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St Agnes' Weekly News

The family of St Agnes loves, learns and grows together as followers of Jesus.

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OCTOBER

16th—Positive Relationships
& Behaviour at Home

Workshop 9am

16th— Parents Evening Years
1-6 3:30-6pm

17th—KS2 Cross Country
Event

18th—Class 3C Assembly
9:05am

18th—Parents Evening Years
1-6 3:30-6pm

19th—Governors morning—
8:30am in kitchen

19th—Reception parents
Phonics Workshop 9am

19th—Gymnastics Event
Years 1-4

19th—Year 6 Travel
Workshop

19th—Football Match V
King Alfred School

23rd– 27th Half term break

30th —School closed—
INSET Day

31st -School Re-opens for
children.

NOVEMBER

1st—FOSA AGM 2pm



Dear Parents

Parent Forum Reps

It has come to the time of year when we are approaching our first Parent Forum meeting of the new academic year— once Mrs O'Reilly has returned to school a date for the first meeting will be scheduled for after half term.

Parent forum reps (one per class) are parents who represent their classes at half termly meetings. This is an opportunity to bring forward ideas, make suggestions, discuss new initiatives and improve the offering for the pupils of St Agnes School. It would be wonderful to have a parent from every class who could commit to a brief meeting once every half term (these are always the Friday prior to the half term at 9am). Our Chair of Governors—Gill Abbott attends also, so it is an opportunity for Governor involvement too.

Please note that Parent Forum reps may be asked to discuss school issues of a general nature. These meetings are **NOT** an opportunity to discuss individual children or members of staff this must be clear and understood by all.

We have had some longstanding parents, who've attended the Parent Forum for several years. Whilst these parents are welcome to stand again and represent their child's class, it would be lovely to give other parents a chance!

Please give your name to the office if you feel you could be a Parent Forum rep, thank you.

Have a lovely weekend

Susan O'Reilly



Please see the information below where you can celebrate the weekly gospel at home with your family.

<https://www.paperturn-view.com/uk/wednesday-word/invitation?pid=MTA101634&v=106.8>

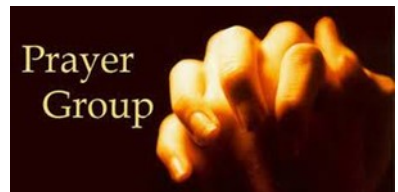
Parental Prayer Group

We have an exciting opportunity for parents and carers of St Agnes to take part in a prayer group in our school.

It would be an opportunity for you to reflect together and put forward any intentions you or the community may have.

It would be held on a Friday morning once a month and led by parents themselves using the rosary or other prayers that you wish.

Please let Miss Moran know, via the office, if you are interested in this.



Catholic Practice Forms

Catholic Practice forms are available from St Agnes' Parish office, please ring on 0208 452 2475 to arrange a time and date to collect forms.

Governor's Morning

The Governor's are holding a special coffee morning on Thursday 19th October in the new kitchen, where you can come along and meet them and ask any questions you may have for them.

Climbing Frames

Please ensure that children are not using the climbing frames at the start or end of the day as the school will not be held responsible for any accidents that may occur.

St Agnes vs St John

On Wednesday 11th October, St Agnes took part in the Dick Bailey Cup and played their first football match of this academic year.

St John's took the lead by scoring the first three goals, but soon after St Agnes' began to catch up thanks to Natan for scoring his goal. The game continued with both teams scoring back and forth until St John's finally won with a finishing score of 7 – 5. What a game!

It was very enjoyable and the staff at St John's commended St Agnes pupils' for their sportsmanship. Well done to everyone involved and thank you to Edina and Elizabeth for taking the team to Whitefields.

Congratulations to:

Yusuf, Nectarie, Sofia P, Natan, Mason, Zoe, Kyla, Emil & Makysm



Greener Neighbourhood

St Agnes is taking part in the Greener Neighbourhood Project. The project has been set up to focus on greening the spaces between our parks. Their aims are, "In Childs Hill we want to see more street trees, hedges, hanging baskets, window boxes and potted plants. We want everyone to hear more birds, see and smell more plants and enjoy greater biodiversity. Our first focus is on planting hedges in front of schools. That is because London is a highly polluted area, and children are particularly vulnerable to the effects of poisonous chemicals and gases which are caused by pollution."

This week, some of our eco-warriors helped plant in our first planter on Thorverton Road. They learnt about how to ensure the plants were secure and watered them after.

Matthew: It was a great experience which I thoroughly enjoyed. It was my first time at planting!

Willow: I enjoyed it and I learnt new facts about plants. It looks so vibrant and beautiful.

Olivia: They were plants that you plant in winter so they can flower in spring.

Giorgina: We found out the names of the plants. One of them is lavender.

Miss Duggan



World Mental Health Day



On Tuesday it was World Mental Health Day. Children across the school were set a talk homework to complete with a trusted adult. The task was to talk about their worries and fears. We know talking is so important for our mental health.



In their lessons this week, the children have been learning about ways to look after their mental health. One way is through mindfulness. As a school, we have implemented the Mindful Minute. Each day, there will be time for children to be mindful. This could be through listening to music, doodling, thinking about what they can see/hear or breathing exercises (to name a few).

Here are some ways you can take a Mindful Minute (or longer!) over the weekend:

- Spend time in nature
- Dance to your favourite music
- Get some exercise
- Draw or paint
- Talk!



Mrs Abbott-Myles

PSHE Leader

Dear parents,

We are looking for some 'book influencers' for our X social media.

This is to spark excitement with reading and get the children talking and recommending books to one another.

If your child would like to make a short video talking about a book recommendation it can be sent to office@stagnes.barnetmail.net

Miss Sheridan will then be in touch to check if you give permission for it to be uploaded to our X (Twitter) page.

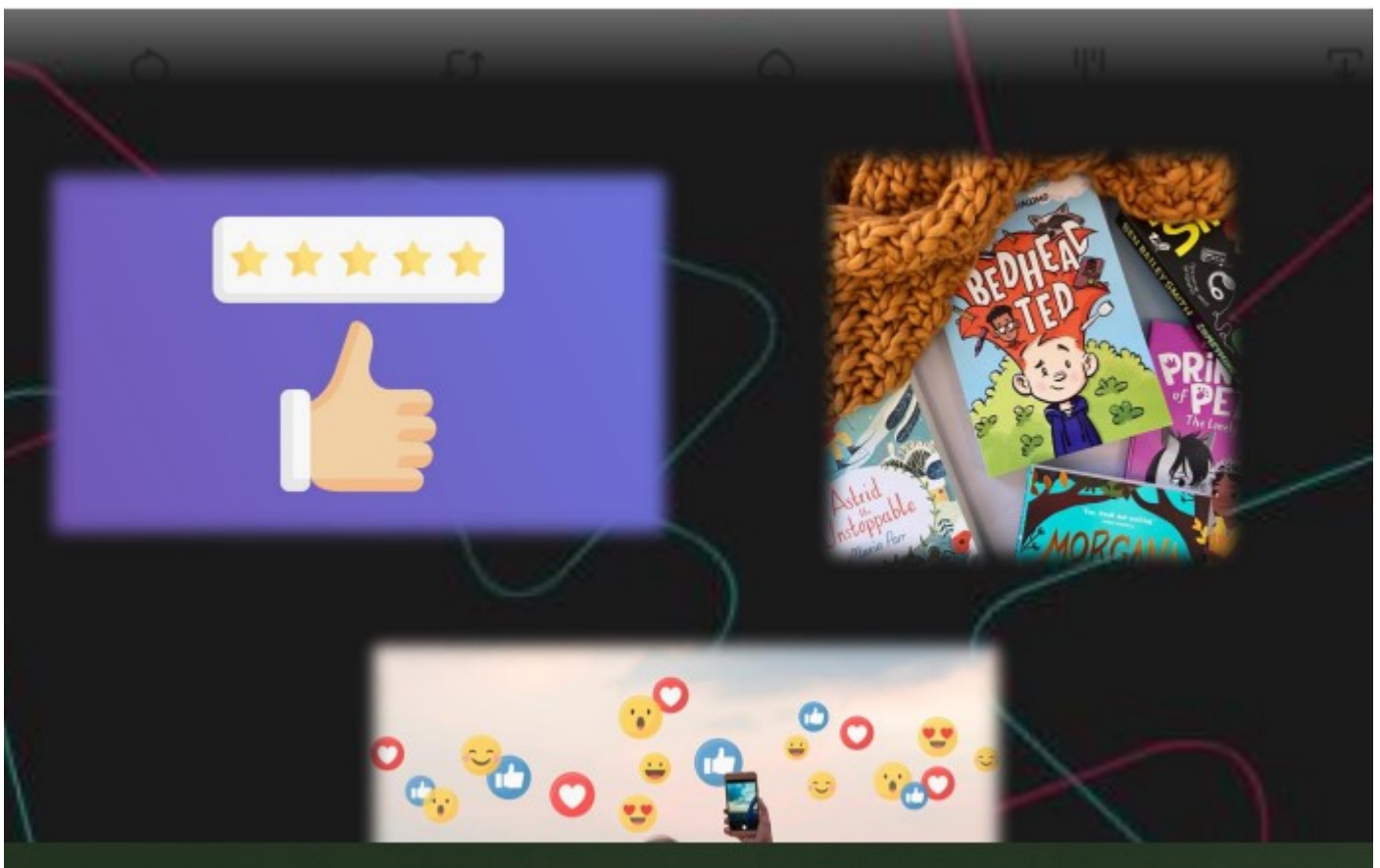
Your child's name/age will not be shared with the video.




St Agnes Catholic Primary School NW2 @stagnesnw2 · 1s



St Agnes' book influencers needed! Read a book, make a video review and post on our school Twitter. 📖😎



DONATE A BOOK



I often get asked how parents can donate books to the school. So I have created an Amazon book wish list. This is a way for you to donate a book that we need for our wonderful school reading library.

You will find the list at

<https://amzn.eu/biEs0qi>

At delivery if you pick the option to send the book to the "List Donation's gift registry address" the book will be delivered directly to the school. Alternativley you can get it delivered to your home address and bring it into school.

Many Thanks as always for your ongoing and wonderful support
Mrs Gale



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



<https://www.bbc.com/news/health-6047300> <https://www.dailymail.co.uk/health/article-6047300/How-to-support-your-child-with-upsetting-content.html> <https://www.unicef.org/press-releases/2022/04/20220420-uk-children-ukraine-conflict> <https://www.bbc.com/news/health-6047300>

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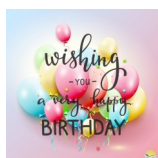
@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

Class	Star of the Week
1B	ON CLASS TRIP
1Z	ON CLASS TRIP
2C	Mehdi
2M	Jeremy
3C	Patrick
3G	Maksym
4AM	Charmi
4D	Olivia
5M	Jordan
5P	Maison
6M	Adriel
6S	Tommy
TT Rockstars	Class 5)
AFS	KS1 Barbara 1B
	KS2 Jahmase 6S
Reading Eggs	Leen 1Z

Birthdays: up to 15th October 2023

9th Veronica 6M & Noah Nursery
 10th Ronny 6M, Shireen 2C & Alicja 5M
 11th Evangel 1B, Siera RB & Zara RB
 12th Nathalia 4AM & Padra 5M
 13th Aldrich 4AM
 14th Luka Nursery
 15th Angelo RS



Weekly Attendance		
Class	Attendance %	Number of Lates
RB	92	2
RS	98	0
1B	97	2
1Z	92	4
2C	90	1
2M	98	0
3C	98	2
3G	95	1
4AM	100	2
4D	97	0
5M	97	1
5P	97	1
6M	97	0
6S	96	6
School Target 97.5%		

Safeguarding

The wellbeing of our children is of paramount importance to all staff. Should any person (parent or staff) have a concern regarding a child's wellbeing, please inform one of the school safeguarding team (Mrs O'Reilly, Mrs Hourihan, Mrs Gale, Mrs Breslin or our Chair of Governors Gill Abbott). In cases where school staff have concerns, they have a duty to discuss the issue with Social Services to seek further advice. This is the statutory obligation of all schools.

Thought of the Week

"More smiling, less worrying. More compassion, less judgment. More blessed, less stressed. More love, less hate."

Roy T. Bennett

