



**Amadeus**  
Primary Academies Trust

*“Having gifts that differ according to the grace given to us, let us use them” (Romans: 12,6)*



# **St Paulinus CE Primary Newsletter**



**Monday 20<sup>th</sup> January 2025**

Welcome back to the new academic term, we hope you all had a restful break. It has been wonderful to see the children come back with such enthusiasm for their learning and being in school, despite the cold weather! Thank you very much for all the gifts, cards and kind words to staff in recognition of their hard work at the end of last term - these are all very much appreciated.

This week we have had a visit from our school improvement partner who went around seeing the learning in all classes. He was very impressed with how well the children in Reception settle to their learning and the ways in which teachers across the school use good questioning and provide clarity of instruction.

Our focus this half term is on engaging with the children about their learning in History, Geography, Science and PSHE where leaders will be talking with children about their learning and experiences in these subjects. We have a further focus on the use of our new writing curriculum through CUSP. We also have a visit from the Trust Leadership team this half term which will focus on our changes to learning environments.

During the end of last year we had a few unexpected visits. Firstly, the environmental health officer had an unannounced visit to our school kitchens to assess them for their hygiene ratings. Emma and her team have done fantastically well with this and received a 5 - the highest rating possible. This was followed by the same type of visit for After School Club who also received the highest rating. This visit came the day before the team had their OFSTED. Mrs Allen and her team work extremely hard to ensure the children who sign up to West Hill Life get the best care possible and this was picked up by the inspector who also gave the highest rating to the team. “Parents speak extremely highly of the club and praise the environment staff create for children. They describe staff as warm and welcoming. They feel the club allows them to go to work knowing that their children are safe, happy and taken care of well.” You can view the full report [here](#). I am sure you will join us in congratulating Mrs Allen and the team on such a lovely report.

Kind regards

*Mrs Rhodes and Mrs Sukonik*

## **Sensory Room update:**

The ever-brilliant Mrs Allen has been working hard to transform our old music mobile into a permanent sensory room for our children to use throughout the school day. We have this week received from the Trefoil Guild a cheque for £350 to be spent in memory of our former SENCo Mrs Sheena Andrew, this money will be solely spent on furnishing the sensory room, as this was a plan of hers whilst she worked here. We will keep you updated with the progress on this new resource.

## News from Year 6:

Year 6 have come back to school with a continued determination and work ethic as always. We have been focusing on algebra in maths and the children have been able to solve one or two step problems as well as using substitution to solve equations. We have also begun another topic of food tech in DT and the children have made noodle soup and tomato pasta over the past two weeks. They have been considering the different types

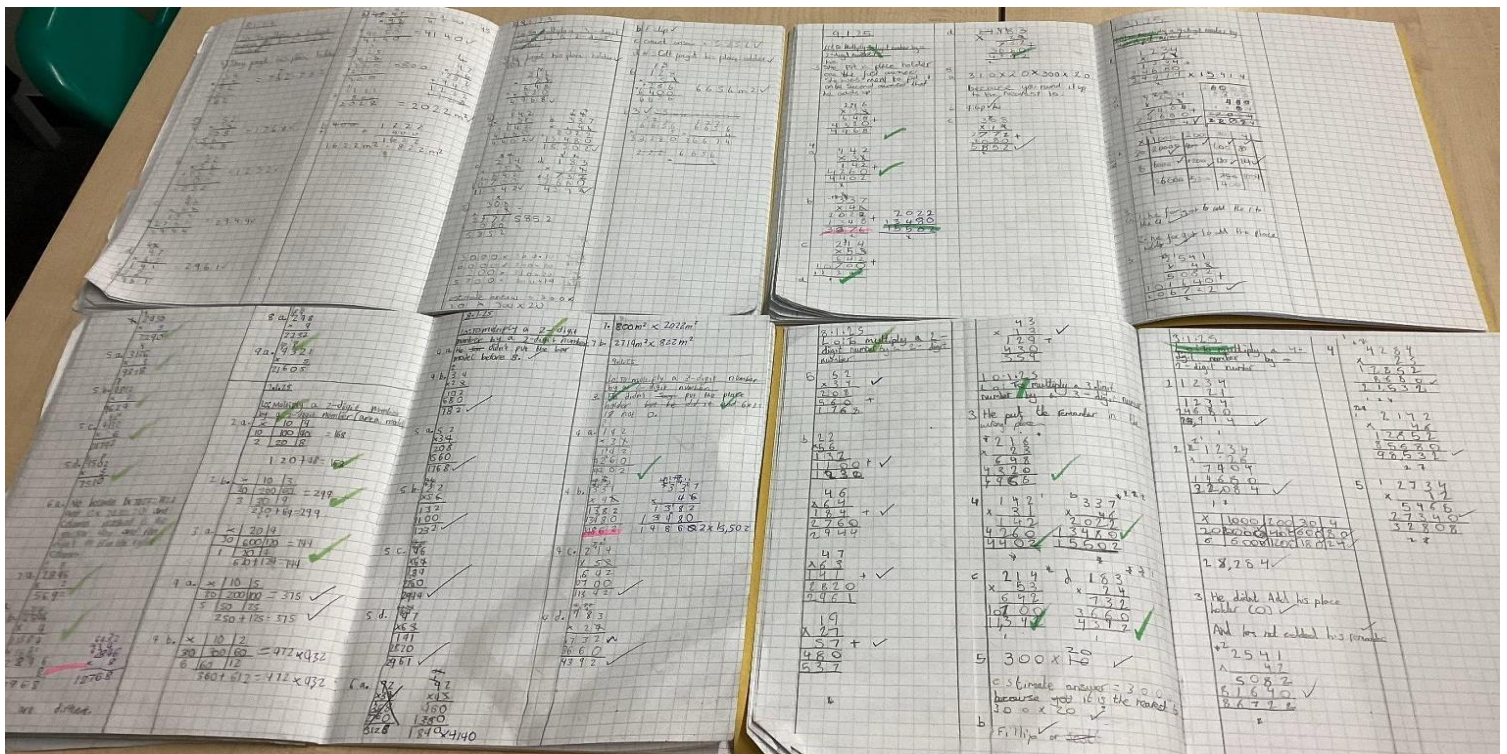


of carbohydrates as well as the difference between using fresh or processed ingredients. The two dishes have been tried by all of the children and they have left no food behind proving that they have thoroughly enjoyed what they have eaten.

## News from Year 5:

This week, Year 5 children have been focusing on multiplying by a two-digit number. They've been learning strategies like the grid method and column multiplication. At first, some found this a challenge, but thanks to their resilience, many have become true experts! Some even took it upon themselves to help others.

Shout out to Year 5 for their hard work and teamwork! Keep it up!



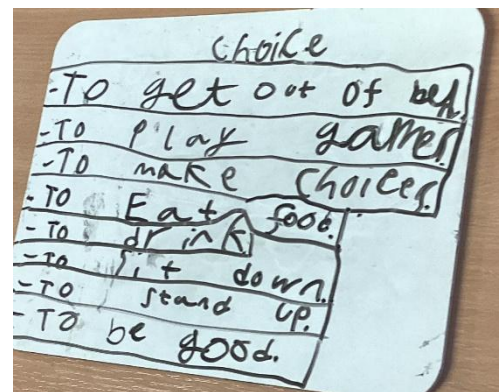
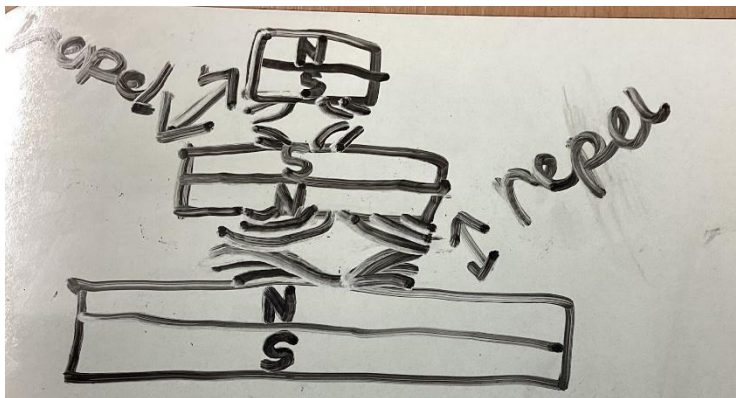
### News from Year 4:

This week, Year 4 did their class assembly for parents. This ran like a news broadcast and was very informative about the things they have been learning recently and the children were well rehearsed and clear in their presentation. Well done!



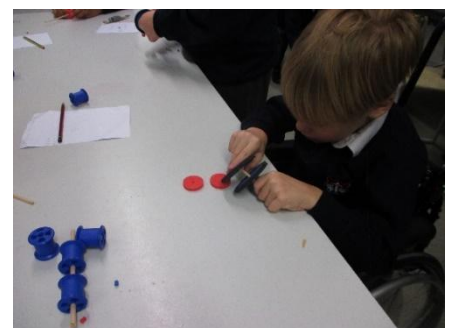
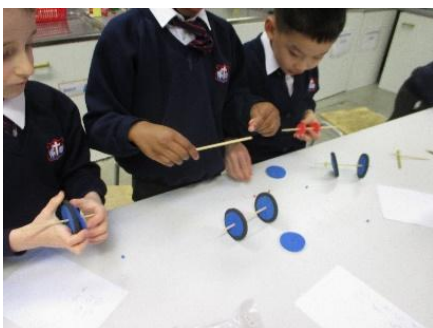
### News from Year 3:

This week, Year 3 have developed their understanding of magnets in Science. Looking at what causes magnets to repel or magnetise. In PSHE we have been discussing choices including when and how we make positive choices in our lives.



### News from Year 2:

Year 2 have been learning about mechanisms and we had a first attempt at building an axle with wheels.



### News from Year 1:

Children in Year 1 are beginning to learn about the Gospel and the Good News Jesus brings to people. In RE they explored a poster to identify signs from the Gospel, such as miracles, healing, love, hope, the Holy Ghost, 12 disciples, sin and forgiveness.



## News from Reception:

Last week, our focus book was 'I am always (almost) kind.' We had a lot of discussion on how to spread kindness to others throughout our day. Each child wrote a compliment to another member of the class and we baked banana friendship muffins to share with our friends. We also went on two different hunts; a shape hunt looking for squares and rectangles and a snail/slug hunt, looking closely to where they may be hiding!



This week, our book has been 'It's a no money day.' We have looked at ways we can have fun without spending any money, by using our imagination to play games with our friends, as well as crafting different models out of old junk. We have also learned that not everyone is fortunate enough to be able to shop at a supermarket and that some people rely on foodbanks to help them during challenging times.



## Up-coming diary dates:

Date	Event
Wednesday 22 <sup>nd</sup> January	Y6 Class Assembly (repeat)
	Y4 in Church
Wednesday 29 <sup>th</sup> January	Y3 in Church
Monday 3 <sup>rd</sup> February	Mental Health Week
Tuesday 4 <sup>th</sup> February	Candlemass service in school – all welcome SEN parent coffee and chat from 2pm
Wednesday 5 <sup>th</sup>	Y2 in Church
Sunday 9 <sup>th</sup> February	Education Sunday – YR in church - all welcome
Tuesday 11 <sup>th</sup> February	Safer Internet Day
Wednesday 12 <sup>th</sup> February	Y1 Class Assembly
	YR in Church
Friday 14 <sup>th</sup> February	Last day of term
<b>Monday 17<sup>th</sup> – Friday 21<sup>st</sup> Feb</b>	<b>Half Term</b>
Monday 24 <sup>th</sup> February	Children back in school
Wednesday 26 <sup>th</sup> February	Y1 in Church
Friday 28 <sup>th</sup> February	Y5 Sleepover!



## Reminder:

It's that time of year when colds and sickness run wild throughout the school! Do check that your contact details are up to date with the lovely ladies in the office in case we need to ring you. If your child is particularly unwell, please keep them at home so that they can recover – just leave us a message stating the reason why on either the school main line 01322 523236 or on [admin@st-paulinus.bexley.sch.uk](mailto:admin@st-paulinus.bexley.sch.uk)

*If your child is unwell with vomiting and or diarrhoea, they must not return to school until it has been 48 hours since the last time they were sick or had a loose bowel movement.*



UK Health  
Security  
Agency



# Should I keep my child off school?

## Yes

### Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

## No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek

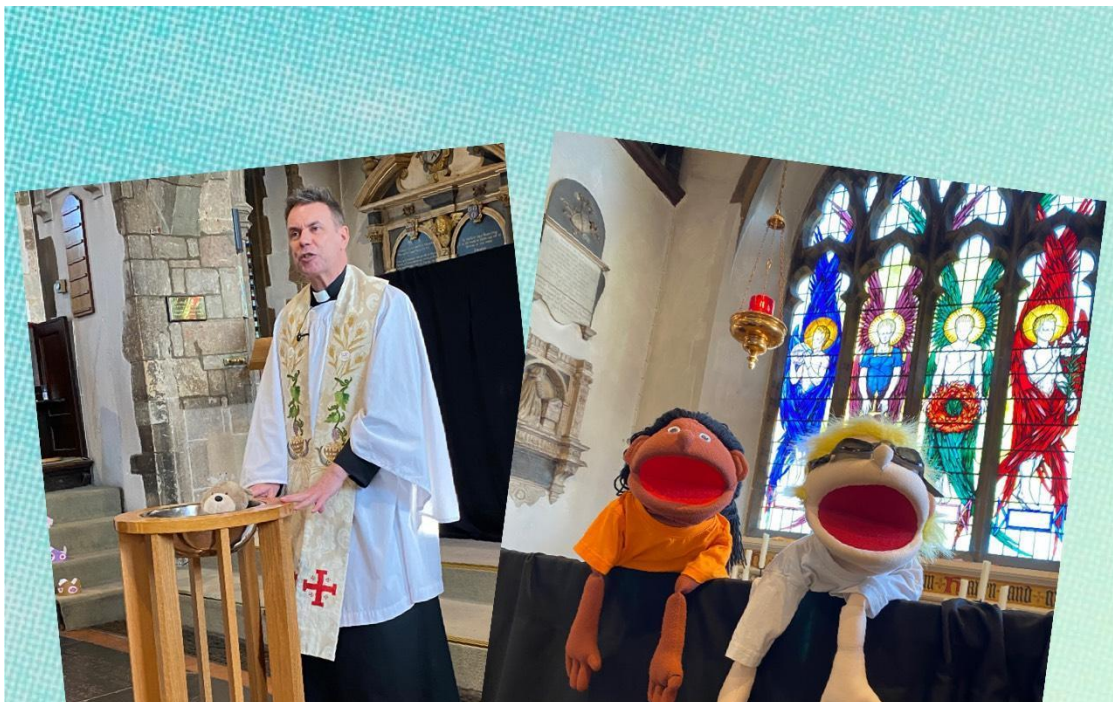


SCAN ME

### Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.

A plea from St Paulinus Church: they would love for more children volunteers to help out with readings and prayers to be involved, particularly for the services detailed below. For more information or to get involved please contact Ros Cooper on [roscooper74@gmail.com](mailto:roscooper74@gmail.com)



Join us for Family Worship at  
St Paulinus Church Crayford



Upcoming services :  
9th February Education Sunday  
30th March Mothering Sunday  
27th April Easter themed

PIC•COLLAGE



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



## LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

## LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

## REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

## LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

## ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

## MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

## STATISTICS

**52%** of children aged 3-4  
go online for nearly **9hrs** a week

**82%** of children aged 5-7  
go online for nearly **9.5hrs** a week

**93%** of children aged 8-11  
go online for nearly **13.5hrs** a week

**99%** of children aged 12-15  
go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:  
<https://www.independent.co.uk>: Children and Parents: Media Use and Attitudes Report 2018; <https://www.ofcom.gov.uk>; <http://uk.businessinsider.com>: how-app-developers-keep-us-addicted-to-our-smartphones; Journal of Youth Studies; <https://www.mirror.co.uk/tech/one-five-kids-tosing-sleep-963986>; University of Leeds: [https://medhealth.leeds.ac.uk/news/article/1296/lack\\_of\\_sleep\\_damaging\\_for\\_children](https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children)