



# St John Vianney Catholic Primary School

## NEWSLETTER

Friday 2nd February 2024

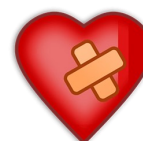


Dear Parents,

In this Sunday's Gospel, we read how Jesus healed Simon's mother-in-law. After he brought peace and recovery to her, everyone crowds in on Jesus, wanting to be healed. Finally, Jesus goes off in the early morning to gather strength by praying to his Father. Difficulties, worries and sickness can sometimes be part of our lives. St Thomas More reminds us that, "Earth has no sorrow that heaven cannot heal."

When we believe in Jesus and we pray and look carefully, we can often learn something about the world and ourselves, and about how Jesus is always there for us. Believing in Jesus and loving others changes how we see the world and brings healing.

This Sunday's Gospel reminds us how, in Jesus, God is active in the world, bringing healing. At differing times and in differing ways, we all need the healing touch of God.



**"Prayer is certainly the most wonderful medicine in the world." St Hyacinth**

**"Love is the first ingredient in the relief of suffering." St Pio of Pietrelcina (Padre Pio)**

It's good to be a 'healer'. We can hurt people by unkind words, by a look or by refusing to speak to them. But we can heal people by a smile, a greeting or even by asking for their forgiveness or offering them ours.

This week the children created and led an assembly on National Story Telling Week. Well done to those Year 5 girls that researched and created resources for the assembly. I was surprised by the amount of stories that we all knew.

Year 6 have been busy with assessments this week and have all tried their best. Well Done Year 6.

I have seen some fabulous writing from Year 2 who have written instructions on how to make bread. We had savoury and sweet loaves and they smelt delicious in the staffroom. I think we have some amazing chefs in Year 2. Great Work!

Reception have been writing about Baptism and hopefully next week they will visit Fr Des in Church to see the baptismal font.

Year 5 have been learning how to do coding in computing and really enjoying building up their skills.

Congratulations to Year 4 who led a Class Mass on Candlemas. They were superstars and read and sang so well in Church.

Year 3 are enjoying learning about the Iron Age. I love it when they share their fantastic learning with me. Keep up the great work.

Thank you to all the parents that came to our first Sacramental meeting in Church this week. Fr Des really made the hour go quickly. He gave us lots of things to think about especially the fact that as parents we are the First educators of our children. We are their role models setting a good example for our children.





Remember Thursday 8th Feb is our Chocolate Bingo. We look forward to seeing you on Bingo night and hope you bring your pennies to spend on sweets and drinks. All money raised will go towards resources for the children.

Year 6 are celebrating their class Mass in School next Friday at 1:30 we hope that you will join us.

Year 5 will lead assembly on Friday on the theme of Love at 9:30 am.



Next week is Mental Health and Wellbeing Week and we ask you to wear odd socks to remind us that its ok to be different. We shall have fun activities to do to relax and chill and recharge.

**When dropping off or collecting from Owls Club, please phone the school telephone - 02476 464088 - and press option 3.**

**To keep your child safe when collecting, please make sure you stand at the school gate so the staff can clearly see you.**

**Please do not wait in cars.**

### **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. - £5.00 (includes a light breakfast)

Afternoon session - 3.15 to 4.15 p.m. - £5.00 (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 £5.00 per session payable via Arbor.



### **Late Collection**

If you are more than 10 minutes late collecting your child at the end of the school day, they will be put into Owls Club and you will be invoiced for the session.

### **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 you qualify.

Please apply at: **Free School Meals – Coventry City Council**



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

## WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

## MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

## PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

## SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

## COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

## PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

## Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS  
National Online Safety®  
#WakeUpWednesday



## Stars of the Week

Nursery	Sinead, Robyn H
Reception	Jude, Ren-Yee
Year 1	Sara, Penny
Year 2	Joshua, Frankie
Year 3	Sienna, Esmae, Elisha
Year 4	Joshua, Leo
Year 5	Faith, Nathaniel
Year 6	Zach, Bella



### Reminder:

We are a nut free school, please do not pack any nuts in your child's lunchbox.



### Reading Books

**Reading books to be brought into school everyday**



**School gates are open between 8.30 and 8.40 every morning.**

**Please ensure your child arrives in school before the gates are locked.  
We have an increasing number of children arriving late each morning.**



**Additional Teacher Training Day—Monday 19th February**

**Don't forget that Monday 19th February is a Teacher Training Day – children do not return to school until Tuesday 20th February.**



**In order to raise money for children at Bishop Ullathorne to attend a trip to Lourdes, there will be a cake sale on Sunday 4th February at St John Vianney Church after Mass.**



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



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



### **Monday, 5th February**

Choir - KS2 - Lunch

Dance - KS2 - 3.15 to 4.00 p.m.

Netball Match - away v St Osburgs

### **Tuesday, 6th February**

Creative Flair Music - Reception Class - Lunch

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

Boys Football Squad training - Years 5 & 6 - 3.15-4.15 p.m - **NO SESSION**

Boys Football Match - away v All Souls

Nursery Inspire Workshop - Baptism - 9.00 a.m.

### **Wednesday, 7th February**

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

Guitar Tuition

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

Girls Football Squad Training - Years 5 & 6 - 3.15-4.15 p.m.

### **Thursday, 8th February**

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 - 12.30 to 1.00 p.m.

Netball Squad - Years 5 & 6 - 3.15 to 4.15 p.m.

Chocolate Bingo Night - 5.00 - 7.00 p.m.

### **Friday, 9th February**

Year 5 Class Assembly - 9.00 a.m.

Year 6 Class Mass - 1.30 p.m.

School Closes for Half term

### **Future Dates**

Monday 19th February

Tuesday 20th February

Wednesday 21st February

Friday 23rd February

Monday 26th February

Tuesday 27th February

Thursday 29th February

- Teacher Training Day
- Children return to school
- Swimming Gala
- Football Match away v Our Lady
- Reading Workshop 6.00 p.m.
- Year 6 Confirmation Parents Meeting 6.00 p.m.
- Boys Football Match home v Christ the King

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.

