

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 3 Weekly Information Bulletin

Date: Friday 23 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

Compassionate God, Hear our prayer for the people of Pakistan; For those who have lost their lives in the floods and for those forced from their homes. Yet again, God, it is the poorest who are hit hardest and those with least who lose most. God of love and justice: Call us to generous giving for those in need and urgent action to combat climate chaos. Let those in need today know they are not alone, and unite us in hope for a world where all can live in safety and security. Amen.

Important Dates to Note

- **Year 11 Revision Begins**
Monday 3 October 2022
- **Year 10 Assessment Week**
Monday 10 October 2022 to Friday 14 October 2022
- **Inset Day - School closed to all pupils**
Friday 21 October 2022
- **Half Term**
Monday 24 October 2022 to Friday 28 October 2022
- **Year 11 Mock 1 Examinations**
Monday 31 October 2022 to Friday 4 November 2022

Safety Notice

We continue to work with the police supporting their initiatives to ensure that pupils are aware of any dangers and risk to their life and others. Therefore, we shall be spot checking pupils as well as searching whole year groups as appropriate over the academic year in line with our behaviour policy.

Mrs Crooks

Banned Items – Vapes and GEEKBARs

Vapes and Geekbars are the new trend in vaping. These are aimed at young people with inviting colours and a range of flavours. They can contain nicotine which is an addictive drug and harmful to health. People must be 18 years and over to purchase a Vape or GEEKBAR. Pupils found in possession of a Vape or GEEKBAR, any variation of a vape or e-cigarette or smoking paraphernalia will be suspended from school for a fixed period of time.

Miss Timmins



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Queen Elizabeth II

After the sad passing of Her Majesty Queen Elizabeth II, there was a lying-in state period that took place at Westminster Hall, London. This gave the public the opportunity to visit and pay their respects. On different nights last week, both Miss Lally and Mrs Mann, with their families, joined hundreds of thousands of other people to walk 5 miles across the centre of London. Although the journey took over 13 hours, there was a shared sense of community and spirit which encouraged everyone to keep going. There was a calm and reverent atmosphere in Westminster Hall where the Queen was present and people were very courteous which displayed their gratitude for her service.

Miss Lally

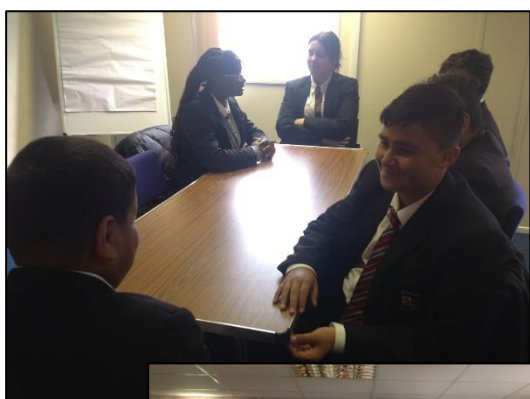


Catholic Life

Year 9 Wellbeing Ambassadors

Over the past two weeks our Year 9 Wellbeing Ambassadors have taken part in training. The whole team have learned about the stigma surrounding mental health issues as well as participated in group work on active listening and open questioning, as well as how their body language can help to bring calm to someone who may be struggling with their wellbeing.

Next week the team will meet to discuss their plans for this academic year.





"What I've learned about mental health is that everyone has it and should take care of it."

By Mohammed Nawaz 9RES and Kibriya Jawaid 9WOO

"We have learned that stigma is the act of discrimination and overall disrespectful to those with mental health illnesses. It's better to be careful and watch your words to be sure they are sensible."

By Sarah Manu 9MCI and Wiktoria Domagala 9WOO

Year 8 Sanctuary Team

This week our Sanctuary Team took part in  Fill the Skies with Hope  campaign which launched on 23rd September and will run until 9th November. Groups across the country are being asked to make and send orange heart-shaped paper planes with messages to the new Prime Minister, to demonstrate broad support to end the cruel scheme to send refugees to Rwanda.



Year 7 SVP Group

Congratulations to the following pupil in Year 7 who have been chosen to represent our school through our Saint Vincent de Paul group this year:

Favour Basil 7RAH
Charlene Donaldson 7JAS
Gloria Osazemwinde 7JAS
Aaliyah Bains 7LEV
Osker Kreminski 7REG
Jason Nguyen 7RAH
Kimora Williams 7JAS
Nathanael Byfield 7ESM
Gracia Ikombi 7ESM
Lilly-May Harrison 7JAS

Mrs Ellis



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Visit to St Mary's Church Coffee Morning

We have had a truly wonderful morning at St Mary's started off with one of our pupils home baked lemon drizzle cake which was carefully transported from home on the bus. It was inspected by the chief lemon drizzle cake maker and then gobbled up by the coffee morning regulars! Our pupils should also be very proud of their efforts reading poetry which was the theme for today's gathering. They were very nervous but were a real credit to themselves and to our school.

Mrs Clayton



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Wearing Orange for a Day of Action

Today, we stood in solidarity with refugees on the Day of Action. Staff and pupils were invited to wear orange. Orange is the colour used on the refugee flag. An orange heart represents compassion for people fleeing war and persecution. During our Year of Sanctuary at St John Wall, we remember in our prayers, all those who have had to flee from their homes.

Mr Price



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After School Enrichment Opportunity

Starting on Monday 3 October we have an exciting after school enrichment opportunity for pupils.

Here are some key details:

- Monday-Friday every week during term time.
- Pupils do not need to sign-up they just turn up. First come first served, 30 spaces.
- Led by an external company- Bouncing Statistics.
- 3.15-4.30 enrichment activities e.g. sports, board games, creative activities, homework. Pupils can liaise with Bouncing Statistics about other activities they would like (Please note- if pupils attend, they will not be able to leave school site until 4.30pm).
- 4.30-4.45 food and drink. This is optional, pupils do not have to stay for this, but it is free of charge.
- 30 spaces per day on a first come first served basis.
- If you plan on collecting your child at 4.30pm, then please contact the school office, otherwise pupils will be allowed to leave site from 4.30pm.

Miss Guest

After School Enrichment Opportunity

School Hall



3.15-4.30pm

Monday to Friday, led by Bouncing Statistics, starts Monday 3 October 2022

Timings:

**3.15-4.30 enrichment activities
4.30-4.45 food and drink**

- 30 spaces per day, you do not need to sign up, just turn up.
- If you attend, you will not be able to leave the school site until 4.30pm.
- If you are being collected, parents/ carers need to contact the school office.
- Sports, board games, creative activities, homework.
- If you are interested in other activities, let the programme leaders know.
- Food and drink provided free of charge - e.g. squash, sandwiches and soup!



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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

School coats

White plain shirts

Blazers

PE navy shorts
PE navy joggers

SJW ties



Black school skirts

Any donations will be very much appreciated.



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Balancing screen time

internet
matters.org

Top tips to support children 11-14 (Key stage 3)

As children start senior or secondary school and take advantage of their independence, it's likely that they'll be spending a lot more time on their devices. This is a crucial time to talk to them about how to manage their screen time and give them strategies to find a healthy balance between their life on and offline. Find tips and advice to help them do just that.



How are children using screens?



Source: Ofcom Children and Parents
Media use and attitudes report 2018

What do parents say about screen time?

Setting screen time limits

Nearly 9 out of 10 parents take measures to limit their child's use of devices as 54% of parents of 11-13s are concerned about the amount of time their child is spending online.

Screen time and FOMO

Over half of parents of children aged 11-13 feel pressured to allow screen time particularly access to mobile phones so that their child doesn't feel as though they are missing out as they become more independent and start organising their own social lives.

Source: Internet Matters Look both ways report



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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](#)
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **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

- As most children at this age will have their own devices, for parents **it can become increasingly challenging** to stay on top of their screen use.
- As children become more active online, **there is an increased risk that they will be exposed to a range of online issues** such as cyberbullying or oversharing which may negatively impact their digital footprint.
- **Passive screen time** (i.e. bingeing on box sets) could have a physical effect on their development (i.e. eyes, brain), sleep cycle and behaviour.



5 top tips to balance screen time

1 Set boundaries to help them build good online habits

Children seek out rules to follow so its best these come from you and not their peers. **Set up a family agreement that you all sign up to**, to manage expectations of what they should and shouldn't be doing online. These boundaries should help them prioritise sleep, face to face interactions and family time to strike a healthy balance.

2 Stay engaged in what they do online

Take an interest in their digital world to better guide them as they become more socially active online and start to draw from friends and online sources to build their identity.

Give them the space to be more independent and build their resilience online to ensure they make smart choices about how they use tech. The more you understand how your child interacts online

and check-in with them about their interest and challenges online, the easier it will be for them to come to you if they are concerned or worried about something.

3 Equip them with know-how to manage risks online

Have regular conversations with them about ways to deal with a range of risks that they may be exposed to such as seeing inappropriate content or being cyberbullied.

Make sure they know when and where to seek help if they need it and what tools they can use to deal with it. Try to reassure them that you won't overreact if they get something wrong.

4 Give them the space to become digitally resilient

As they get older and more confident in their digital world, it's important to

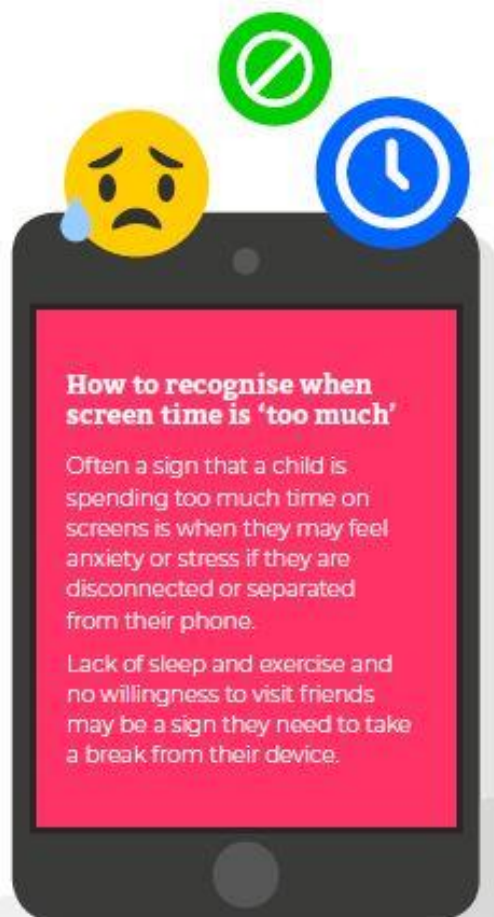


encourage them to be more responsible and aware of how their screen use can impact them and others. Give them the space to thrive online, while also keeping the channels of communications open and being on the lookout for any differences in behaviour that might suggest something isn't quite right is key.

It's a tricky time for young people so it's important to equip them with the tools to make smart decisions and ensure they are able to seek support when they need it most.

5 **Encourage children to review when and how they use their screen time with tools**

Help young people to make use of the screen-time tools that come with their phone. Most children at this age will say that being more aware of how much time they spend is helpful. They will still need some encouragement to make changes to what they are doing and the amount of time they are spending but it's better that they start to discover and monitor this for themselves where possible.



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 for more advice

 InternetMatters

 internetmatters

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