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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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## APRIL

25th—Children taking part in  
London Mini-Marathon

27th—Mock SATs Week

## MAY

1st—St Agnes' Mini Marathon  
at Clitterhouse Playing Fields  
Years 4-6

4th—SCHOOL CLOSED MAY  
BANK HOLIDAY

5th—Parent BICS Workshop  
'Understanding Anxiety in your  
children'

11th—15th SATs Week

12th—Reception Handwashing  
Workshop with school nurses

13th—Year 3 Trip to Natural  
History Museum

20th—Parent Forum 9am

20th—Year 6 School Journey  
Meeting 2:15pm

22nd—Pathways Day

22nd—Break up for Half  
Term—normal collection time.

25th—29th—School Closed for  
Half Term

## JUNE

1st—School Closed Inset Day

2nd—Children return

Dear Parents,

### A look back at this week

#### Gospel Assembly

In Monday's KS2 Gospel assembly I decided to not read the Gospel reading from the day before but to do things a little differently. As it is the start of the new Summer Term and it is so good to see the children growing and maturing, I decided to plan an assembly around the theme of '**Showing My Best Self**'. With the children we explored what it really means to show the best version of yourself and we broke it up into three categories - physical health, emotional health and academics. The children then reflected on the qualities they admire in their friends and what are their own individual best qualities, leading to be the best possible versions of themselves. We also recognised that sometimes things get in the way of us being our 'best selves' and how we need to work to resist and overcome these things. It was a great opportunity for us all to set personal goals at the start of the new and final term.

#### Headteacher Conference

You may have missed me on the gate yesterday and today - I am away in Oxford at the annual Westminster Diocese Headteacher conference. This is always a great opportunity to take time away from school and do some learning of my own! It is through both the sessions offered at conference and in talking to colleagues that I always come away with a new idea or something to implement, adapt or change when back. I look forward to seeing you on Monday.

#### Retirement of Margaret McLaughlin

After 19 years of service to the school as an employee, preceded by a few years in the role of volunteer and as a parent prior to that Margaret has decided to leave at the end of the Summer Term and take her well deserved retirement. All in all Margaret has had involvement with St Agnes' School for 31 years - wow! Whilst we absolutely wish Margaret nothing but health and happiness for her next adventure, I think we can all agree that she will be an absolute loss to our school community.

Margaret's job has changed so much over the years and she has always adapted to the role she was asked to do - her professionalism, enthusiasm and desire to do the best job possible will be missed by us all - pupils, staff and parents. On a personal note Margaret has supported me as Headteacher amazingly well and in the low moments I experienced from time to time, she was always there. We are about to recruit to her role and will advise once this appointment has been made.

Wishing you all a great 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/wednesday-word/good-news?pid=MTA101634&v=163.4>

### **St Albans House Point Treat**

On Monday, the St Albans House Captains led their house in outdoor party games. Thank you to the House Captains for organising fun games as a treat for coming first in the house points in Spring 2.

The race is on this half term to see who will win.

Good luck to all!

Mrs Gale



### **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 Gale, Mrs Breslin or our Chair of Governors Lisa Pate).

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.

### **Pupil Premium:**

The school receives additional funding for some families. This funding is used to enhance your child's learning in many different ways e.g. additional support, learning experiences and may help with payments for school trips. This funding is a vital part of the school's budget so please read the criteria below to see if you qualify.

If either parent is on income support, job seekers allowance, is in receipt of child tax credit but not working tax credit and has an income less than £16,190 or is an asylum seeker supported by the NASS or the local council.

## Peter Pan Workshop

Years 1 and 2 had a very exciting drama workshop on Monday. The children had a wonderful time exploring the theme of Peter Pan and using drama, dance and singing to help develop their confidence, concentration and social skills.



In the workshop, we were trying to get the treasure from Captain Hook and we froze like one of his treasures so he couldn't see us!" Eliana

"We were moving in different directions around the room and using different movements. We were learning about the friends of Peter Pan." George

"We had to close our eyes and pretend to be a pirate or a mermaid!" Luca

"We had lots of fun. Captain Hook didn't know why his treasure kept moving! We tricked him!" Gabriela

"The workshop was amazing because we got to pretend to be in a pirate ship". Valentino

"In the workshop, we got to play games and have fun. We could choose to be a mermaid or a pirate." Atarah

Mrs Abbott-Myles

### Lateness

We are seeing an increasing number of children not being picked up on time after school - a reminder that EYFS and Years 1 & 2 finish at 3.10pm and Years 3-6 finish at 3.15pm.

We understand that sometimes there can be unexpected delays and we would ask that you call the school office to let us know so we can communicate this to the class teacher and your child. It is not nice for a child to be kept waiting a long time once their classmates have gone home.

If you have not called the school office are more than 5 minutes late it is possible that staff will place your child into LBL After School Club and you will be charged - staff need to do this as there are meetings to attend, booster sessions to run and preparation for the following

### Quiz Night Save the Date

FOSA invite you to save the date for the St Agnes quiz - 12 June from 6:30pm.

Tickets go on sale soon.

Looking for volunteers to help on the night, make food, and form a team..

All welcome



### London Mini Marathon 2026

We are incredibly fortunate at St Agnes to have secured **15 entries** into the **London Mini Marathon** on **Saturday 25th April**. We have entered the ballot for many years, and it feels fantastic to be able to say that **2026 is our year**.

We are proud to have **15 enthusiastic children from Years 4 to 6** representing our school, all ready to give their best effort and cross that finish line with pride.

Our runners have been training hard every Thursday at Fitness Club, working to build their **strength, stamina and endurance** in preparation for this exciting event. Their commitment and determination have been excellent to see, and we know they will represent St Agnes brilliantly.

We wish all of our runners the very best of luck and look forward to sharing the results with you next week.

Ready...set...go!!

Miss McSweeney



# What Parents & Educators Need to Know about STREAMING SERVICES

## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

See full reference list on our website

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| Class        | Child's Name |
|--------------|--------------|
| RM           | Daniel       |
| RZ           | KC           |
| 1AM          | Zaen         |
| 1M           | Isabella     |
| 2D           | Vince        |
| 2HK          | Stefan       |
| 3FW          | Celine       |
| 3M           | Rien         |
| 4I           | Alia         |
| 4M           |              |
| 5J           | Emilia       |
| 5N           | Binisha      |
| 6C           | Keagan       |
| 6P           | Malak        |
| TT RockStars | Zachary 6P   |
| Reading Eggs | Julia 2HK    |
| CDM- French  | Krystian 2HK |

| Weekly Attendance |              |                 |
|-------------------|--------------|-----------------|
| Class             | Attendance % | Number of Lates |
| RM                | 95           | 5               |
| RZ                | 97           | 7               |
| 1AM               | 93           | 4               |
| 1M                | 94           | 2               |
| 2D                | 100          | 5               |
| 2HK               | 98           | 3               |
| 3FW               | 96           | 8               |
| 3M                | 97           | 6               |
| 4I                | 97           | 5               |
| 4M                | 98           | 6               |
| 5J                | 99           | 0               |
| 5N                | 99           | 5               |
| 6C                | 94           | 4               |
| 6P                | 97           | 4               |



### **Birthdays: up to 26th April 2026**

20th Elisa Nursery & Emma 3FW

25th Alexandra Mae 3M, Serah 1M & Timothy 6C

26th Aidan RM & Florence RZ



### **Thought of the Week**

Spring: A lovely reminder of how beautiful change can be.

Anonymous

