



Go, shine in the world and live as Jesus lived, with compassion, honesty and integrity.



# St Joseph's Primary School Newsletter

Friday 12th February 2021

## Dear Parents and carers

This week, it was Safer Internet Day. Safer Internet Day is celebrated across the globe in over 170 countries, with thousands of young people joining in across the UK to explore how they can use the internet responsibly, respectfully, critically and creatively. The theme of this year's Safer Internet Day is helping to create an internet we can trust.

In this week's assembly, we talked about knowing what to trust online and the strategies we could use to question, challenge and change the online world. Safer Internet Day is a great opportunity for you to talk to your child about online safety – so do try out some of the learning activities included in the pack I have sent you with this week's newsletter email. You could also ask your child about what they like to do online, use their favourite app or game with them, or even ask your child for their best tips for staying safe online. Find out more here: [saferinternetday.org.uk](http://saferinternetday.org.uk).

Wondering how to help your child stay safe online? Be SMART with a heart and talk to your child about the top tips for using the internet safely and positively, using the poster below.

Wishing all of our wonderful children, teachers, parents and carers a peaceful and relaxing half term break. Do stay safe and keep well! We look forward to seeing the children back on screen for their online lessons on Monday 22nd February : )

With best wishes Mrs. O'Reilly and Mrs. Jackson

**BE SMART ONLINE**

**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

**BE SMART WITH A HEART**  
Remember to always be smart with a heart by being kind and respectful to others online. Make the internet a better place by helping your friends if they are worried or upset by anything that happens online.

WWW.CHILDNET.COM

The Francis Crick Institute - Making Mayhem: The Mega Science Quiz Live! 18th Feb 11am

Science On Your Doorstep - family activity pack

There are some great ideas for science activities to do at home during the half-term. I have also included these in the email I have sent you today.

## Testing Positive for Covid-19 during Half Term...



The school remains part of Test and Trace over the half term break. Therefore, if your child has been attending one of the hubs at St Joseph's this week and they - or someone in your household - test positive for Covid-19 over half term, please send us an e-mail to

[admin@stjosephs.camden.sch.uk](mailto:admin@stjosephs.camden.sch.uk)

to let us know. This is really important, so that we can notify and support our school community as soon as we are aware of a positive case. We can then assist Test and Trace with identifying close contacts and advising about self-isolation. Thank you for your help with this.

## Academic Review Day...



We will not be having our usual academic review day in

February. We will be having an Academic Review Day in the summer term and you will receive a written report on your child's attainment and progress then. In the meantime, please do remember you can ring school and make a telephone appointment if you want to talk to your child's teacher about their remote learning.

Our school website address is [www.stjosephs.camden.sch.uk](http://www.stjosephs.camden.sch.uk)

## Important dates for your diary...

**Monday 15th February to Friday 19th February - Half Term**

**Wednesday 31st March at 3.30pm - Last day of term**

**Thursday 1st April - Friday 16th April - Easter Holidays**

**Monday 19th April - pupils return to school**

## Parent Workshops to support your children to stay emotionally well or resolve problems before they become overwhelming...



The Mental Health Support Team (MHST) are pleased to be able to offer an online webinar for all parents and carers of primary school children in Camden.

Parents/carers can register for the webinar below through Eventbrite (for free) at

<https://www.eventbrite.co.uk/e/parentcarer-webinar-series-tickets-135509262853>

Topic	Day and Date	Time
Introduction to the Mental Health Support Team: Why Early Intervention Matters	Wednesday 24th Feb 2021	5-6pm

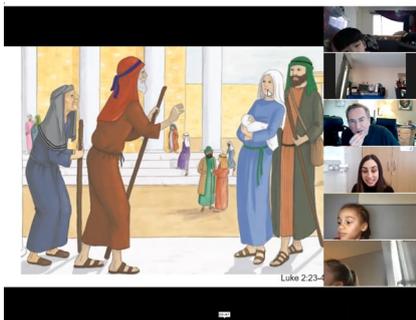
## Remote Learning...Year 1 interview Father David

In RE, Year 1 children have been learning that there are many special people who help with the running of mass and were very interested in the role of the Parish Priest. They interviewed Fr David, via zoom, to ask him the following questions:

1. How long have you been the Parish Priest at St Anselm & St Caecilia's?
2. How do you prepare for Mass?
3. How have things changed in Church during the pandemic?
4. What is your favourite prayer at the moment?
5. What is your favourite bible story?
6. Do you have a favourite hymn?

They also told Fr David that last week they learnt about the story of The Feast of the Presentation and had created some top tips for how they can be a light in the world like Jesus. They wanted to share their ideas with Fr David.

Year 1 finished their session by reading the scripture passage about Jesus getting lost in the temple in Jerusalem from Luke's Gospel - Luke 2 41-52.



## Our Prayer...

### God of love and hope,

You made the world and care for all creation, but the world seems strange right now.

Some people are worried that they might get ill.

Others are anxious for their family and friends.

Be with them and help them to find peace.

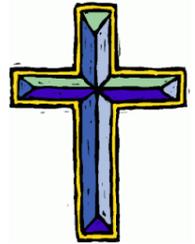
We pray for the doctors and nurses and scientists, and all who are working to

discover the right medicines to help those who are ill.

Thank you that even in these anxious times, you are with us.

Help us to put our trust in you.

**Amen**



## What to do if your child develops symptoms of coronavirus...

If your child is displaying symptoms of coronavirus at home, you must arrange a test for them immediately and inform the school of the result.

1. To arrange a test you should visit [www.nhs.uk/ask-for-a-coronavirus-test](http://www.nhs.uk/ask-for-a-coronavirus-test)
2. **DO NOT WAIT!** Your child should be tested on the same day they are showing symptoms, or the next day at the latest.
3. Please let the Head of School (Mrs O'Reilly) know immediately when you receive the result of your child's coronavirus test by calling the school office on **020 7242 7712**
4. If your child tests positive for coronavirus, you will receive a text, email or phone call from NHS that explains what your result is and what you need to do next.

The most important symptoms of coronavirus (COVID-19)



new and continuous cough

or



high temperature

or



loss of, or change in, your normal sense of taste or smell (anosmia)

## Wellbeing Tip of the Week – Pause and Breathe

When you notice you are feeling stressed, overwhelmed or worried, take a moment to pause and breathe. Deep breathing calms our nervous system and increases oxygen flow to the brain. This helps us to think more clearly and enables us to problem-solve. Next time you are stressed, try breathing in through the nose, holding it for 5 seconds and breathing out through the mouth for 5 seconds. Repeat this at least 5 times and see if that helps you to feel a bit calmer.