

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	30	31

"We love, learn and succeed following Jesus"

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 Abbott/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 04.03.24

Well done to class 4CG with the highest rate of attendance!!



FSAR	1DD	2LG	3NC	3AW	4CG	4GS	5JS	6CH	6KL
90.4	91.5	93.7	98.8	98.9	99	94.8	94.7	91.9	96.8

Sleep Drop in Session - 21st March from 2.15pm

Does your child suffer with sleep issues?

The school nurse will be holding a drop in session at school for parent/carers on Thursday 21st March from 2.15pm.

Please come along for some advice and ask any questions you may have about your child's sleep.

Thank you

HALTON HEALTH IMPROVEMENT

Fit 4 Life
Bite Size Sessions

Is your child asking for the new 'craze' drink? We shed some light on the new drink 'craze' that has got our children hooked. We will look at the different types of sugars and caffeine and how the body and the brain uses them both. We will also look at how to encourage children to come away from their screen and get more active!

Join us on Tuesday 19th March ONLINE at 6pm for our Physical Activity & Sugar workshop – Places are limited!

[Book your place here!](#)

DATES FOR YOUR DIARY



School nurse sleep drop in session for parent/carers - Thursday 21st March from 2.15pm

Easter Bonnet Parade Preschool & KS1 Children - Thursday 28th March

School closes for the Easter holidays on Thursday 28th March at 3.20pm and will reopen on Tuesday 9th April.

Inset Day - Monday 8th April

Thursday 18th April - Y4 Tattenhall Residential Trip

Thursday 18th April - Y3 Catalyst Residential Trip

Please check for updates on future newsletters

Thank you!

School Meal Menu W/C 18.03.24 is Week 2

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/TOPPING	Cheese	Tuna	Beans	Tuna	Cheese and beans	



MENU



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



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

Easter Bonnet

Parade

KS1 Children & Preschool



Thursday 28th March

**Prizes for the
best bonnets!**



Thursday 7th March 2024

Dear Parents and Carers,

On the afternoon of Thursday the 21st of March, the children across school will be taking part in a fundraising event to raise money for CAFOD. This is an international development charity who reach out to people living in poverty with practical help, whatever their religion or culture. CAFOD is the official aid agency of the Catholic Church in England and Wales. Through their work, CAFOD also campaign for global justice, so that every woman, man and child can live a full and dignified life. The focus of the campaign this year is to support the fishing community in Liberia.



Further information about CAFOD can be found on their website using the link below, including a children's video which explains more about the community that we will be helping:

<https://cafod.org.uk/education/primary-teaching-resources/lent-resources-for-children>

Our involvement in this project is a perfect way to show our commitment to helping others who are experiencing a difficult period in their lives. This is particularly appropriate during the current season of Lent. To get into the spirit of the day, we would love the children to wear a small item of **purple** clothing **along with their usual school uniform** and bring in a donation of 50p for this. This could be for example, purple socks, tights, hair accessories, scarf, hat or rosette. Purple is the colour used by Christians during the season of Lent, in preparation for Easter.

During the event, the children will walk along different routes marked out on the school field. Along the way we will be collecting facts as well as fish tokens which they will deliver to our fishing net! This year we are also delighted to invite parents to join us for the event. If you would like to be involved, then please arrive at school for 2pm on the day so that we can sign you in and issue you with an event wrist band to wear. For safeguarding purposes, we can only allow parents to accompany their **own** child/grandchild on the walk and supervise them closely as the field is likely to be quite busy. All other pupils will be supervised by school staff.

Attached to this letter please find an envelope in which we invite you to donate whatever money you can manage to - from family, friends or neighbours. Every little helps! Please seal the envelope and mark it with 'CAFOD donation' and drop it into the office or send it into class with your child on Thursday 21st March. We will let you know how much money we raise following the event.

Many thanks for your support!

The St Basil's Staff



EASTER Sports Camp

For ages 6 – 11 years, 9am – 3pm

SEND Friendly

£10 a day (half price sibling discount available)

Frank Myler Pavilion, Liverpool Road, Widnes

If your child gets FREE SCHOOL MEALS get in touch as we have funded places

Tuesday 2nd April

Wednesday 3rd April

Thursday 4th April

Friday 5th April

Booking is essential: all forms and payment needs to be in a week before camp starts.



Department
for Education

To book email:

jenny.zielski@halton.gov.uk





Measles is an unpleasant illness, and most people who catch measles become very unwell, with many people admitted to hospital. Measles can be serious, and babies and young children, pregnant women, and people with weakened immunity are at increased risk of complications such as pneumonia, ear infections and seizures. In rare cases, people infected with measles will die. In the West Midlands, half of the people who have had measles have had to be admitted to hospital.

Measles is very infectious, and spreads easily among people who are unvaccinated. Spending 15 minutes or more in direct contact with someone who has measles is enough to catch the infection. A child who has measles will infect nearly all of the unprotected children they come into contact with. This means that if an unvaccinated child spends time with someone who has measles, it is highly likely that they will catch measles.

It's really important that if you think you have symptoms of measles that you stay at home and phone your GP or NHS 111 for advice.

Although most children who live in Halton have been vaccinated against measles, there are still many children who have not had two doses of MMR vaccine and remain unprotected.

Measles is not just a childhood disease. Many adults are also at risk if they are not vaccinated, particularly pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

Protect against measles with MMR vaccination

MMR vaccination is the best way to protect children and adults from measles. It is extremely effective, and has been proven to be safe - with millions of doses given in the UK. It is really important that children receive two doses of MMR vaccine to ensure that they are protected.

Children should have their first dose of MMR vaccine when they are 1 year old, and the second dose when they are 3 years and 4 months old. If you are a parent or carer please check your child's red book, or contact your GP if you are unsure whether your child has had their MMR vaccinations.

If your child has not had two doses of MMR vaccination, it is really important to contact your GP practice as soon as possible to arrange for them to be vaccinated.

Children and adults of any age can have free MMR vaccinations. If you have any questions about MMR, the nurse will be happy to answer these at your appointment before your child has the vaccine. If you are an adult who has not been vaccinated, you can also arrange this with your GP.

Measles symptoms

Measles usually starts with cold or flu symptoms, including a high temperature, a runny or blocked nose, sneezing and a cough. People may have conjunctivitis or red, sore eyes.

The measles rash usually appears a few days later. The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and may join together to form blotchy patches. Some people may also get small spots in their mouth.

If you or your child have a rash which could be measles, you must not attend work or school, and you must contact your GP as soon as possible. It is really important to phone ahead, and not just turn up at the GP practice, so that the GP can make arrangements to protect their other patients.

People with measles are infectious for four days before the rash appears, and for four days afterwards. People with measles must stay at home during this period.

Living Well Bus

The Living Well bus is visiting the borough to offer MMR vaccination, as well as other routine UK immunisations on these dates:

Friday 1 March 2024	Brookvale Family Hub (Runcorn)	11:30am-5:00pm
Saturday 9 March 2024	Jellybeans Play Centre (Widnes)	10:30am-4:00pm
Friday 15 March 2024	Halton Lodge Family Hub (Runcorn)	10:30am-4:00pm
Thursday 21 March 2024	Kingsway Children's Centre (Widnes)	10:30am-4:00pm
Tuesday 26 March 2024	Windmill Hill Family Hub (Runcorn)	10:30am-4:00pm



NHS

1 in 5

children with
measles may need
a hospital visit



If you or your child have
missed measles, mumps and
rubella vaccinations, book
now at your GP surgery

Worried about pork gelatine in vaccines?

You can ask for the MMR vaccine that does not
contain this ingredient (Priorix)

www.nhs.uk/mmr

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'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.

WHAT ARE THE RISKS?

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.



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.

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.



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

Bebecca Jennings has more than 30 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

NOS National Online Safety
#WakeUpWednesday



Childcare
Choices
Supporting families
with childcare costs
childcarechoices.gov.uk



ATTENTION PARENTS OF 3 AND 4 YEAR OLDS

All 3 and 4 year olds are entitled to 15 hours funded childcare from the term **after** their 3rd birthday

Children of Working Parents may also be entitled to 30 hours funded childcare per week

To find out if you qualify and apply for an eligibility code, go on-line to:

www.childcarechoices.gov.uk



IMPORTANT

Parents need to apply for their 30 hour eligibility code **THE TERM BEFORE** they want to claim 30 hours

To ensure you can claim 30 funded hours childcare from **April 2024**, Childcare Choices advise parents to **apply for their code NOW**. Any applications received after 31st March 2024 will not be eligible to claim the additional hours in the summer term

To be eligible for 30 hours from April 2024, both parts of the criteria below must be met:

- The child must be 3 or 4 years old **before 31st March 2024**; and
- Working parents must have applied and been issued with an eligibility code with a start date **before 31st March 2024**

DON'T FORGET

Parents who have already applied and are eligible for 30 hours are reminded that they **MUST RE-CONFIRM ELIGIBILITY EVERY 3 MONTHS**, by logging into their Government Gateway account, otherwise the code will expire and become ineligible.

If you have any questions, speak to your childcare provider



0151 422 0031

INFO@WIDNES.FOODBANK.ORG.UK

WWW.WIDNES.FOODBANK.ORG.UK

MONTHLY SHOPPING LIST

March 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



Tinned Fish



Tinned Mince/Steak



Tinned Fruit



UHT Juice



500g Rice



Tin Ham/Corned Beef



Biscuits/Treats



Shampoo

Donations are welcome all year round and can be left in the entrance hall donations box. Thank you!



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