



St John Fisher Catholic Primary School

"Growing through God, we learn, laugh and love"

NEWSLETTER 17th February 2023



Reception celebrated Valentines Day in the forest. They made Cupid's arrows, love potions and cards.



Year 2 celebrated by writing on little hearts what they liked about their class and made a lovely display for their room.



Year 5



Last week year 5 welcomed the theatre group, 'A Place for Us' to school to help them prepare for their performance of Romeo and Juliet next month at Norton Priory.

They spent the morning helping the class to develop their scene including staging, music and sound effects.

They had lots of fun and are now very excited to carry on creating an incredible scene and learning about the joys of Shakespeare.



Year 1



This week in Art, year 1 have been creating paper sculptures.
They created tube towers.
Look at their amazing art work.



PIG-COLLAGE

FYI

• FOR YOUR INFORMATION •

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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guidance, links and tips for adults.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because of the sense of achievement for the player. Succeeding in any game or contest releases dopamine in our brains, a feel-good chemical that makes us happy or excited. This dopamine can be incredibly beneficial for mental wellbeing – as long as young players don't become so fixated on playing video games to mask themselves from reality.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who is feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn, so when achieving something great – like finishing a difficult level in a World of Warcraft game – you feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, knowing that a friend has been on the same journey, games with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel they're on it all their own. But when they're in a game, they can reinforce a young person's self-importance. Working for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELIABILITY

Because many major releases are shooting or action games, when some people fear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore real-world issues such as overcoming anxiety or coping with grief. These games allow young people to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant, no matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help educate them by presenting challenges to be overcome, either open or designed to be solved. It's not about solving a problem in real life, but it's about solving a problem in a game that even the most determined player can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress when we're feeling a bit overwhelmed. When we're in a game, we're not in the real world, we're in a world of our own making. It's a place where the imagination and immersing them in a story, who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in knowing that you're playing a game that's been around for a long time. It's a game that's been tried and tested, giving the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Video games is a huge part of many modern games. In Minecraft and Roblox, for example, players regularly dream up exciting structures or new ways to play, using our imagination to create something (whether digital or physical) that's never been before. It's like listening to a favourite song that always makes you feel happy or confident.

Meet Our Expert
 Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 19 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Halo and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.

National Online Safety
 #WakeUpWednesday

Source: <https://www.nofcom.org.uk/newsroom/2022/03/08/10-ways-gaming-can-support-positive-outcomes-and-online-safety-report-2022.pdf>

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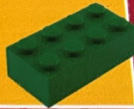
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LIBRARY ACTIVITIES FOR KIDS AND YOUNG PEOPLE

WIDNES

Lego Club:

- Free, drop-in session for kids to get creative with Lego
- Weekly on Mondays at Ditton Library, 3-5pm
- Weekly on Tuesdays at Widnes Library, 3:30-5pm



Saturday Stories

- A free, drop-in singing and story session for children aged 4 and under
- Weekly on Saturdays at Widnes Library, 11-11:45am



Rhymetime

- A free, drop-in singing and story session for children aged 4 and under
- Weekly on Tuesdays at Ditton Library, 11-11:45am
- Weekly on Fridays at Widnes Library, 11-11:45am



Science Club

- A free, drop-in session with a different science-based activity each month, suitable for children aged between 5 and 12
- 3rd Saturday of the month at Widnes Library, 12-12:45pm



reading plus®



This week our class winners are

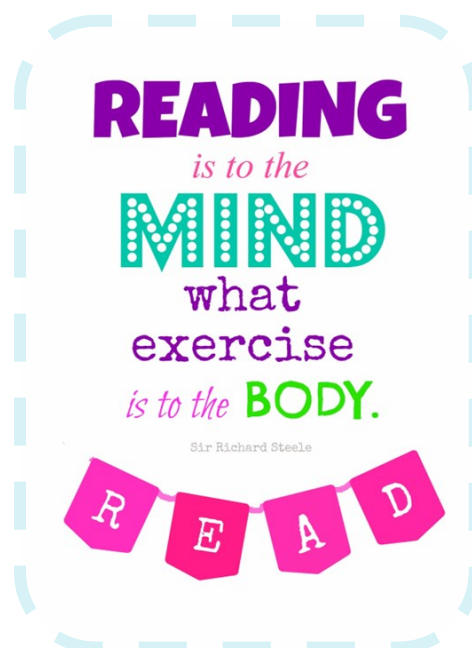
Year 3.

Well done to them.

Our pupil competition winner this week

is Lois from Year 4 and our Phonics star pupil is Mollie from Year 2.

Well done Lois and Mollie.





On Thursday 2nd March it is World Book Day. We have lots of lovely things planned for the whole week.

Our theme for this years World Book Day is Love and Friendship. On the day, children can come to school dressed as a character from their favourite book or in something red to celebrate the theme.

We really wanted to get our families involved in World Book Day this year so we are inviting you into school to enjoy some relaxed reading time with us.

Parents and children from Reception and KS1 are invited to our 'Booky Breakfast' on Thursday morning after drop off.

Parents and children from KS2 are invited in for a 'Booky Brew & Biscuits' on Thursday afternoon.

During these events there will be refreshments and opportunities for you to sit and read with your child and to listen to staff reading. We will also have a book swap table where children can exchange an old book for a preloved book. And we will have a recommendations table where staff and children will share some of their favourite reads and where you can seek any advice around reading.

Across the week we will have lots of other activities around reading going on and will share these with you closer to the time.



Awards—Congratulations to the following children

SMILE AWARDS



SUPERSTAR AWARDS



DOJO AWARDS



INTERNET SAFETY POSTER COMPETITION ORGANISED BY OUR JUNIOR SAFETY OFFICERS





- School Closes Friday 17th February and reopens on Monday 27th February.
- Strike day Tuesday 28th February. School will close to all years with the exception of Year 6.
- World Book Day Thursday 2nd March.



Please can we remind all parents and carers that medicine must be brought to the school office where it is kept in a locked cabinet.

Also, medicine forms must be completed before staff are able to administer any medicine.

Thank you



Please see the link for this half-term's *Wednesday Word Booklet* below.

<https://www.paperturn-view.com/uk/wednesday-word/half-term-holiday-card?pid=MTA101634&v=84.7>

8th February 2023