St.Basil's

Catholic Primary School

"We	love,	learn	and	succeed
	follo	owing	Jesi	us"

JANUARY 2024						
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29	30	31				

Safeguarding:

At St. Basil's Catholic Primary School we are committed to St Basils: 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 Leaflet

Designated Leads for Safeguarding at

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)

20097821 (stbasilsprimary.halton.sch.uk)







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.

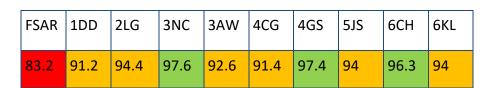
You can view your child's absence record via the School Gateway App. You access this via the reporting tab and then Attendance, it will give you your child's attendance rating.

Thank you for your co-operation.

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

Week commencing 15.01.24

Well done to class 3NC with the highest rate of attendance!!





DATES FOR YOUR DIARY



NSPCC Number Day - Friday 2nd February

Y1 Collective Worship - Wednesday 7th February

Parent Consultations - Monday 5th February and Wednesday 7th February (full details to be provided in due course)

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 29.01.23 is Week 1 Menu

NUTRITIONIST

WEEKI	MONDAY 🛞	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Quorn curry with 50/50 rice 8 naan bread	Chicken goujon wrap with herby potatoes	Roast of the Day with roast potatoes and gravy	Pepperoni pizza	Fish of the day with chips
VEGETARIAN MAIN DISH	Quorn hotpot with crusty bread	Vegetable meatballs in a tomato sauce with spaghetti	Roast Quorn ¹⁸ fillet with roast potatoes and gravy	Cheese 8 tomato pizza	Quorn nuggets with chips
ACCOMPANIMENTS (5)	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Chocolate sponge & custard	Flapjack	Carrot cake	Shortbread biscuits	Jam coconut sponge
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTAT	Cheese	Beans	Tuna	Cheese and beans	Tuna

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS? 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.

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 height 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 pinas?"

BLURRED BOUNDARIES

There are now so many ways we can communicate online it real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer guickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cases 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 anline conversations can cause damaging feelings of lonelines and isolation.

DISGUISED DISTRESS

Children often haven't yet developed he emotional resources to deal with many of the setbacks of everyday ifa, so identifying when it's specifically something online that's worried them can be tricky. A certain evel of stress is a normal respanse to a problem: It spurs us into action to keep ourselves sale. If the stress excessive, though, it can feel swerwhelming and certainally lead

ANTI-SOCIAL SOCIALS

Social medio can bring people together in hugely positive ways. Sadly, if does also have a darker side, including flame war arguments which can escalate quickly and have hurtful consequences. With so many people looking an group shaming situations are also common - while there are continual apportunities 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.

talk it out

If a child mentions a comment that's been directed at then in a text chat at an social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any preceives 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 aget any concerns out in the open.

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 fess trigaged and more in control.

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, arxious or withdrawn, it could be a sign that samething is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

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Healthy emotional regulation balances three systems; threat, three and grounding. Down the various rabbit holes of the internet, however, that balance can easily sig 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.

BE KIND: UNWIND

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

Meet Our Expert

Dr. Carde Francis - Smith a an experienced coult-relling prochalogest who special sea in promoting safe and attitude of ear oriminate officials, the consults with and affect he experienced safe to businesses and argonization proportion of the consults with a sea of argonization proportion on a finite consultation of the communications of the business of the communications of the business of the communications of th





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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.



As the borough of Halton turns 50, we have created a list of 50 Quirky Things you can only do in Halton. Download the leaflet and start discovering our 50 quirky things. Don't forget to share your selfies or pictures of yourself doing any of the 50 Quirky Things, then POST and TAG Visit Halton's Social Media using the hashtag #HaltonHighlights for a chance to win a prize.











"You can visit the following link for more information on Halton turning 50"

Halton 50 | Visit Halton





PRE-SCHOOL

at St Basil's Catholic Primary School

3-4 Year Old Places 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 varations)

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

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