St Paul's
Church of England Primary School

WEEKLY NEWSLETTER

Thursday 2nd April

Headteacher message

As we come to the end of the Spring term, we would like to wish all our families a very happy and restful Easter break.
Well done to all the children who took part in our competitions this week—your effort and enthusiasm were fantastic to see. We would also like to celebrate the many pupils who have shown real improvement in meeting our uniform expectations and arriving on time each morning. Keep up the great work!

Thank you for your continued support. Have a wonderful Easter holiday!
Mrs Walton

Easter Service

This morning, our KS2 children visited St Paul's Church to take part in our annual Easter service. It was a thoughtful and meaningful opportunity for pupils to reflect on the importance of Easter and the themes of hope, renewal, and new beginnings.
A warm thank you to Fr Paul for leading and supporting the service, and to all the parents and carers who joined us—your presence made the occasion even more special.

This afternoon, our KS1 pupils took part in their own Easter service in school. They shared songs, readings and reflections, showing a wonderful understanding of the Easter story. We are incredibly proud of their enthusiasm and participation.

Easter is a special time in our school community, giving us all a chance to pause, reflect and celebrate together. Well done to all the children for their hard work and beautiful contributions.



Weekly Attendance Whole school – 91.4%
Nursery – 87.3%
Reception – 90.7%
Year 1 – 91.4%
Year 2 – 90.8%
Year 3 – 91.1%
Year 4 – 96.9%
Year 5 – 86.7%
Year 6 – 92%
Green – 96 or above% Yellow – 95% Amber – 91-94% Red below – 90%
National expectation for attendance is 96%

Behaviour point winners!

A huge well done to **Year 1** who got the most behaviour points this week – keep it up!

Aspirations Day

This week we took part in Aspiration Day, where we were joined by a fantastic group of visitors who spoke to pupils about their jobs, skills, and career journeys. We welcomed police officers, firefighters, a musician, a fashion designer, and a nurse, among others. The children learned so much from them.

Events like this are important because they help pupils understand the wide range of opportunities available to them and inspire them to think about their future goals.

We also had some amazing outfits across the school — it was wonderful to see such creativity and such high aspirations for the future.







Terrific time keepers

A special congratulations to **Year 3,** our winning class.

Thank you to all parents and carers for supporting your child in being on time each day — it really makes a difference.

Governors

If you are interested in becoming a school governor or would like to find out more about the role, please contact the school office. We would be happy to provide further information.

Thank you for your continued support.

Father Paul

We would like to let you know that Father Paul will no longer be serving at St Paul's Church. He has worked closely with St Paul's School over the past three years, supporting our Christian ethos and playing an important role in our school community.

We are extremely grateful for everything he has contributed during his time with us, and we wish him well for the future.

We will keep you updated as soon as we have information about the future church leader who will be working with our school.



Unifrom

After the Easter break, we will be introducing our updated school uniform expectations. This change supports our commitment to creating a calm, consistent and positive learning environment where every child feels confident and proud to belong.



From the first day back after Easter, the school uniform will be:

- **Royal blue jumper or cardigan**
- **White polo shirt**
- **Grey trousers, skirt or shorts**
- **Black shoes (no trainers)**
- **Tie for Year 6 pupils**

We understand that changes can sometimes feel challenging, and we truly appreciate your support in helping us maintain high standards that benefit all of our pupils. A consistent uniform helps children feel ready to learn and reinforces a strong sense of community.

To help us uphold these expectations, any child who arrives in uniform that does not meet the code will be provided with spare items that match the required standards. This will ensure all pupils can take part in the school day comfortably and confidently.

If you have any concerns or need support with sourcing uniform items, please contact us — we are here to help every family.

Ireach parental workshop

Join us after half term for our empowering parent workshop, **"You Go High, I Go Low – Managing Your Child's Emotions,"** a practical and supportive session designed to help you create a calmer, more connected home. In just 60 minutes, you'll learn how the parent–child relationship shapes behaviour, how to recognise and avoid emotional triggers, and why children—especially teens—often react so intensely. We'll explore what influences *your* responses as a parent, give you tools to regulate your own emotions in the moment, and share strategies for repairing relationships and moving forward after conflict. Whether you're navigating meltdowns, mood swings, or communication breakdowns, this workshop offers real-life techniques you can start using straight away.

The workshop will take place at 9:00am on 23rd April—please email the office to reserve your space.

Winner of the Easter hamper...

Thank you for your support buying raffle tickets for our Easter hamper. The money raised will go towards some new playground equipment for our pupils.

Our winners of the hamper are:

1st hamper – Arlo - Nursery

2nd hamper – Frankie – Year 5

WELL DONE

Winner of the Easter Egg competition

Thank you to all those who took part in the egg competition this week. It has been great to see so many creations by the children.

The winners are:

Nursery – Dolcie

Reception – Oliver

Year 1 – Asa

Year 2 – Ryenna

Year 3 – Hennessy

Year 4 – Ella-Rose

Year 5 – Tillie

Year 6 – Ay

Well done to all our entries and our winners!

Look at our fabulous entries for our egg competition...

Thank you to everyone who took part — whether you entered an egg, helped others with their masterpieces, or simply enjoyed the display. Your enthusiasm made the event a real highlight, and it was wonderful to see so many people getting involved.



After school enrichment clubs

We are pleased to let you know that after the half-term break, as well as continuing our After School Club, we will also be offering a range of additional enrichment clubs for the children.

These clubs can be booked through Arbor. Please take a moment to look through the options with your child, and if there is a club they would like to attend, kindly book their place on Arbor to secure it. All clubs will run until 4pm.





Tuesday:

Choir - all years groups Year1 - Year6

Times table club - Year 4 (This will be invitation only)





Wednesday:

AI computing club – Year 3 and Year 4

Busy hands club – Reception and Year 1



Thursday:

Science Club – Year 3 – Year 6

Board game club – Year 1 and Year 2

Volleyball club – Year 3 – Year 6





Our after-school club will also be running as normal until 4pm.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about INSTAGRAM

AGE RESTRICTION 13+

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

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



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: https://nationalcollege.com/guides/instagram-2023

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