

Saint John Wall Catholic School

A Catholic School For All



Mission Statement

'To educate each and every unique child in our care to hear and respond to what God calls them to be'



Issue 2 Weekly Information Bulletin

Date: Friday 16 September 2022

Catholic Life - This year we are focussing on 'The Year of Sanctuary'.

Termly theme: Solidarity (The Good Samaritan)

Termly SJW values – Compassionate and Loving

Great and gracious God, We give thanks to you for the life of your servant Queen Elizabeth II. We thank you for her life of service, her faithfulness and her kindness. She has consistently shown us the values of goodness, courage and strength. We thank you for her witness to you, her clear and positive faith, her reliance on prayer, and her life that demonstrated forgiveness, hope and perseverance.

Amen.

Changes to school opening times due to the Queen's State Funeral

The Saint John Wall community expresses our deepest sadness on the passing of Queen Elizabeth II. Her inspirational faith in God and selfless service to our country provides a lesson to us all. We will remember her, the Royal Family, the UK and the Commonwealth in our prayers.

You will now be aware that The Queen's State funeral will take place on Monday 19 September 2022. This will be a bank holiday and school will be closed.

Our Open Evening was planned for 19 September 2022, so we have had to make the following changes to arrangements:

Open Mornings and Open Afternoons will take place between Tuesday 20 September 2022 and Friday 23 September 2022. These are primarily for Year 6 pupils and parents. However, we are happy to invite parents of pupils in Year 7 and Year 8 who missed out on these events during the Covid pandemic. Please contact the school office to book your visiting slot.

Thank you for your understanding during this sad time.

Eternal rest, grant unto her O Lord and let perpetual light shine on her. May she rest in peace. Amen.

Miss Marston

Visit to St Mary's Church Coffee Morning, Thursday 15 September

We have been developing our Tai Chi skills this morning along with the coffee morning visitors and as the pupils will agree it's not as easy as it looks! It's really lovely to see the number of visitors growing week after week and each time hear them say such complimentary things about St John Wall pupils. Today, in addition to Tai Chi, it's been wonderful to see some photos and listen to a story about a charity cricket match from WW1 in which the participants were all wounded but recovering soldiers from the war.

Mrs Clayton



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Open Mornings & Open Afternoons

Open Mornings & Open Afternoons



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Open Mornings

Tuesday 20 September 2022 • Wednesday 21 September 2022
Thursday 22 September 22 • Friday 23 September 2022
9.30am - 10.20am
11.00am - 12.00pm

Open Afternoons

Tuesday 20 September 2022 • Wednesday 21 September 2022
Thursday 22 September 22
3.15pm - 4pm

Please ring the school to book your appointment slot.

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Wear an item of Orange For Day of Action

#filltheskieswithhope

Socks



Trainers

Jumper

Shirt

As we are becoming a School of Sanctuary, we want to stand in solidarity with the refugees on this day of action.

Friday 23 September

Full school uniform must be worn along with an item of orange.



STREET FOOD SALE FOR PAKISTAN

BUY SAMOSAS, PAKORAS ETC TO RAISE MONEY TO SUPPORT THE PEOPLE OF PAKISTAN AFTER THE FLOODS THERE.

WEDNESDAY 21 SEPTEMBER
BREAK AND LUNCH



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Donations of Uniform

Do you have any items of uniform at home?

Would you like to donate them to our school?



Black school trousers -
Girls or Boys

White plain shirts

PE navy shorts
PE navy joggers



School coats

Blazers

SJW ties

Black school skirts

Any donations will be very much appreciated.



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Balancing screen time

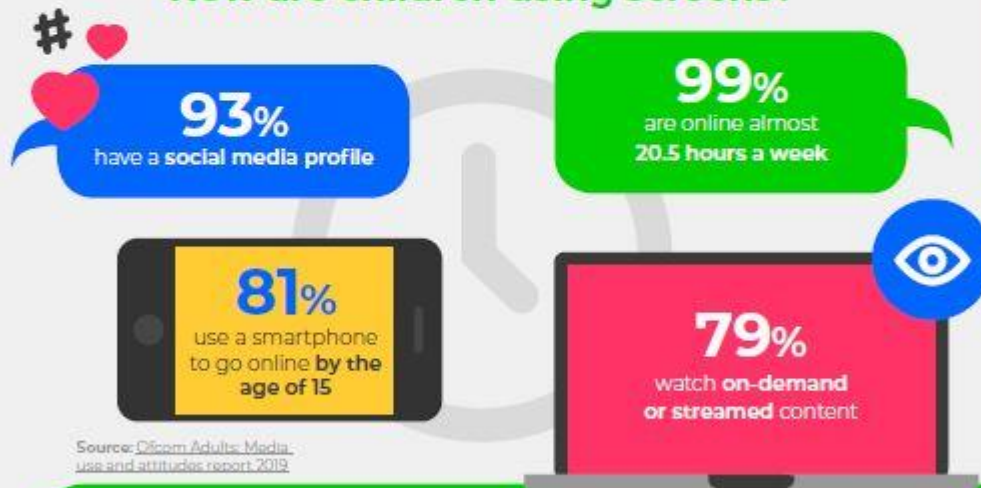
Top tips to support children 14+ (Key stage 4)

Smartphones are central to teen's daily routine, if not integral to it. Whether it's sending something on Snapchat to keep a streak going as soon as they wake up, getting up to speed on news on Twitter or live streaming thoughts about their day on social media, it can be hard to keep teens away from screens.

To support teens, it's more about equipping them with the tools to self-regulate their own screen time and be critical about how it is impacting their well-being. Find tips and advice to help them do just that.



How are children using screens?



Source: [Ofcom Adults: Media use and attitudes report 2019](#)

What do parents say about screen time?

Less screen time limits

Although overall almost 9 in 10 parents take measures to limit their child's use of devices, parents of teens are less likely to take any measures. As they get older it is important that they have more freedom and less restrictions – they need to start to develop the skills to manage this on their own.

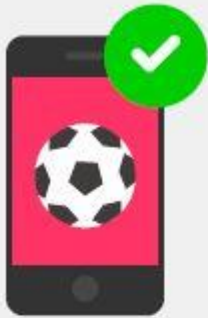
Increased use of social media

Half of parents of 14–16s are concerned about their children's use of social media and its impact on their overall mental wellbeing.

Source: [Internet Matters Look both ways report](#)



What are the benefits and challenges of screen use?



Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development
Source: [Internet Matters Look both ways report](#).
- **Gives children access to a wealth of information** to build their knowledge and technology takes away physical barriers to social connections to make children less isolated.
- **The internet can also be inspirational for children** with a certain passion in particular when discovering content and sharing their own content.



Screen time challenges

- **Peer pressure from friends to stay online and constant use of devices and features** like auto-play on platforms can be habit forming and encourage children to spend longer on screens.
- **An increase in interactions online** can make it more likely that teens may come across fake news or inappropriate content that can influence them in a negative way.
- **Long periods of passive screen time** (i.e. bingeing on box sets) can have a physical effect on teens development (i.e. eyes, brain), sleep cycle and behaviour.

5 top tips to balance screen time



1 Help them prioritise key tasks over screens

It can be tempting for children to **multitask with a screen** but often it can become a distraction. To help them strike a healthy balance it's important to set simple rules that they can follow.

Putting their phone on 'do not disturb' when doing important activities like homework, creating device free zones in the home and taking regular breaks from tech are a great start to help them prioritise family time and sleep over screens. Also, setting a good example with your own screen time use is essential.

2 Stay engaged in what they do online

Learn how they communicate with others online to better guide them as they become more socially active online and draw from friends, passions and online sources to build their identity. The more you get involved and understand the things your children do

online, the easier it is to gain their respect and influence what they do in their digital world. Also, making screens part of family time, like a movie or an online games night is one way to make it more inclusive and engaging.

3 Equip them with know-how to manage risks online

Be open and honest about the online risks teens face so they feel confident to talk to you if they get into trouble online – and don't overreact – remember that the dialogue is important and you want them to come back to you the next time they need support.

Also, make them aware of practical things they can do to deal with risks online, like blocking and reporting on the platforms they use. It's also important to remind them to think carefully about what they post and share with others online to help them maintain a positive online reputation that will serve them well later on in life when applying for a job or higher education.



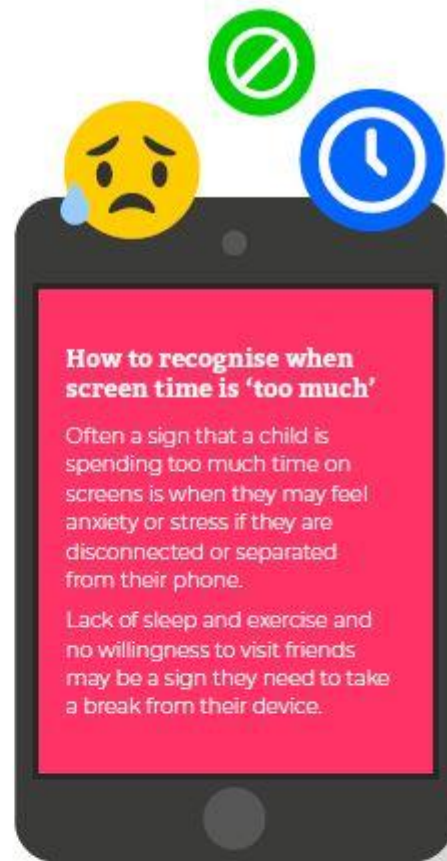
4 Encourage them to self-regulate their screen time

Whatever devices your teen uses, **take the time to sit together and review** the free tools available to help them assess the time they spend online and make them aware of privacy settings they can use to stay in control of what they share. Also, looking at app permissions can be a powerful way to get them to understand what can happen with their data.

All consoles and some social platforms have in-built settings that allow you to set alerts to tell you when you've reached a certain amount of time on the platform and gives you a summary of time spent to support digital wellbeing.

5 Encourage them to be selective about what they do online

It's important to make teens aware that most platforms are purposely built to keep them watching or playing, this can help them avoid mindless scrolling. **Encourage them to be more critical about the media they watch and the platforms they use** and to explore apps and websites that will compliment what they enjoy in the real world and develop their key skills.



The truth about screen time

Not all screen time is created equal so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

There is no safe level of screen time but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

One size does not fit all when it comes to screen time – it's more about getting it right for your families needs.

Visit [Internetmatters.org/screentime](https://www.internetmatters.org/screentime) for more advice

InternetMatters internetmatters @im_org

internet
matters.org



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THE REACH NEXT GENERATION SUMMIT FOR 11-15 YEAR OLD GIRLS

Hosted by Reach co-founder Sarah Stirk of Sky Sports in partnership with Aston Villa FC and held at Villa Park Stadium on **Saturday 8th October 2022**

The Summit is open to all girls who are 11-15 years old, and it will be very much a workshop and discussion format to help girls think about their futures in the ever-changing world that we all now live in.

We will be discussing ambition, self confidence, social media, money management, health and nutrition and career choices and lots more with successful women from all these different sectors and from all backgrounds. It will be an amazing, empowering and energising day.

It's free to attend and lunch is provided.

Our anticipated programme will be.

- 9am Arrival at Villa Park Stadium and welcome from REACH founder Sarah Stirk
- 10am Morning sessions
- 12.45pm Lunch (will be provided) and make some new friends
- 1.45pm Afternoon sessions
- 4.30pm Afternoon tea (will be provided) and make more new friends
- 5.15pm Final sessions followed by a live performance
- 5.45pm Summit ends



FREE TO ATTEND

You can reserve your seat at www.reachnextgeneration.com or please email NextGen@wearereach.net for more details.



Thank you to all our sponsors and partners.



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