



# St John Fisher Catholic Primary School

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

## Newsletter 22nd April 2022



It's good to see everyone again, hopefully everyone is rested and ready for a busy summer term ahead.

May we take this opportunity to remind parents that as the weather gets warmer the children will need to have sun screen applied in the mornings and they must bring a hat with them to school. Don't forget to bring a bottle of water too.



The children have had a good first week back with many of them enjoying lessons in forest school where they have been bug hunting and finding out about the hazards found in the forest.

Learning about leadership through games and even enjoying hot chocolate made out in the forest.





Year 4 having fun while learning in the Forest.

For Families

**Mental Health Awareness Week**  
**9<sup>th</sup> - 15<sup>th</sup> May 2022**

For Mental Health Awareness Week, the Halton Health Improvement Team is offering **FREE online Mental Health Awareness sessions**.

The sessions will be delivered via Zoom on:

- Wednesday 4<sup>th</sup> May 1pm - 4pm
- Wednesday 4<sup>th</sup> May 6pm - 9pm
- Tuesday 10<sup>th</sup> May 6pm - 9pm
- Thursday 12<sup>th</sup> May 9:30am - 12:30pm

For further details and to book onto a session please email

[nyki.benson@halton.gov.uk](mailto:nyki.benson@halton.gov.uk)

**Bereavement Awareness Support for Parents and Carers**

Understanding how to support children and young people while also looking after yourself is vital. Families supported by Child Bereavement UK tell us that it is helpful when they better understand how children and young people grieve and what helps them in their grief.

In this 1-hour session you will learn more about the grieving process and get helpful suggestions for you and your family.

Sessions take place on the last Monday of every month, between 5.30-6.30pm.

Book your place on [Eventbrite](#).

**Parent/Carer Bitesize Workshops (via Microsoft Teams)**

New dates are now available for our popular Bitesize workshops for 2022.

Sessions are free, delivered online, and last up to 1 hour. Sessions available include:

Sleep & Screens	Fussy Eating	Mental Health & Emotional Wellbeing
Thurs 28 April 6.00pm	Mon 25 April 1.00pm	
Fri 20 May 1.00pm	Weds 25 May 10.00am	Mon 9 May 6.00pm
Thurs 23 June 10.00am	Tues 28 June 6.00pm	Tues 14 June 1.00pm
Weds 13 July 6.00pm	Thurs 14 July 1.00pm	Thurs 7 July 10.00am

To book a place email [HIT@halton.gov.uk](mailto:HIT@halton.gov.uk)

For more information visit our website:

<https://www4.halton.gov.uk/Pages/health/hit/start/fit4lifeparents.aspx>



The NHS Healthy Start scheme can help you give your children a great start in life with help towards the cost of healthy foods and milk



To find out if you're eligible, visit: [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

**Fit 4 Life now online!**

Would you like your family to eat better, sleep better and be more active? Our free Fresh Start app will help you to set good habits and routines, manage snacking and sugars, increase activity levels, sleep better, manage screen time. Plus there are lots of top tips and recipe ideas.

For more information, [click to visit our web page](#). Then download the app via the Google Play store or Apple App Store, or scan the QR code and enter invite ID **F4L-SN**.



# What Parents & Carers Need to Know about PHONE SCAMS

In a three-month period during 2021, no fewer than 45 million people in the UK experienced a suspicious attempt at being contacted via their mobile. Phone scams are a common form of cyber-attack where fraudsters engage directly with their intended victim through their smartphone. As our phones carry so many sensitive (and therefore potentially valuable) details about us, it's vital that trusted adults are alert to the tactics that scammers use to get access to user accounts, personal data and private information for financial gain.

## WHAT ARE THE RISKS?

### SMISHING

SMS phishing, or 'smishing' is one of the most common forms of mobile-based cyber-attack. Smishing is when a scammer texts their target, pretending to be a reputable person or organisation. They aim to trick the victim into supplying sensitive data such as bank details and personal information, so that they can then access the target's bank accounts and remove money.

### IMPERSONATION

Fraudsters often impersonate someone else to trick the victim into actually transferring money directly. They might claim, for example, to be a friend or relative using a different number who urgently needs funds. Other common cons include sending fake texts informing the target that they have a package which requires a fee to be delivered, or that they have an unpaid bill to settle.

### NUMBER SPOOFING

Here, the scammer takes impersonation a step further by cloning the phone number of a genuine company. So when the target receives a call or text, their phone recognises the sender's number as legitimately belonging to Amazon, HMRC, the NHS or the DVLA (who have all been impersonated in these cons). This makes the scam harder to spot and the victim much more inclined to comply.

### FAKE TECH SUPPORT

Attackers contact a target, pretending to work for their employers' IT support team. They then advise them to download some software to fix 'a technical issue' with their device. In reality, however, the software grants the scammers access to the victim's private data and sensitive information. This con is more common on desktop and laptop devices, but is still possible to accomplish on mobiles.

### SIM HIJACKING

SIM hijacking switches control of a phone account from the victim's SIM card to one in the scammers' possession. Criminals use personal details pieced together from social media (birthday, address, pet's name and so on) to pose as you, then instruct your phone network to transfer your number to their SIM - giving them access to all calls and texts meant for you, including one-time login passcodes.

## Advice for Parents & Carers

### DO SOME DIGGING

If you've received a call or text asking for specific information, research the caller's number. There are several websites that allow you to enter a phone number and will then display any relevant information about it - this usually includes feedback and comments from other people, so you can easily see if that particular number has been implicated in potential scams.

### TRY A CALL BLOCKER

If a suspicious call comes through on your mobile, you can manually block the number if you believe it to be dubious or a nuisance caller. Alternatively, you could consider installing a call blocker service on your phone. They automatically stop calls getting through from numbers which have been reported as suspicious, halting potential scammers in their tracks before they can reach you.

### VERIFY THE SOURCE

Never disclose confidential details to an individual or organisation you're unfamiliar with. If the caller claims to represent a company you trust but is still asking for personal information or payment on an outstanding charge, end the conversation. Then find the company's genuine number on a bill or on their website and call them directly to confirm if there really is an issue you need to address.

### BREAK OUT THE TECH

Lots of anti-virus software now also protects mobiles. Some anti-virus apps can detect phishing links in text messages and alert you to the risk. When you're out and about, try not to use public WiFi for sensitive transactions: it's far less secure than your home WiFi network. Instead, you could consider installing a VPN (virtual private network), which encrypts all data travelling to and from your phone.

### REPORT INCIDENTS

If you or a family member does give out confidential information to a caller you aren't sure about, contact the actual company mentioned to check if the call was genuine. If they confirm that the call was not made by their organisation, you should report it as a potential scam via the Action Fraud website and (depending on exactly what information was divulged) consider involving the police.

### BE WARY OF LINKS

If you get a message from an unknown number asking you to click on a link, report it as spam and do not open the link. One recent example 'warned' victims they'd been exposed to the Omicron variant and needed to click a link to buy a special test - only to find they had paid their money to scammers. Links can also install malware onto your device, so always treat them with extreme caution.

## Meet Our Expert

Formed in 2016, KryptoKloud provides cyber security and resilience solutions to its customers. With offices in the UK, the company offers managed service operational packages including cyber security monitoring and testing, risk audit, threat intelligence and incident response.



# A MUSICAL EXTRAVAGANZA

Starring

The Harts and Voices Choir

St John Fisher Children's Choir

Warrington Concert Band

**Thursday 19th May**

**7pm**

**The Foundry, Widnes**

**Tickets £8 via [www.hartsandvoices.com](http://www.hartsandvoices.com)  
Or Email [hartsandvoices@hotmail.com](mailto:hartsandvoices@hotmail.com)**

Join us for a night of Music Magic.

The school choir is taking part in this concert, it will be an exciting experience for them as they will be performing alongside two other local, talented groups—the Harts and Voices Choir and Warrington Concert Band.

The programme will include a variety of well known music.

My aim in organising this concert is to give the children an experience they will never forget, performing to a live audience, on a large stage with other talented musicians in a lovely venue. In addition, money raised from the concert will help to buy much needed sound and lightning equipment for the school hall for future productions. It has become customary for us to put on a 'good show' at the end of the year which is enhanced by good sound and lightning equipment. These items are expensive and a luxury that is beyond the school budget.

Please come and support us in this event, hopefully it will be a night to remember!

# Awards—Congratulations to the following children

## SMILE AWARDS



## SUPERSTAR AWARDS



## DOJO AWARDS





Here is the link if you wish to have a look at the Wednesday Word.:

<https://www.paperturn-view.com/uk/wednesday-word/change?pid=MTA101634&v=55.13>

23rd March 2022



## Dates for your Diary

26th April	Yr 4 Holy Communion preparation after school, collect from school at 4.15pm
26th April	Cricket competition for selected pupils
6th May	Yr 4 Rehearsal for Holy communion Mass, after school in <b>CHURCH</b>
7th May	Yr 4 Holy Communion Mass at 11am at St John Fisher Church.
9–12th May	yr 6 SATS
9-11th May	Yr 4 Residential to Crosby Hall
Week beginning 9th May	Yr 5 Bikeability
19th May	Choir singing at the Musical Extravaganza at the Foundry at 7.00pm

## Lunchtime and after school clubs

Tuesday before school (8.30am)	Running club, years 4 and 6
Tuesday after school	Multi skills for years 2 and 3
Wednesday after school	Choir with Mrs Cunliffe
Thursday before school (8.30am)	Running club, years 3 and 5
Thursday after school	Year 6 Sports Club with Mr Ray
Friday lunchtime	French Club with Miss Brown

## GENTLE REMINDER

Can we please ask all drivers to be more vigilant around the school area. There is an increasing number of drivers that are driving up to the gate to drop children off and reversing in a small space. This is very dangerous and we have had two close calls this week.