



# St John Vianney Catholic Primary School

## NEWSLETTER

Friday 31st March 2023



Dear Parents,



As we start the beginning of Holy Week on Saturday we are reminded of the joy of Jesus riding a donkey into Jerusalem and the people shouting Alleluia and how quickly that joy turned to sadness. Jesus is mocked and humiliated before having a crown of thorns pressed into his head and then being forced to carry his cross.

Jesus struggled to carry the heavy cross and fell to the ground. The soldiers dragged him up and pushed him forward.

Let us reflect: Jesus was set the difficult task of carrying his cross through the busy streets. The soldiers' unkind behaviour made Jesus's task even harder. He would need help to cope.

Let us pray: Lord Jesus, sometimes people can be cruel when others are finding things difficult. Help me always to encourage those who struggle and to offer support when I can.

Let us act: Look out for classmates who are finding things difficult. Help them to find a solution, or ask a teacher for extra support.

For the last few weeks we have led the stations of the cross in Church and thought about the impact of the stations in our lives.

### Quiz Night - Friday 21st April

Don't forget our PTA Quiz Night takes place on Friday 21st April.



## **Job Vacancy - Lunchtime Dining Room Assistant**

We have a vacancy for a Dining Room Assistant at St John Vianney School - 1 1/4 hours per day, 5 days per week. If you are interested please email [admin@sjv.coventry.sch.uk](mailto:admin@sjv.coventry.sch.uk) or phone the school office on 02476 464088 to arrange to come into school for an informal chat. Please see school website for more information - <https://www.sjv.hccmac.co.uk/>

## **SJV Owls Club**

SJV Owls Club which provides before and after school care for the children of St John Vianney School. The charges for Owls Club are as follows:

Morning session - 7.30 to 8.30 a.m. - £4.75 (includes a light breakfast)

Afternoon session - 3.15 to 4.15 p.m. - £4.75 (includes a snack)

Late afternoon session - 3.15 to 5.30 p.m. - £7.50 (includes a snack)

If you are interested in your child attending Owls Club and would like more information please email [owls@sjv.coventry.sch.uk](mailto:owls@sjv.coventry.sch.uk) or phone the school office.



## **SJV Owls Activity Club**

Owls Club are now also offering after school sessions as follows:

Maximum number in the group 30. Activities are open to all children in school from Nursery to Year 6

Monday 3:15 - 4:15 p.m. - **Lego Club** – play with Lego and use Lego interactive with the school computers

Tuesday 3:15 - 4:15 p.m. - **Computer Club** - Bee-bots, computers and tablets

Wednesday 3:15 - 4:15 p.m. – **Art Club**

Thursday 3:15 - 4:15 p.m. - **Games night** - Bingo, cards, dominoes, board games

Friday 3.15 - 4:15 p.m. - **Homework club**- reading and support with homework

Sessions will be charged at £4.75 per session payable via Arbor.

Pupils can sign up for a monthly block of sessions but also choose to do the other activities in Owls club if they prefer. If your child would like to sign up for any of these sessions please email [owls@sjv.coventry.sch.uk](mailto:owls@sjv.coventry.sch.uk) for more information and an application form.



## **Easter Holiday Club**

EMPOWR-U—for more information contact 02476 454010.

[admin@empowr-u.org](mailto:admin@empowr-u.org) or [EMPOWR-U.ORG](http://EMPOWR-U.ORG)

## **Free School Meals**

If you think that you may qualify for free school meals, even if your child is in KS1 or does not want to receive school meals, please take the time to apply as the school will receive additional funding if





# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

## WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

## LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

## PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

## BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

## DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

## DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

## ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

### LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



**NOS**  
**National Online Safety**  
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-trends-and-standards/wales/year-ending-march-2020>



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## *Stars of the Week*

*Nursery Meara, Noah*

*Reception Finn, Sienna*

*Year 1 Jasleen, Oliver*

*Year 2 Austin, Noah*

*Year 3 Chloe, Milo*

*Year 4 Jingwen, Mark*

*Year 5 Lacey, Aniruth*

*Year 6 Chloe B, Daniel V*



### **Reading Books**



**Reading books to be brought into school on Tuesdays and Fridays.**



### **Reminder**

The school gates are open every morning between 8.30 and 8.40 a.m.  
Please ensure your child arrives in school between these times.

### **Starting Nursery School in September 2023**

Application forms and information are available from the school office for parents wishing to apply for their child to start in Nursery in September 2023. Children born between 1st September 2019 and 31st August 2020 can start Nursery in September 2023.

**Building Fund** Contributions to the school building fund are now due for the Autumn Term (£10.00 per child or £15.00 per family) or for the whole school year (£30.00 per child or £45.00 per family).

Please make your donations via Arbor.



*Dates may be subject to change – please check your emails regularly*

### **Monday, 17th April**

#### **Children return to school**

Choir - KS2 - lunchtime

Dance - KS2 - 3.15 to 4.00 p.m.

### **Tuesday, 18th April**

Athletics - Year 3/4 - 8.00 to 8.30 a.m.

Recorder Club - KS2 - 3.15 to 4.00 p.m.

Boys Football Training - Year 3/4 - 3.15 to 4.15 p.m.

### **Wednesday, 19th April**

Athletics - Year 5 & 6 - 8.00 a.m. to 8.30 a.m.

Mini-Tennis - Year 3 & 4 - 7.45 to 8.30 a.m.

Guitar Tuition

Catholic School Cross Country at Cardinal Wiseman School - 12.45 to 3.00 p.m.

Girls Football Training - Year 3/4 - 3.15 to 4.15 p.m.

Dance - Year 1 & 2 - 3.15 p.m. to 4.00 p.m.

### **Thursday, 20th April**

Mini-Tennis - Year 5 & 6 - 7.45 to 8.30 a.m.

Piano Tuition

Creative Flair Dance - Year 3 & 4 - 12.00 to 12.30 p.m.

Creative Flair Dance - Year 1 & 2 - lunchtime

Hockey - Year 4 - 3.15 to 4.15 p.m.

Netball Squad Training - 3.15 to 4.15 p.m.

### **Friday, 21st April**

#### **Non-uniform day for return of Good Shepherd Appeal boxes**

Creative Flair Music Club - Reception Class - lunchtime

PTA Quiz Night - 7.00 p.m.



### **Future Dates**

Monday 24th April

Thursday 27th April

9th to 12th May

Saturday 13th May

Wednesday 17th May

Saturday 20th May

Friday 26th May

- PTA meeting - 5.30 p.m. - Re: Gala Day

- Girls Cross Country - Bablake School - 4.15 p.m.

- SATs testing week

- Year 3 First Holy Communion Mass - 11.00 a.m.

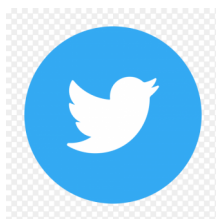
- Nursery Class Prayer Service

- Year 3 lead Parish Mass - 6.00 p.m.

- Year 3 Class Assembly - 9.00 a.m.

Don't forget to follow us @sjohnvianney and you can also see our twitter feed on our website.

Please follow us on our Twitter account:  
SJV@sjohnvianney



For Owls Club follow - @OwlsClubSJV

**Facebook** - SJV PTA have a Facebook page. If you would like to have access and be added to the page, simply search 'Sjv pta' and submit your request, one of the current members will see your request and add you accordingly.

