

St Patrick's Catholic Primary School Newsletter

Learn from Jesus, Love like Jesus, Live like Jesus



A message from the Headteacher

Dear Parents and Carers,

I can't believe how quickly this half term has gone, even though on paper, it looked like a long 8 weeks! Our reception class have settled in wonderfully as have the other children and staff who are new to the school.

I always feel that this half term is about preparing. We have prepared for the adventure of the year ahead. We have strengthened and grown relationships. We have worked together on developing the right learning behaviours in school. By focusing on these elements, we have all settled back into the new school year, establishing a rhythm that will help us reach our goals and targets this academic year.

This is mirrored in the Gospel readings that we have shared this half term. The most recent being the parable of the rich young man. The message of this parable is clear; prioritise serving each other and loving God rather than focusing on material wealth. If we do this, our lives will be richer and we will be rewarded many times over in heaven.

Some children have already experienced a school trip or residential already this year. These trips really enrich the curriculum and we learn so much about the children in a different setting. There is something special about trips and I still fondly look back on trips that I took at school. Thank you to all those who volunteer their time to make these trips happen.

After half term, we change to the winter uniform. Please look at the school website for details of what should be worn as the weather gets colder. May I also take this opportunity to remind you to read and follow the rules in the sections on jewellery and hair styles/accessories, especially having long hair tied back.

I wish you a happy and safe half term when we get there!

Yours sincerely,

Mrs Tong



Safeguarding Corner

What Parents & Educators Need to Know about **INSTAGRAM**

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

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 children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

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.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>

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Safeguarding Corner

Social Media Algorithms

What is an Algorithm?

Algorithms influence what we see on social media platforms and predicts what type of content we are most likely to interact with, thereby keeping us online for longer. The algorithm uses information such as who you follow, what you have searched for and what you have watched, liked or shared to determine what it thinks most interests you, to then show you this content more, for example, in the explore tab on Instagram.

What do I need to know?

Whilst there are benefits to algorithms, for example it means we tend to see content that does interest us, unfortunately there are negatives as well.

They can lead to increased screen time as we continue to see things that interest us. Secondly, it can lead to users being shown large amounts of inappropriate content which can exacerbate negative body image or heighten access to misogyny content. It can also lead to 'echo chambers' where you are only seeing content that relates to your opinion rather than seeing a balanced viewpoint.

The Family Online Safety Institute discuss algorithms in more detail as well as tips for you to help your child, such as how to reset their algorithm:

<https://www.fosi.org/good-digital-parenting/how-to-talk-to-your-kids-about-social-media-algorithms>

Family Quiz for Online Wellbeing Tips

The NSPCC have created a quiz that can be completed as a family to help you have discussions together and find out about the NSPCC's top tips for positive online wellbeing.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/quiz/>

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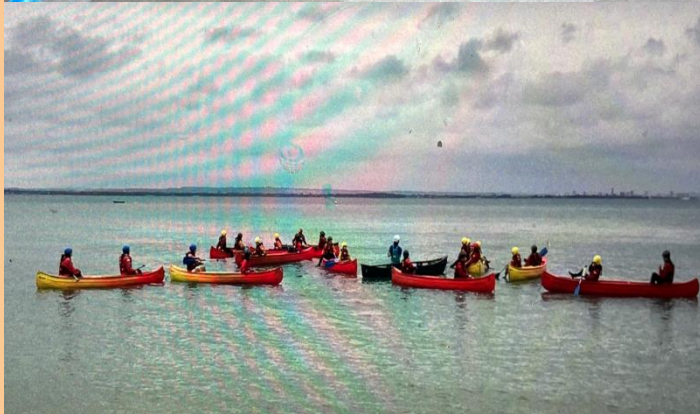
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/positively-online/quiz/>





Year 6 visited Little Canada in the Isle of Wight for their residential trip this term. The children faced many challenges together. They all encouraged and supported each other throughout!

We are so proud of how they showed courage, perseverance and worked together as a team.



Thank you so much to everyone who showed up at our Macmillan Coffee Morning and helped raise funds for such an important cause by guessing the weight of the cake, how many sweets were in the jar and also by buying yummy bakes!

We raised close to £350, so thank you to the community for coming together and helping to raise this amount. A big well done to Lena for guessing the weight of the cake and Theo for guessing how many sweets were in the jar!



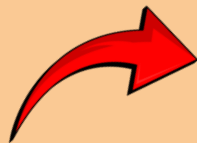
A big, big thank you to all of those who have donated items towards our collection for our local Farnborough Foodbank.

Mrs Cole, Mr McArthur and the representatives from the school council will all be going to the foodbank on Friday to deliver our collection and show our support as a school.



Attendance Corner

Year Group	Attendance %
Year R	91.45%
Year 1	97.01%
Year 2	97.84%
Year 3	96.57%
Year 4	96.03%
Year 5	97.47%
Year 6	96.3%



Attendance Ladder



OCTOBER 2024



WHAT'S ON THIS HALF TERM



THE ULTIMATE WHAT'S ON GUIDE FOR FAMILIES TO FIND THINGS TO DO IN FARNHAM, CAMBERLEY, FLEET, BORDON, ALTON AND FARNBOROUGH

www.farnhamrocks.co.uk

**FIND
HALF
TERM
FUN**
AT THE TOUCH
OF A BUTTON



FIND HALF TERM FUN

This half term includes so many fun Halloween events AND Fireworks events too, there is a lot to choose from. The Farnham Rocks website has everything under handy buttons to make it easy to find.

- [Local half term events](#)
- [Halloween fun](#)
- [Firework events](#)

FRIGHT NIGHT - JUMP IN

25th & 26th Oct, 1st & 2nd Nov | 6-8pm | Ages 4+

Get ready for a spine-chilling night of thrills and jumps at the Jump In Fright Night! The park will be transformed into a haunted arena, complete with eerie decorations, spooky music, and disco lights. Watch out for the staff dressed as terrifying Dementors, lurking in the shadows to give you the scare of your life!



www.farnhamrocks.co.uk





October Half Term Swimming Courses

1-1, Group, Mermaid & Scuba Diving!

Monday 28th October to Friday 1st November
www.FinsSwimmingClub.org
 Phone - 07939 655 420



October Activity Clubs The Wavell School Lynchford Road, Aldershot GU14 6BH

Monday 28th October	Tuesday 29th October	Wednesday 30th October	Thursday 31st October	Friday 1st November
✓	✓	✓	✓	✓

The aim of our courses are for children to have a great time and make friends in a safe, structured but fun environment. Girls and boys aged 5-14 (inclusive) are welcome.

Activity Club Content

Our Activity childcare club will still be based around fun multisport games and team building challenges.

The Activity club can include a choice of:

- Football •Uni Hoc •Softball •Nerf Games •Go-Karts
- Basketball •Dodgeball •Badminton •Tennis •RC Cars
- Frisbee •Arts and Crafts •Benchball •Lego •Inflatables

Times

For safety reasons we have also altered the time of our holiday club from **8:30am to 4:30pm**. No early and late drop off option.

Childcare Vouchers

CM Sports are an Ofsted registered childcare provider and can accept childcare vouchers through our website or over the phone.

www.cm-sports.co.uk
 02392 987 881
info@cm-sports.co.uk



Follow us on Facebook
 @CMSports1

Prices

Each day will cost £24, bookings for multiple days will receive an increasing discount. 2 days 4% - 3 days 8% - 4 days 12% - 5 days 16%

Ways to book

Via our online home @ cm-sports.co.uk

What do I need to bring?

We have fantastic indoor and outdoor facilities to best equip for the British weather, however please ensure that children bring with them suitable clothing, plenty to drink and a packed lunch.

Who will look after my child?

Our coaches make it their mission for your child to have the best time whilst they are with us. They are enthusiastic, professional in their approach and have a passion for teaching.

Our staff are:

- Qualified Paediatric First Aid
- FA and multiskills qualified
- DBS certificated
- Registered by Ofsted

