



# St John Vianney Catholic Primary School

## NEWSLETTER

Friday 19th April 2024



Dear Parents,



This Sunday is traditionally known as 'Good Shepherd Sunday'. Jesus is the 'Good Shepherd' who can be trusted to guide our lives in the right direction. Part of a shepherd's job is to look after the sheep, to guide them and help them to stay safe. In the Gospel this week, Jesus encourages his disciples to put their trust in him; it is through trusting in Jesus that they will find security and hope.

There can be many things that trouble our hearts, but following and trusting in Jesus leads us on life's right and joyful path, freeing us from fears and worries.

Thank you to everyone who was able to support the Year 3 Inspire Workshop this week in preparation for their First Holy Communion. I look forward to seeing the banners in Church they will look amazing.

Please don't forget to bring your Father Hudson bags of money to school next Friday. We have pledged to raise a pound per child so if you have forgotten or lost your bag please bring a £1 on the day.  
Many Thanks



We wish Year 5 all the best as they head off to Alton Castle next week for Monday Tuesday and back on Wednesday. We hope that the weather is kind and that they make lots of memories. We will be tweeting lots of photos so please keep your eye on our

feed. I should say X .

Reminder, the Year 6 Service of Light meeting is on Tuesday 23<sup>rd</sup> April 6pm for all parents and pupils and sponsors. This will be our last meeting before Confirmation on 23<sup>rd</sup> May.

We have successfully had our last 2 reading cafes this week led by Year 5 and Year 6 . Both sessions were thoroughly enjoyed by children and parents alike. We all love hearing a story being read to us even as adults many of us have downloaded podcasts or audible books to listen to. I am very thankful for all the staff that have worked hard behind the scenes to make this such an enjoyable occasion. OFSTED commented on how the school positively promotes reading for pleasure.



A Parent survey has gone out this week to get your feedback about what we do well and to see if there is anything that we can improve obviously we can not please everyone but we do endeavour to listen and make improvements.

Last Year parents talked about homework some people thought there was enough others wanted more. We make sure that there is work on SEE-SAW and we also put tasks on our website that are optional. As pupils move to upper Key Stage 2 we have to make our pupils secondary ready, so there is an increase in work load.

We work hard at safety in school giving pupils a range of strategies which include protective behaviours, online safety, My Pants are private, TEN TEN programme, any causes for concern are addressed immediately and we seek help from outside agencies if required. It is our job to put our children first, we listen to them and sometimes have to phone social services for further advice and support.

Any incidents of behaviour are addressed and dealt with and logged. We listen to both sides of the story, we investigate and there are consequences. Sometimes we will inform parents if there is a need, sometimes things are dealt with in school. We will always come back to our Gospel values and our one school rule - To Love one another as I have loved You. Any messages from parents are followed up on the same day or as near to.

We have high expectations of our pupils in school which includes behaviour as well as standards of work which is why we work closely with parents to help us achieve these standards. If we feel your child is not meeting these we will call you to create a joint support. We will always endeavour to work in partnership with you because we both want the same end goal. At the beginning of the year we have meetings with parents to talk about behaviour, standards and expectations so that you know what we want from your child.

We celebrate your child's achievements through our star of the week assembly, stickers, house points and postcards home. We have also made phone calls home and speak directly to parents on the playground and at the gate.

### Communication

We use the newsletter and the website to share what we are doing in school and let you know what is happening. We remind parents using text messaging and see-saw and tapestry. We will endeavour to get back to parents on the same day but sometimes this is not possible. Staff will try and get back to parents as soon as possible but they can not answer see-saw messages during the night or whilst they are teaching. Before and after school will be when those messages are answered.

We are available to talk to on the gate in the morning or on the playground at the end of the day.

We share our learning through assemblies, inspire workshops, phonic workshops, maths workshops, reading workshops. We have regular meetings with parents and will endeavour to speak and meet parents as soon as possible at a convenient time. We also have open mornings and reading cafes, class prayer services and class Masses.

We share lots of learning through twitter (X) and post photographs on our website as much as possible. We also share learning on seesaw and tapestry.

### Concerns

Any Concerns are addressed by the class teacher or myself as soon as possible.

## Uniform

**We are having a crack down on uniform as we notice lots of children are in the wrong uniform.**

### **PE days**

Monday – Yr 5 and 6

Tuesday Yr3 and Yr4

Wednesday Yr1 and Yr2

Thursday Yr 5 and Yr6- Year 1 forest schools

Friday Yr3 and Yr4– Year 2 forest schools

### **PE uniform**

Black joggers or Black shorts

Purple polo shirt

Purple hoody- (please do not wear other colours)

**Black trainers**

### **All other days**

Black or grey trousers

Black or grey skirt/ pinafore

White polo shirt

Purple jumper or cardigan

**Black shoes not trainers**



**If you have football club or netball club after school, bring kit to change into at the end of the day**

**If you do tennis in the morning, bring trainers to change into.**

**Hair should be tied up at all times**

**NO tram lines or shaving of the head**

**Please make sure all uniform is labelled we have so much lost property and many pen names have been washed off.**

### **Jewellery**

Small studs only

No necklaces or bracelets

A watch maybe worn but will have to be taken off for PE - **NO SMART WATCHES**

**Please do not bring match attack cards to school**

Good Luck to Coventry City Football Club this weekend as they play at Wembley. I am praying for a positive result and look forward to seeing you all on Monday Morning.





# What Parents & Educators Need to Know about ENERGY DRINKS

## WHAT ARE THE RISKS?

Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

### HIGH CAFFEINE CONTENT

Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or fizzy drink. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

### INCREASED RISK OF HEART PROBLEMS

The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increased future risk of heart attack – especially in individuals who have an underlying heart condition.

### IMPACT ON MENTAL HEALTH

The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

### DISRUPTED SLEEP PATTERNS

Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

### LINKS TO SUBSTANCE ABUSE

Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drinks' stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

### POTENTIAL FOR DEPENDENCY

Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

## Advice for Parents & Educators

### LIMIT CONSUMPTION

It's wise to educate young people about the potential risks related to energy drinks, emphasising the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviours by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

### PROMOTE HEALTHIER HABITS

Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

### ADVOCATE FOR REGULATION

If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

### SET A POSITIVE EXAMPLE

Adults can model healthy behaviours by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

### Meet Our Expert

Dr Jason O'Rourke, Headteacher of Washingborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster briefings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded TastEd, a sensory food education charity.



Source: See full reference list on guide page at: [nationalcollege.com/guides/energy-drinks](https://nationalcollege.com/guides/energy-drinks)



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# What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**13+**

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

## WHAT ARE THE RISKS?

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

## ONLINE

### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know *never* to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

### CHAT ABOUT PRNACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

## 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.



...HEY  
OSc #WakeUp  
Wednesday

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Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/1077018839582332> | [https://faq.whatsapp.com/361005896189245?helpref=hc\\_innav](https://faq.whatsapp.com/361005896189245?helpref=hc_innav) | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>

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**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**

## Stars of the Week

Nursery	Clara, Zuzanna
Reception	Michelle, Max C
Year 1	Finn, David
Year 2	Macie, Astrid
Year 3	Amelia-Rose, Ruby W
Year 4	Millie, Ruby
Year 5	Sophia, Zach
Year 6	James, Charlee



**"SJV Tots Group** is hoping to start again very soon on a Thursday morning between 10am – 11.30am in the parish hall. Our tots group is for children aged 0-5 and their parents/carers. For further information please contact Katherine on 07412133708 or email [stjohnvianney.covty@rcaob.org.uk](mailto:stjohnvianney.covty@rcaob.org.uk)



### 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.**

**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 per family).



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



### **Monday, 22nd April**

Choir - KS2 - Lunch

Dance - KS2 - 3.15 to 4.00 p.m.

Netball Squad - Years 5 & 6 - 3.15 to 4.15 p.m - **NO SESSION**

Year 5 trip to Alton Castle

### **Tuesday, 23rd April**

Creative Flair Music - Reception Class - Lunch

Recorder Club - KS2 - 3.15 to 4.00 p.m. - **NO SESSION**

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

Year 6 Confirmation Rite - Service of Light - in church - 6.00-7.15 p.m.

### **Wednesday, 24th April**

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.

Year 5 Return from Alton Castle

### **Thursday, 25th 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 - 12.30 to 1.00 p.m.

Year 6 Inspire Workshop

Boys Football Match - Home vs Canon Park

### **Friday, 26th April**

Non Uniform Day - Return Good Sheppard Appeal Bags

Year 3 and 4 Maths Workshop - 2.15 p.m.

### **Future Dates**

Monday 29th April

Tuesday 30th April

Tuesday 30th April

Thursday 2nd May

Monday 6th May

Tuesday 7th May

Tuesday 7th May

Thursday 9th May

Thursday 9th May

Saturday 11th May

Wednesday 15th May

- Year 1 Maths Workshop-8.45-9.30 a.m.

- Year 2 Maths Workshop-8.45-9.30 a.m. - **NEW DATE**

- Boys Football Match - home v Mount Nod

- Netball Match away v St Augustine's

- Bank Holiday - Children do not attend

- Reception Maths Workshop - 8.45-9.30a.m.

- Netball Match home vs Christ the King

- Boys Football Match - away v St Augustine's

- Nursery Prayer Service

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

- Boys Football Match - Away v Spongate



# School Clubs

Club	Day	Time	Cost Per Session
Choir - Key Stage 2	Monday	Lunch	Free
Netball Squad - Years 5 & 6	Monday	3.15 - 4.15 p.m.	Free
Dance - Key Stage 2	Monday	3.15 - 4.15 p.m.	£2.00
Lego Club	Monday	3.15 - 4.15 p.m.	£5.00
Creative Flair Music - Reception	Tuesday	12.30 - 1.00 p.m.	£3.50
Recorder Club	Tuesday	3.15 - 4.00 p.m.	£2.00
Boys Football Squad - Years 5 & 6	Tuesday	3.15 - 4.15 p.m.	Free
Computer Club	Tuesday	3.15 - 4.15 p.m.	£5.00
Mini Tennis - Years 3 & 4	Wednesday	7.45 - 8.30 a.m.	£2.75
Girls Football Squad - Years 5 & 6	Wednesday	3.15 - 4.15 p.m.	Free
Art Club	Wednesday	3.15 - 4.15 p.m.	£5.00
Dance - Years 1 & 2	Wednesday	3.15 - 4.00 p.m.	£2.00
Mini Tennis - Years 5 & 6	Thursday	7.45 - 8.30 a.m.	£2.75
Creative Flair Dance - Years 3 & 4	Thursday	12.00 - 12.30 p.m.	£3.50
Creative Flair Dance - Years 1 & 2	Thursday	12.30 - 1.00 p.m.	£3.50
Games Night	Thursday	3.15 - 4.15 p.m.	£5.00
Homework Club	Friday	3.15 - 4.15 p.m.	£5.00