



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



Friday 7th March 2025

It has been so lovely to have some warm sunshine this past week after so many cold dark mornings!

The season of Lent is now firmly upon us as we prepare for Jesus' resurrection from the tomb at Easter. We started celebrations at our Ash Wednesday service at the Church with Fr. Paul and Fr. James. It was lovely to be complimented on the excellent behaviour of the children whilst at church. Thank you to those parents who came and joined us at the service.

This half term we are having a focus on engaging with the children about their learning in Art and Design, Design Technology, Maths and PE with leaders talking with children about their learning and experiences in these subjects. We will also be joining with another of our Amadeus schools to look at writing judgements for moderation.

Our focus value for this half term is tolerance and this is being explored as a whole school in collective worship as well as in classes through activities and discussion.

We look forward to further engaging with parents through our parents' evenings and parent focus group meetings.

For you are a people holy to the Lord your God. The Lord your God has chosen you out of all the peoples on the face of the earth to be his people, his treasured possession.

Deuteronomy 7:6

Mrs Rhodes

Mrs Sukonik

Principal

Assistant Principal

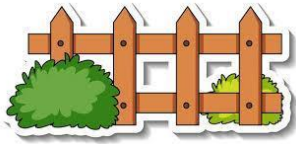
Parent's evening:

We look forward to welcoming you into school for Parent's evening on Tuesday 18th and Thursday 20th March. Appointments are live on MCAS for you to book your 10 minute slot with your child's class teacher to discuss their academic progress. Please do make sure that you receive email confirmation of your booked time, although we will do our best, we cannot guarantee we will be able to accommodate those of you without appointments on the evening. If you are experiencing issues with MCAS, please contact the school office to see if the booking has confirmed for you.

Parent Focus Group:

Our first Parent Focus Group meeting will be on **Wednesday 12th March** at 9am where we will be discussing **Parental Engagement and School Values**. Please do let the office know if you are able to come along, we very much look forward to talking to you all.

School Council – Fence Update!



The children have been very busy this term writing to companies asking for donations or discounts to buy the supplies needed to fence off the car park making it safe for you to collect your children from classrooms at the end of the day. We've still got quite a bit of money to raise but we are delighted that SELCO have offered a discount on any materials needed – they were so impressed by the letters children have written. The children are also busy brainstorming further fundraising ideas to add to the £118 raised by everyone last term. We will keep you posted!

World Book Day



We really enjoyed celebrating World Book Day in school on Thursday 6th March (if there is one thing we love at St Paulinus, it's an excuse to dress up) it was fantastic to see everyone in their costumes and hear about their favourite books and share some of ours. Check out our Instagram page for more photos from the day!

Please note that we will only post pictures of children online with parental permission to do so.



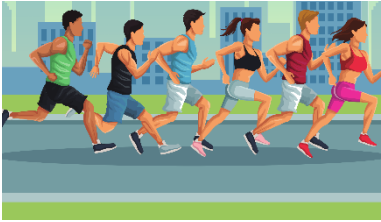
Y5 Sleepover

What is it like to stay over night in the school? Y5 certainly know following their sleepover last Friday night! Check out our Instagram page to see photos from some of the activities but a brilliant time was had by all involved, we can't wait to do it again! Which year group will be next to stay over?...



PTA Special Someone Breakfast

Tickets for this event on Friday 28th March have now sold out. Members of our Trust Leadership Team will also be here for a coffee and a chat that morning.



London Marathon 2025

We are very proud of our lovely Mrs Davies in the school office as she is running the London Marathon this year to raise money for Tommy's, the pregnancy and baby charity. Mrs Davies' hard work and training will be put to the test on Sunday 27th April 2025 and we wish her all the very best!

You can donate to her JustGiving page by clicking here

https://www.justgiving.com/page/katie-davies-1720343950044?utm_medium=FR&utm_source=EM

We also have the opportunity for some of our children to join in the mini-marathon on Saturday 26th April thanks to the hard work of one of our parents. Please look out for more information on this.

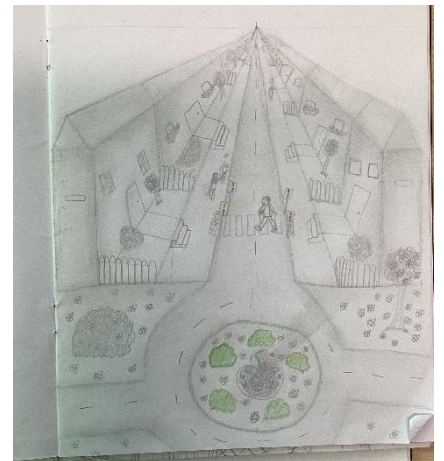
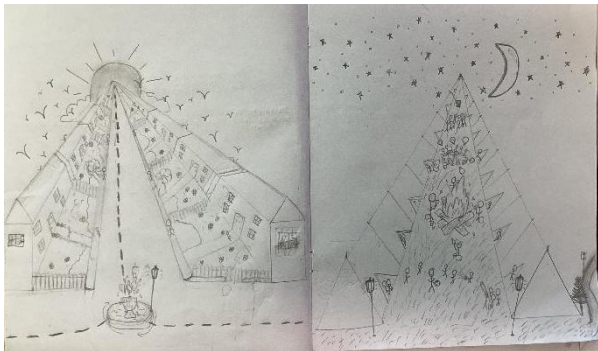
News from Year 6:

Year 6 have come back after half term with a brilliant attitude towards their learning and are really focusing on developing themselves as they begin to think about independence for secondary school. In art, we have started a new topic that focuses on perspective and depth when drawing. The children initially thought that this would be an impossible lesson and that it was unachievable however I was so proud of their perseverance

and how determined they were to complete the task.

The children initially followed steps to get the first part of their work however they then were able to add more detail of their own choosing. The children had

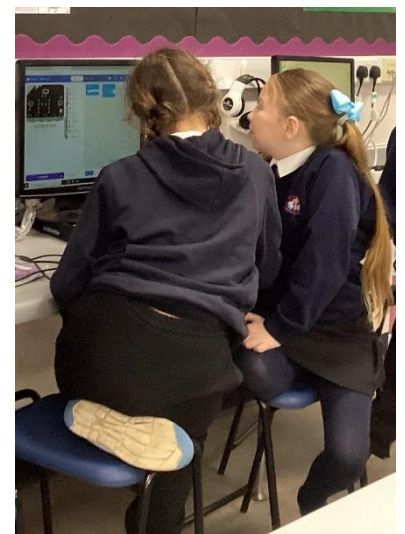
to consider one point in the distance that their drawing would all come from and how we can use lines and angles to help us create an illusion of things being in the distance.



News from Year 5:

This week in our coding lessons, Year 5 explored the world of **Micro:bit**—a mini computer that brings coding to life! The children learned how to write a program that displays their names on the Micro:bit screen. Using

block-based coding, they carefully sequenced instructions to make their names scroll across the display. It was exciting to see their hard work come to life as their names lit up on the tiny screen! This activity helped them understand how computers follow commands and introduced them to key programming concepts like loops and sequencing.



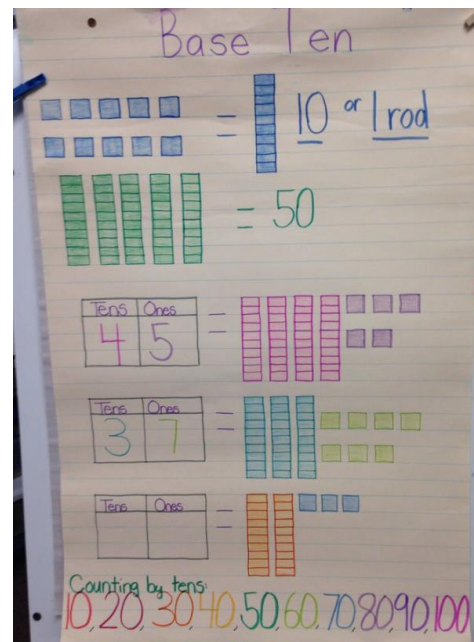
News from Year 2:

Year 2 enjoyed learning about measuring in litres and millilitres. We predicted how much water we had in a cup and then used a measuring jug to check. Great fun! In Science we have been revisiting Living things and their habitats and we spent time in our lovely forest looking for microhabitat life. (How lovely it is to get out and use this space thanks to our parent gardening club!)



News from Year 1:

This week, Year 1 pupils have begun learning to count and calculate within 50. They are exploring number patterns, counting forwards and backwards, and building confidence in recognising sequences and relationships between numbers.



News from Reception:

Year R had a busy first week back at school, where we focused on the book 'Bear Shaped'. We followed the story of a boy called Jack, who has autism, and the feelings he felt when he was unable to find his lost bear. The children produced some fantastic missing posters and we even had our very own Teddy Bears' Picnic.

This week, we have been looking at the book 'Mr Wolf's Pancakes.' We read a simple recipe and by following the instructions, we measured out different ingredients to make our very own pancakes. We sampled different toppings and also made our own pancake art using scotch pancakes and coloured golden syrup. We even had a go at flipping pancakes independently – it was lots of fun!

Up-coming diary dates:

| Date | Event |
|--|--|
| Tuesday 11 th March | SEN 1:1 parent meetings |
| Wednesday 12 th March | 9 -10am Parent focus group meeting - Brightbites Dental Workshop – whole school |
| | Y6 Church |
| Monday 17 th March | TFL workshop with Y6 |
| Tuesday 18 th March | Parent's evening |
| Wednesday 19 th March | Y5 Church |
| Thursday 20 th March | Parent's evening |
| Monday 24 th March | Y1 Educational Visit |
| Friday 28 th March | PTA Special Someone Breakfast (Director of Education for Amadeus in attendance) |
| Tuesday 1 st April | Y4 Educational Visit |
| Wednesday 2 nd April | Autism Awareness Day |
| | Y3 Church |
| Friday 4th April | End of term – children finish at 1:30 No afterschool provision |
| Monday 7th – 21st April | Easter Holidays |
| Tuesday 22nd April | Start of Summer term Children return to school |
| Wednesday 23 rd April | Whole school Easter service 09:15am in church |
| Thursday 24 th April | PTA Easter Event |

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-55224835>
<https://sproutsocial.com/insights/social-media-usage-2019/>

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