

*"We love, learn and succeed
following Jesus"*

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Safeguarding:

At St. Basil's Catholic Primary School we are committed to providing a nurturing, caring and safe learning environment where pupils thrive, are confident, happy and secure. **If you have any safeguarding concerns, then please speak to one of our Designated Safeguarding Leads.**

For further information about Safeguarding at St Basils please see the following documents by either clicking the link or scanning the QR code;

Safeguarding Parents Leaflet

Child Friendly Leaflets

[20097821 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/20097821) [23754581 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/23754581) [23754584 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/23754584)



Foundation stage
to Year 4



Years 5 & 6

Designated Leads for Safeguarding at St Basils:

Mrs Sheppard (HT)

Mrs O'Donnell (DHT)

Mrs Bond/Miss Yearley (Family Liaison & Welfare Officers)

Miss Abbot/Mrs Jones (SENCO)

Mrs McCabe (Attendance)

Mr Duffy (Pupil Welfare Governor)

Attendance update

Please be aware that students who have an attendance of below 90% will not have their absences authorised unless medical evidence is provided.

You can view your child's absence record via the School Gateway App. You access this via the reporting tab and then Attendance, it will give you your child's attendance rating.

Thank you for your co-operation.

WEEKLY ATTENDANCE (Colour coded in line with the traffic light system)

Week commencing 22.01.24



FSAR	1DD	2LG	3NC	3AW	4CG	4GS	5JS	6CH	6KL
90.4	92.7	87.4	71.8	86.8	72.4	95.7	92.7	94.8	90

PARENT CONSULTATION MEETINGS

Parents evening is an important opportunity for you to discuss your child's progress and targets with their teacher. This term Parent consultation meetings will take place on:

Monday 5th February – 3:30pm – 5:30pm

Wednesday 7th February – 3.30pm – 5.30pm

The consultation meetings will take place in person in both KS1 and KS2 school halls and each appointment will be 10 minutes.

Appointments will need to be booked online via our School Spider App. If you haven't already please download the app from your usual app store, select St Basils and create an account with the email you have registered with school. A parent guide with instructions for downloading the app has been included with this letter.

Appointments will be available to book from 4pm on Monday 29th January. If you have any problems using the School Spider app or booking your appointment please contact the school office.

FSAR and Year 6

We have recently sent emails with information about the upcoming NHS height and weight checks for children in year 6 and reception and vision and hearing checks for the children in reception.

Please check your emails and if you want to opt your child out of these checks, you will need to follow the instructions provided in those emails.

Thank you



Welcome to the early Spring edition of the **Healthy Schools Newsletter**.
News for parents/carers, can be found here: <https://padlet.com/HaltonHIT/kxkmsfbkonytivbs>

DATES FOR YOUR DIARY



Y1 Collective Worship - Wednesday 7th February

Parent Consultations - Monday 5th February and Wednesday 7th February

School Closes for half term break - Friday 9th February 3.20pm

School reopens - Monday 19th February

Scholastic Book Fair - Monday 11th to Wednesday 13th March

Please check for updates on future newsletters

Thank you!

School Meals week commencing 05.02.23 is Week 2 Menu

NUTRITIONIST APPROVED ✓		5				
WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MAIN DISH	Quorn cottage pie	Lasagne & garlic bread	Roast of the day with gravy and roast potato	All day breakfast	Fish of the day with chips	
VEGETARIAN MAIN DISH	Quorn Hot Dog & Wedges	Quorn lasagne & garlic bread	Quorn roast with gravy and roast potato	Vegetarian breakfast	Vegetable burger with chips	
ACCOMPANIMENTS	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	
DESSERTS	Strawberry Whip	Chocolate sponge & Custard	Lemon muffin	Ginger cake	Cheese & Crackers	
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	
DRINK	Cheese	Tuna	Beans	Tuna	Cheese and beans	



MENU



Variety is the key to a healthy diet. try something new today!

- MEAT FREE MONDAY
- 5 OF YOUR 5 A DAY
- CHEF'S CHOICE



SAVE the DATE

Safer Internet Day

2024 | Tuesday
6 February

www.saferinternetday.org



NSPCC Advice for Parents



<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

'Inspiring change? Making a difference, managing influence and navigating change online'

On Tuesday 6th February, it is Internet Safety Day. The children in school will be taking part in activities all about how to keep safe online. The children in different year groups will be focusing on different aspects of internet safety. On Friday 9th February, KS2 will be attending a drama production by AltruDrama!

Information for parents from UK Safer Internet Centre UK:

Staying up to date with what children are doing online can feel like a challenge sometimes. Here are a few simple steps you can take to help bridge the gap:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/things-change-so-fast-online-its-hard-to-keep-up-with-what-my-child-is-doing-2>

My child keeps asking to play a game, or download an app that I don't know about, what can I do? The easiest way to address this is to research the game or app before you download it, to see what it is and what it offers e.g., in-app purchases, or connection with others etc.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/my-child-keeps-asking-to-play-a-game>

My child is asking for a new device and I'm not sure they're ready for one

It's important to think carefully before getting any kind of device for your child. Not only can it be an expensive decision, it's also necessary to consider the 5 'Ws'.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/my-child-is-asking-for-a-new-device-and-im-not-sure-theyre-ready-for-one>

I'm not sure if the content my child is watching is a good influence on them, what can I do?

Children begin to be influenced by the content they watch as soon as they're old enough to go online.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/parents-and-carers/im-not-sure-if-the-content-my-child-is-watching-is-a-good-influence-on-them-what-can-i-do>

My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?



0151 422 0031

INFO@WIDNES.FOODBANK.ORG.UK

WWW.WIDNES.FOODBANK.ORG.UK

MONTHLY SHOPPING LIST

February 2024



Every food item generously donated to our foodbank will help to save a life. This month, we're asking if you could especially donate...

TOP THREE ITEMS

-  UHT Juice 1l
-  Tinned Mince/Steak
-  Jam

-  Tinned fish
-  Rice 500g
-  Chocolate/Treats
-  Coffee
-  Size 5/5+/6 nappies

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as an social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



National
Online
Safety

#WakeUpWednesday

Source: <http://bit.ly/www.chitwins.com/intergov.uk/inset/the-big-ds-report-2020>
<https://www.org.gov.uk/people/online-communication-and-digital-justice> | <https://www.org.gov.uk/people/online-communication-and-digital-justice>



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/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: 29.03.2023



Family Breakfast

Every Morning
8:15am-8:40am



St Basil's welcomes all parents/carers to join their children for breakfast from 8:15 every morning in the Key Stage 1 Hall.

- All children must be accompanied by an adult
- No advance booking needed.



BASIL TOTS PLAYGROUP

WEDNESDAY MORNINGS
9AM - 10.30AM

EVERYBODY WELCOME

£1 ENTRY - REFRESHMENTS PROVIDED



St. Basil's
Catholic Primary School

St Basil's Catholic Primary School
Hough Green Road, Widnes, Cheshire, WA8 4SZ

Telephone: 0151 424 7887



St. Basil's
Catholic Primary School

PRE-SCHOOL

at St Basil's Catholic Primary School

3-4 Year Old Places

Ofsted
Good School

Available Now



Offering morning,
afternoon and full days
for 15 and 30 hour
funded places.

**BOOK NOW PLACES
ARE AVAILABLE**

Please contact the School Office on
0151 424 7887
to book an appointment

St Basil's Catholic Primary School
Hough Green Road, Widnes, Cheshire, WA8 4SZ
Telephone: 0151 424 7887

*We love, learn and succeed
following Jesus*

You are always welcome to any mass within St Wilfrid's Parish, timetable is below

Mass & Service Times

Sunday Mass Times

Saturday Vigil	St Bede	5.00pm
	St Basil	5.00pm
Sunday	St Bede	9.00am
	St Michael	9.30am
	St John Fisher	10.30am
	St Bede	11.15am
	St Bede	4.00pm

Weekday Mass Times (see parish newsletter for weekday variations)

<p>Monday</p> <p>St Basil</p> <p>9.00am Exposition & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Tuesday</p> <p>St Bede</p> <p>11.30am Exposition & Holy Rosary</p> <p>12 Noon Holy Mass</p>
<p>Wednesday</p> <p>St Bede</p> <p>6.30pm Exposition & Evening Prayer</p> <p>7.00pm Holy Mass</p>
<p>Thursday</p> <p>St Michael</p> <p>11.30am Exposition & Holy Rosary</p> <p>12 Noon Holy Mass</p>
<p>Friday</p> <p>St John Fisher</p> <p>9.00am Exposition & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Saturday</p> <p>10.00am Holy Mass</p> <p>10.30am Confessions and Holy Rosary</p>

St Bede's Church is open for private prayer Monday to Friday 10.00am - 13:00pm