



Archdiocese of Birmingham

ST. MARY'S CATHOLIC PRIMARY SCHOOL

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Headteacher: Mrs L. J. Yorke M.Ed.



St. Mary's mission: To love God above all things by: learning together, loving ourselves, loving each other, loving all people, loving life itself and constantly striving for excellence worthy of our God-given gifts.

May is dedicated to our Blessed Mother, Mary

Our theme for the Summer term is: 'Solidarity and the Common Good'

Our virtues for this half term are: - 'Curious and Active'



Dear parents and carers,

12th May 2023

This week has been SATs week for Year 6 and the children all did wonderfully. We were extremely proud of how hard all of the children have worked and conducted themselves. They were a credit to you and the school. The children now have lots to look forward to with their Residential next week and Confirmation coming up. Year 2 will have their assessments WB 22/5/2023. Please make sure that all Year 2 children are in school on this day and on time.

Thank you to those who have donated pre-loved and still high-quality uniform. We welcome parents in to school on Tuesday 16th May to see if any items can be used by you.

Have a lovely weekend,

Mrs Yorke

This week's Gospel and Prayer

John 14:6

"I am the Way, the Truth and the Life."

Lord God,

Help us to understand that You are not hiding from us. You are present everywhere and with us now. Thank you for sending your son Jesus to Earth to show us the way.

Amen

Through our Gospel reading, children understand that:

- We can find God through Jesus
- Jesus is always there for Us and He calls us to Him

Catholic Life in School

Year 5 Mass - 10.5.23 - 5th Week of Easter

Year 5 celebrated Mass today. The readings focussed on the parable in which Jesus told us that He is the vine and we are the branches.

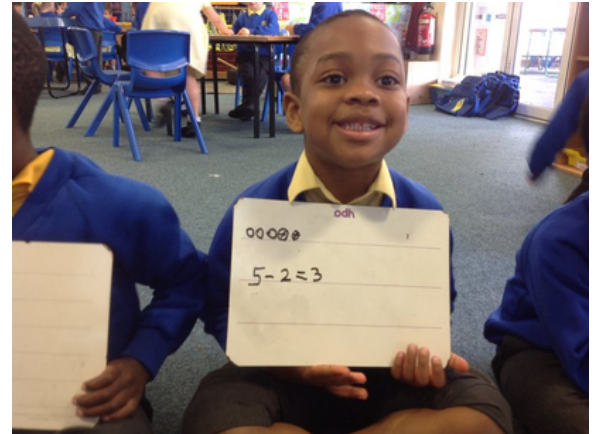
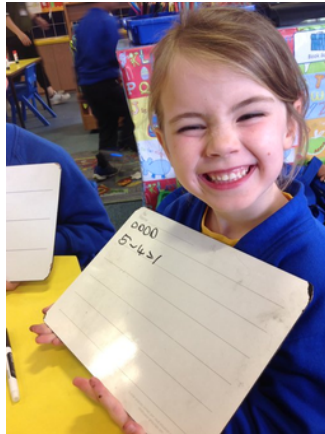


Whole School Mass - 6th Week of Easter - Ascension

Our next Mass in Church will be on Wednesday 17h May 2023, starting promptly at 9:30am. This will be a whole school Mass attended by the whole school and following this Mass, we will crown Our Lady in the prayer garden.

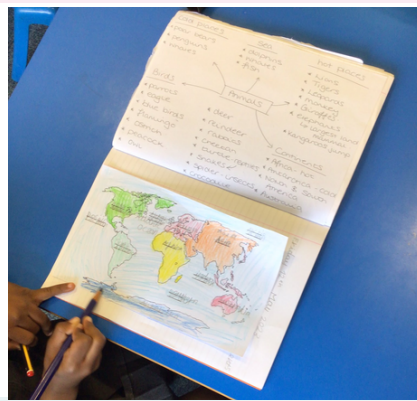
Reception news: -

Reception have been very busy practising their writing and letter formation and learning all about subtraction.



Year 1 news: -

Year 1 have been learning about the 5 oceans and 7 continents!



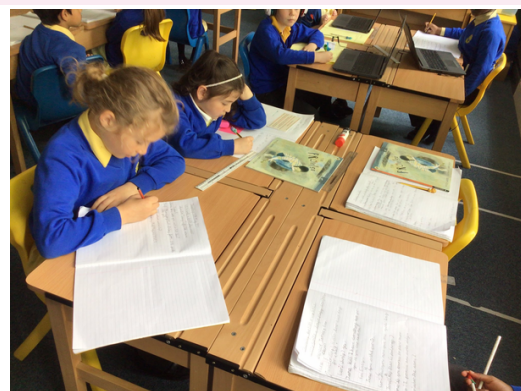
Year 2 news: -

Year 2 have been spending some time outdoors investigating plants.



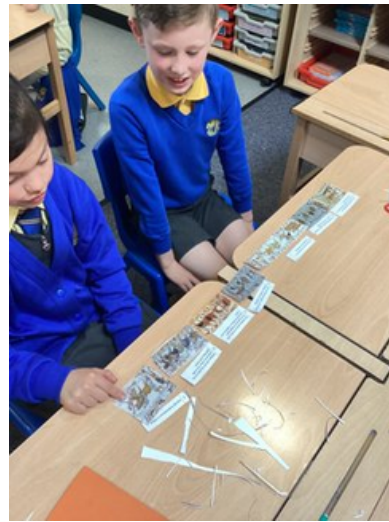
Year 3 news: -

Year 3 have been busy writing their play scripts based on 'The Promise' this week.



Year 4 news: -

Year 4 have been learning all about the Bayeux Tapestry in History.



Year 5 news: -

Year 5 have been loving their gymnastics lessons. They have been learning pike, straddle, dish, tuck as well as other shapes and balances.



Year 6 news: -

We are so proud of our Year 6 children who worked so hard during SATs week. This afternoon, they were given free time and enjoyed a range of outdoor activities. They celebrated with ice lollies and had a party with their Reception buddies.



PRE-LOVED UNIFORM

In February, we invited parents in to school to collect any items of preloved uniform they needed from the items that have been handed in from parents. This was very successful and many families greatly benefitted. Since doing this, a number of parents have expressed interest in donating preloved uniform to school in order to support other families in our school community. Equally, lots of families have requested support with items too. We would like to offer the opportunity to stock up on some preloved items for the summer term. If you have any items you would like to donate, please hand them in to the school office. Please only donate items that are in good condition e.g. no marks, stains, rips or holes.



Next week, we will open the school hall after school on Tuesday 16th May to invite parents in to look for the items they need. If you are unable to attend after school and would like anything in particular, please write a note to your child's class teacher and we will try to find the item for you and send it home in your child's bag.

Finally, if any parents would like to help sort the donations of clothes, please let Mrs Davis know.

Support would be greatly appreciated on Monday 15th May from 2:30 until pick-up time. Thank you

COLUMBAN MISSIONARIES

THE COLUMBAN WAY PILGRIMAGE 24-27 MAY 2023

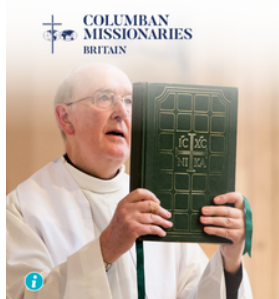
The Columban Missionaries invite you to celebrate Pentecost and Laudato Si' Week by joining them on a pilgrimage to reflect on 'the cry of the Earth, the cry of the poor'. A Columban group of ordained and lay pilgrims, led by Fr John Boles, will walk in the footsteps of St. Columban from Padstow to Fowey in Cornwall from 24-27 May 2023.

You are invited to join them as 'virtual' pilgrims and you can also sponsor them.

Visit the event page at www.columbans.co.uk or email to: columbanway2023@columbans.co.uk for more details and to register.

You can find out more by going direct to the website via the following link - <https://columbans.co.uk/mission/12352/the-columban-way-pilgrimage-2023/>

The team donation page is - <https://www.justgiving.com/team/columban-way-pilgrims-2023>



Next week, pupils at St Mary's will be encouraged to walk, wheel, cycle and scoot to school every day of the week, earning stickers as they go along, with a special reward up for grabs at the end of the week! Please see eSchools for more information.



Alton Castle Residential for Year 6

Year 6 are leaving for their residential on **Monday 12th May 2023**, and will be returning on **Wednesday 14th May 2023**.

Children should be back to school between 3:30 and 4:00pm. Please follow our twitter feed for updates about travel times. All children must be collected by an adult on Wednesday.

All information regarding the trip is on e-schools, please refer to this for the kit lists and any communication with parents.

Mental Health Week

Next week is Mental Health Week and we'll be looking at ways to cope with anxiety and worries. We will be exploring our feelings and ways to react to different feelings.



Coping with anxiety

Place 2Be

Feeling anxious can happen when we feel nervous, frightened, or uneasy about something such as starting a new school, waiting for exam results or friendship issues.

It's perfectly normal to feel this way from time to time, as it's our body's natural response to a situation we are not comfortable with. But sometimes our anxiety gets the better of us and it can start getting in the way of the things we enjoy.

We've shared some advice below.

Name it to tame it

It can be useful to know how anxiety shows up for you. It might be, for example, that you get butterflies in your stomach, or feel sweaty or tongue-tied. In these moments, it can be useful to say (aloud or in your head) 'oh, hello anxiety, you're here to let me know you think something might threaten me - thank you'.

Remind yourself of when you've overcome anxiety in the past

Think back to a time when you've felt anxious about something, but eventually overcame these feelings. For example, if you're feeling anxious about returning to school after the weekend, think back to a time you overcame these feelings by going to school. It can sometimes help by saying something like 'thanks anxiety, but I've got this!'

Tell a friend or a grown up

Think about whether you can tell a friend, or a grown up at home or school. Everyone experiences anxiety from time to time and people are there to help you, so it's important to reach out and connect with others. It could be good to share things that help you to feel less anxious - and even to practise some of them together.

Keep a diary

If you're feeling anxious, it can sometimes be helpful to write some of your feelings down in a diary or on your phone. Make notes of things that you find helpful, or things that seem to make you feel worse.

Get active

When we feel anxious, our bodies get ready to cope with something that may threaten us. This is called the 'fight or flight' response. Our hearts beat faster, we sweat more, and our muscles become tense. To release these feelings, it often helps do something active. You may want to go for a walk, play football with friends, or go swimming.

Practise strategies that work well for you

Try different strategies that may help you to manage your anxiety. Finding and practising what works best for you can help reduce your anxiety quicker.

If you have tried these tips and still feel overwhelmed by your anxiety, then it is important to tell your parent or carer and to ask whether you need to get a GP appointment.

If you're feeling overwhelmed and need to talk:

Text **CONNECT** to 85258 for free to speak to Shout

Call 0800 1111 to speak to Childline, or visit childline.org.uk for their free online chat

Visit place2be.org.uk/help for more advice

We are an operation encompass school. Therefore school is working alongside the police to ensure support for any child who has been involved in or witness to domestic abuse. Please find more information about this on our website or contact the school office.

Pastoral Team

If you require any support from school please speak to a member of our pastoral team



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about TELEGRAM

AGE RESTRICTION 17+

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store, in fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Play details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to "everybody", "my contacts" or "nobody" – we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circles, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGWise.com and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new apps, he's also a parent who understands the value of online safety. With a mainly about tech and fitness, his articles have been published on influential sites including iD and Tech Radar.

NOS National Online Safety

#WakeUpWednesday

PREMIUM ACCESS

Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-163035628.html>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.05.2023

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Do not book holidays during term time

This is a reminder that holidays during term time are unauthorised. If you intend to take your child out of school during term time, we ask that you complete a holiday request form at least 2 weeks prior to the leave date where possible. Parents may be fined by the Local Authority for taking unauthorised leave of absence. Children need to be in school every day so please ensure holidays are only booked during school holiday time.

Good attendance, continues to be a school and government priority.

Remember below 95% is a concern and below 90% is classed as persistent absence. If you have any problems with regards to getting your child to school or you are struggling to improve your child's attendance, please speak to Mrs. Yorke or Mrs. Davis.

We will announce the attendance for the previous week in this section of the newsletter each week.

Attendance and Punctuality: -

Our attendance for last week was -

Week 2nd May – 5th May

Class	YRB	YRT	Y1L	Y1F	Y2E	Y2G	Y3L	Y3T	Y4J	Y4M	Y5M	Y5F	Y6R	Y6O
%	92.9%	91.3%	100%	93.3%	100%	98.9%	92.3%	98.3%	95.6%	99.4%	98.9%	93.1%	95%	97.9%
Lates	12	3	1	6	0	3	6	2	1	2	2	1	3	6
Whole School Attendance so far this year						95.5%			School Target				97%	

Well done Y1L and Y2E: - our Attendance Champions

Dates for this term

Summer theme -

Summer 1 Virtues

WB 15.5.2023 - all week

15th May - 17th May - 3 days

16th May 2023 - am

17th May 2023 - 9:15am

19th May 2023 - all day

19th May 2023 - am

19th May 2023 - 9:15am

WB 22.5.2023 - all week

22nd May 2023 - 1:45pm

24th May 2023 - pm

24th May 2023 - 7pm

25th May 2023 - all day

26th May 2023 - all day

26th May 2023 - am

26th May 2023

Solidarity and the Common Good

Curious and Active

Mental Health Week and Walk to School Week

Year 6 residential to Alton Castle

RT visit to library

Whole School Mass for Ascension and May Procession / crowning of Our Lady

Mental health 'feel happy' dress up day

RB visit to library

Year 1 Year group assembly for parents

Year 2 SATs week - Year 2 children must be in school every day

Year 6 children/parent Confirmation workshop in school

Bishop David to visit school ahead of the Confirmation

Confirmation Mass for Year 6 children

Class SM visit to Sarehole Mill

Class SF visit to Sarehole Mill

IF visit to library

Finish for May half-term (normal time)

Star of the week

Congratulations to the following children who have shone in school over the last week:

- | | |
|--------------------------|--|
| <i>Year RB Thomas</i> | <i>For a fantastic and imaginative story map this week.</i> |
| <i>Year RT Jayden</i> | <i>For super independent writing this week.</i> |
| <i>Year IF Fabio</i> | <i>For trying hard in his learning and listening carefully.</i> |
| <i>Year IL Joshua</i> | <i>For a fabulous piece of writing.</i> |
| <i>Year 2E Alex</i> | <i>for Listening carefully and working hard in all lessons.</i> |
| <i>Year 2G Ravi</i> | <i>For concentration in every lesson.</i> |
| <i>Year 3L Mariam</i> | <i>For always showing perfect listening skills and following instructions.</i> |
| <i>Year 3T Matthias</i> | <i>for his superb efforts during RE and his valuable contributions to lessons.</i> |
| <i>Year 4J William</i> | <i>Always setting an excellent standard of behaviour.</i> |
| <i>Year 4M Niamh</i> | <i>For always trying her very best in all lessons.</i> |
| <i>Year 5F Amelie</i> | <i>For working hard in all areas of learning and actively taking part in lessons.</i> |
| <i>Year 5M Adrian.T.</i> | <i>For a super descriptive and well written opening to a Mayan myth.</i> |
| <i>Year 6O Everyone</i> | <i>For showing wonderful resilience this week during their SATs tests and for all their hard work this year! Well done year 6!</i> |
| <i>Year 6R</i> | |

