

Date 09/02/2024

Issue: 20

St Agnes' Weekly News

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

Head: Susan O'Reilly

Deputy Head: Jennifer Hourihan

Acting Deputy Head: Sophie Gale

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www.stagnesnw2.co.uk

FEBRUARY

12th - 16th Half Term

School Closed

19th - School Reopens

21st - Year 1 London Trip

21st - Class 3C Assembly

9:05am

22nd - Lent Retreat

23rd - Lent Retreat

23rd - Football match v

Orion School

26th - Governor's Morning

27th - Year 3 Westminster

Abbey trip

28th - Class 5P Assembly

9:05am

MARCH

1st - Mufti day fundraising
for 'A Church in Need
Charity'

4th - Year 5 British Museum
Trip

5th - Reading Breakfast

6th - Class 1Z Assembly

7th - World Book Day

Dear Parents

Happy Half Term!

The half term really has flown by in a whirl and the last five weeks seemed to have flashed past us so quickly. Although very quick, much has been achieved by the pupils and lesson observations, book scrutinies and talking to children have given a strong evidence picture of this. In addition to classroom learning there have been additional opportunities with many educational trips and sporting events attended. There have been regular assemblies and class masses in addition to the celebration of St Agnes day on 19th January. So a lot has been experienced in a short half term.

It was great to see so many parents coming to the school on Monday and Wednesday evening to meet their child's class teacher - as I said last week this is your chance to celebrate with your child what they have achieved and prioritise targets to work on in areas that need to be strengthened.

I am delighted to say that Mrs Hourihan will be returning to us in her previous role as Deputy Head (Monday-Thursday) after half term as she has officially come to the end of her maternity leave. I would like to thank Mrs Gale sincerely for her professionalism, enthusiasm and problem solving attitude over this last year as she took on the new role of Acting Deputy Head in Mrs Hourihan's absence - she has been simply brilliant and balanced her additional role with her classroom responsibilities. I would also like to thank the SEN team - Mrs Breslin and Mrs Hatshorn whom without Mrs Hourihan had a much increased workload and always rose to the challenge!

Wishing you all a great half term - let's hope the weather is kind to us. There is NO inset day upon returning and all children are expected to be in school on Monday 19th February to start the new half term.

Regards,

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/half-term-holiday-special?pid=MTA101634&v=119.3>

Date for your Diary

Our next Sunday family school/parish mass will be held on Sunday 10th March at 10.30am. Please keep this hour free as it would be great to see a packed church with our children leading the mass.



FOSA News

Many thanks for your support over the past 2 weeks.

We raised a great sum of £705.00 from the Junior Disco and for the Valentine's Mufti Day and cake sale we raised a total of £615.50.

This money will go towards workshops and extras that are not available from the school budget such as today's science workshops enjoyed by the whole school.

Thanks for your continued support

FOSA



Royal Opera House Workshops

This week year 4 took part in two workshops by the Royal Opera House. The workshops were Create and Dance and Create and Sing. We met the artists involved: the ballerinas, opera singers and pianists. They talked about the process of performing an opera and taught us some dance moves and songs.



Manuela: I really liked it, it was really fun! They have inspired me to do ballet.

Kenna: I learnt lots of ballet moves from the Royal Opera House and learnt how to sing parts. It was a great experience.

Aleksandra: It made me more confident in dancing and singing.

Che: We learnt to do some tricks in ballet.

Malak: I enjoyed using ballet to tell part of The Nutcracker story.

Finnley: "Ballet and football involve similar movements."

Tanuja: "The ballerinas show the story through their dance."

Elijah: "I enjoyed the performance."

Ana: "Their voices were very high pitched. The lady used very high notes!"

Miss Duggan

St Agnes' Catholic Primary School

Required for May 2024

Experienced Class Teacher to cover a Maternity Leave within the nursery setting (One Year Fixed Term Contract)

MPS/UPS

Group 3 School NOR 433 (including Nursery)

Thorverton Road, Cricklewood, London, NW2 1RG

Tel: 020 8452 4565 Email: office@stagnes.barnetmail.net

Headteacher: Mrs Susan O'Reilly

The Governors of St Agnes are looking to appoint an experienced class teacher to join the staff within our nursery at our extremely happy, successful and forward thinking school. **This is a one year fixed term contract as you will be covering a maternity leave.**

Do you want to be proud of the school you work at and enjoy your job?

Are you a highly motivated classroom teacher?

Are you someone who wants to make a difference to children's lives?

Do you like to make learning memorable?

The school was graded as **outstanding** in all areas in our most recent Ofsted inspection (October 2019) with inspectors commenting *'Leaders and teachers provide an education of exceptional quality.... It is an exciting and friendly place to be'*. Our February 2022 section 48 inspection graded us as **outstanding** in both the RE Curriculum and the Catholic Life of the School.

We can offer you:

- a warm and welcoming Catholic community where the well-being of all is highly regarded
- children who love coming to school, whom demonstrate resilience and enthusiasm for learning
- a supportive and friendly staff team
- the possibility of handover days with the current teacher
- a modern stimulating learning environment
- excellent classroom resources (including Pritt Sticks!)
- guaranteed PPA time each week, working alongside your EYFS colleagues
- great quality CPD
- good transport links
- on site car parking
- enthusiastic governors and supportive parents and most important of all wonderful children!

Please feel free to look at our detailed website to get a flavour of who we are, in addition we would encourage interested candidates to visit the school. We are happy to show you who we are. Please contact the office to arrange a convenient time.

Closing date: Monday 26th February 2024 (noon)

Interview date: Thursday 29th February 2024

CES application forms are available from and returnable to the school. Please phone or email for an application pack.

St Agnes is committed to safeguarding and promoting the welfare of children, young people, and vulnerable adults and expects all staff and volunteers to share this commitment. Appointment is subject to an enhanced DBS check.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@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: 31.01.2024

Class	Star of the Week
1B	Azzura
1Z	Afiya
2C	Kendall
2M	Temi
3C	Nika
3G	Zara
4AM	Grace
4D	Benji
5M	Enzo
5P	Daisy
6M	Emmanuel
6S	Grace
TT Rockstars	Jahmase 6S
AFS	KS1 Eina 2C
	KS2 Andrii 5P

Autumn Term Attendance		
Class	Attendance %	Number of Lates
RB	90	6
RS	91	1
1B	94	1
1Z	96	4
2C	96	1
2M	95	1
3C	96	1
3G	94	0
4AM	91	1
4D	96	6
5M	95	5
5P	95	0
6M	91	3
6S	97	1
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.

Birthdays up to 18th February 2024

5th Prince 1Z & Judith 5P
6th Giorgina 4D & Targol 6S
7th Eliza 2C, Laura 2M & Jhia RS
9th Jojo 1Z, Kyra-Lin 1B & Bianca 2C
10th Luisa 6S & Eliana RS
11th Francesca 5P
14th Atarah RS, Sofia P 6M & Emilia 3C
17th Bridget 1B & Kayleigh 2C
18th Jason 3C



Thought of the Week

'Anyone who does not love does not know God, because God is love'

John 1: 4-8

