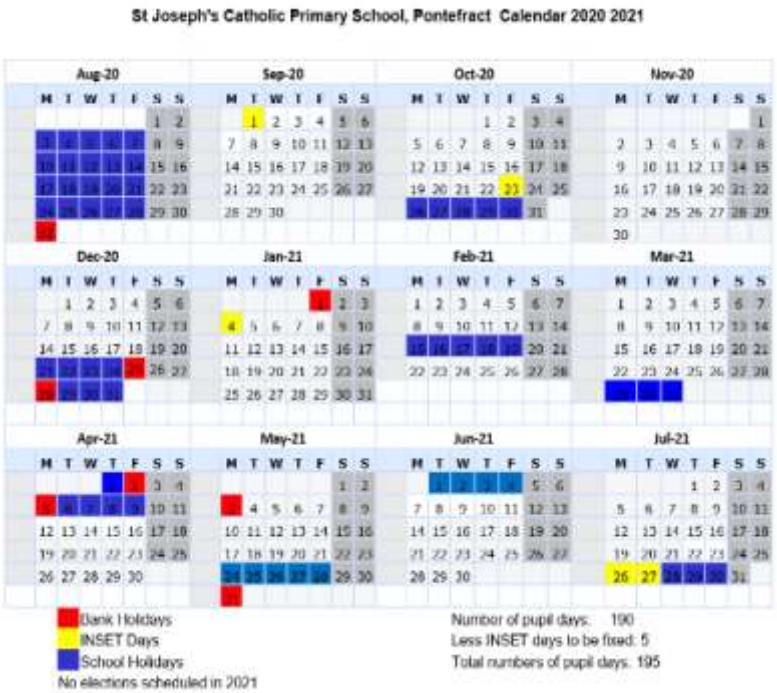
Suggested items are tinned fruit, tea bags, dried pasta, UHT milk and breakfast cereals.

Thank you

Regarding the letter we sent out on 29th September 2020 we are organising sessions in school for children in Upper Foundation, year 1, year 2 and year 3. The sessions will take place this half term in class and be delivered by their teacher.

For more information about the Talk PANTS campaign and materials visit nspcc.org.uk/pants

NSPCC



Dates for you diary

10/10/2020—World Mental Health Day

WORLD MENTAL HEALTH DAY

20/10/20— Parents Evening

22/10/20— Non Uniform day (fundraising for reading books

22/10/20—School Closes

23/10/20– Inset day

02/11/20—School Re-Opens

- Please ensure only **1** adult at any time drops off or collects your child to and from school.
- We kindly ask that you ensure the adult collecting or dropping your child has been fully informed of the site rules, doors etc.
- Please adhere to your staggered times and please do not ask our staff to permit early entry into school. Our priority is to minimise risk for children, staff and parents.
- We have experienced a growing number of parents not adhering to the class timings and social distanc-ing.
- Please do not come into the main office. Contact
- admin via the telephone or email ad-min@sjp.bkcat.co.uk

France

French Friday Feature

Bonjour, tout le monde!

Voici une carte de France. Pouvez-vous trouver des zones que vous auriez pu visiter?
Savez-vous à quoi la France est as-sociée: vin, fromage, les baguettes, chocolat, champagne, art, musique, ski?

Our Fortnightly French Friday dates on which all pupils at St Jo-seph's are welcome to bring a French snack for morning break-time are: vendredi 9 octobre et jeudi 22 octobre (due to INSET), vendredi 6 novembre, vendredi 20 novembre, vendredi 4 decembre et vendredi 18 novembre.

À tout à l'heure! Madame Kaushiva

Looking after a child or young person's mental health

There are times when we all feel the strain. As parents and carers, there are ways we can support children and young people to give them the best chance to stay mentally healthy. Some children and young people have enjoyed being off school, while others will have really struggled – with the coronavirus outbreak keeping them at home and away from friends. Others may be coming to terms with family problems, loss or changes to their living situation.

With nationwide and local restrictions being regularly reviewed, they may also have to deal with self-isolating because of an outbreak in school or another period of school closure, or have worries about getting or passing on the virus. It's still uncertain what further changes we all may face. Feelings like these will gradually ease for most, but there are always steps you can take to support them emotionally and help them cope with problems they face. There's also further support available if you feel you or they need it.

Top tips to support children and young people

Be there to listen

Regularly ask how they're doing so they get used to talking about their feelings and know there's always someone to listen if they want it. Find out how to create a space where they will open up.

How to start a conversation with your child

Support them through difficulties

Pay attention to their emotions and behaviour, and try to help them work through difficulties. It's not always easy when faced with challenging behaviour, but try to help them understand what they're feeling and why.

Help with difficult behaviour and emotions

Stay involved in their life

Show interest in their life and the things important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

Encourage their interests

Being active or creative, learning new things and being a part of a team help connect us with others and are important ways we can all help our mental health. Support and encourage them to explore their interests, whatever they are.

Take what they say seriously

Listening to and valuing what they say, without judging their feelings, in turn makes them feel valued. Consider how to help them process and work through their emotions in a more constructive way.

The Anna Freud Centre support guide

Build positive routines

We know it still may not be easy, but try to reintroduce structure around regular routines, healthy eating and exercise. A good night's sleep is also really important – try to get them back into routines that fit with school or college.

Sleep tips for children

SJP Emergency number: 07707501042