



HEADLINES 2ND DECEMBER 2021

St. Mary's Catholic School Newsletter (Issue 12 2021-22)

“Brilliant Books Week!”

Acting Heads of School Update Mr Johnston & Miss McHugh



In last week's headlines Mr Johnston wrote to you about our focus drive on students taking PRIDE in their exercise books, presentation, literacy accuracy and completing all work set to enable all learners to make great progress. This week our focus has been “BRILLIANT BOOKS”. Our SLT team have been out and about visiting every lesson and talking with the students and looking at their books, there has been significant improvement in the students quality of work which is very pleasing to see. Every student has had an Assembly with Mr Johnston and myself to demonstrate and exemplify the importance of excellent organisation and quality of work in exercise books as the most useful tool to enable students to make sustained progress over time and attain and

better their target grades, which we know the students are capable of. It would be useful if you as parents could look through your child's books over the weekend and discuss the work, and the quality of what they are completing in each lesson. I certainly hope you too see the “Brilliant Books” and examples of your child's learning and progress.

This week has also enabled Mr Johnston and I to celebrate our students' excellent progress and recognise the students with outstanding A2L scores by awarding them the first of our Co-Acting Headteacher Awards. Our “Endeavour” awards recognised students in each year group that have shown tremendous effort in their work across all subject areas. A selection of photos of the Award winners are on page 2. We are excited to see the students work hard for this half term's focus award on “Achievement” and look forward to presenting a whole host of award badges in January 2022.

Please do keep our Y11 and Y13 students very much in your prayers

as they start their Mock examinations on Monday 6th December. Our Y11 Futures meetings have been taking place over the last few evenings and I know how valuable these meetings are to support Y11 students and families with effective revision in preparation for the mock examination season. We wish our students every success.

This Sunday, the second Sunday of Advent we light the second purple candle on our Advent that is a symbol of faith. As a school community every Advent we call our community to put their faith into action. We are asking every form class for their advent calendar to bring in an item for their Form Classes hamper donation to the Cardinal Hume Centre in our Diocese for those without a home this Christmas. Further information can be found on pages 4 and 5 of our Headlines. Please do give generously.

Happy Occasional Day tomorrow.
God Bless

Miss D McHugh

Please continue to TEST EACH WEDS & SUNDAY
and follow all Covid guidance

Every student must bring the following to school EVERY DAY:



UPCOMING
EVENTS
3rd December
OCCASIONAL DAY
SCHOOL CLOSED

6th December
Mock Exams Start
Y11 & Y13

15th December
Carol Service at
St Josephs



St Francis of Assisi
CATHOLIC ACADEMY TRUST

www.stfrancistrust.net



CELEBRATING SUCCESS





Year 7 - Rewarding Excellence

Top Year 7 Students enjoyed a culinary treat last week as a reward for their hard work and achievements across the curriculum.



Menu in our Aspens Refectory

Autumn
Winter
2021

STREATERIES

Aspens

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STREET	All American Cheeseburger Burger Sauce Wedges	Chicken Shawarma Pickled Red Cabbage	Gammon & Parsnip Yorkshire Pudding Wrap Gravy	Jamaican Jerk Chicken Wings Rice and Peas	Hand Battered Fish & Fricke
VEGGIE	Chicken Style Strips Jambalaya Cornbread	Egyptian Koshari - Macaroni, Rice, Tomato sauce, Crispy Onions	Quorn Sausage Toad in the Hole Gravy	Cheesy Macaroni Pie	Vegan Mince and Pea Slice
SIDES	BBQ Beans	Pomegranate Couscous Mezze Salad	Smokey Roasties Roasted Roots	Spinach & Coconut Slaw	Chips Peas

WEEK 2



Chaplaincy News:



HAPPY NEW (LITURGICAL) YEAR!

And we're off! The season of Advent has begun and the first big celebration is already in sight. The urge to play Christmas carols and songs, put up decorations and start opening chocolate laden Advent calendars can be overpowering! Yet, we are not quite there yet from a liturgical point of view. These first two Sundays in Advent keep our focus on the Second Coming of Christ. As Pope Francis said, so beautifully, in his Angelus address last Sunday, *be vigilant...guard our hearts against apathy...through prayer*. May I encourage you to reflect on his words as we journey together towards Christmas. https://www.vatican.va/content/francesco/en/angelus/2021/documents/papa-francesco_angelus_20211128.html



FEAST OF THE IMMACULATE CONCEPTION 8TH DECEMBER 2021

Wednesday, the 8th of December, is the Solemnity of the Immaculate Conception of the Blessed Virgin Mary.

You can join the worldwide novena to Our Lady here: <https://www.lourdes-france.org/en/neuvaine-8-decembre/>.

You can find out more about this great Feast and follow the celebrations at Lourdes here: <https://www.lourdes-france.org/en/8th-december-2021-the-feast-of-the-immaculate-conception-2/>

CHARITY COLLECTION FOR THE CARDINAL HUME CENTRE, LONDON

Our annual Advent Collection for the Cardinal Hume Centre in London begins next Monday, the 6th of December. Our 6th Form team have been busy organising themselves and are ready to go around to collect up all your donations that will make a tremendous impact on the lives of many needy families and young people who face the threat or challenges of homelessness. The list of items we are looking to collect are on the poster in each form room and a copy is included on the next page.

The last day for collection is Thursday, the 9th of December.

 **Cardinal Hume
Centre**
Turning Lives Around



Advent Charity Collection

Form.....



Additional food: tinned fruit, coconut milk, baked beans, lentils, chickpeas, cooking oil, spices, grain bars, baby wipes

Collection Date: 6th- 9th December



Christmas Carol Service

We warmly invite you to our

CHRISTMAS CAROL SERVICE



Wednesday, the 15th of December, at 7 pm

at the parish church of St Joseph and the English Martyrs, Windhill, Bishop's Stortford.

Car parking for the Carol Service will be available in the school car park. There will be refreshments in the Hume Theatre at St. Mary's following the service, kindly provided by the Friends of St Mary's.

Any year 7 student who will be attending the Carol Service, but has not returned their reply slips to Ms Matthews, must do so urgently. The deadline for returns has now passed





HEADLINES 2ND DECEMBER 2021

#DedicatedtoExcellence

Bake Sale for the Cardinal Hume Centre



Our 6th Form students have organised a Bake Sale for the Cardinal Hume Centre on:

Wednesday, 8th December 2021.

They will be selling their items during break at the courts outside the 6th form block (F block).

Please send your child in with some change to make their purchases.

The money raised will go towards the purchase of supermarket vouchers that will then be distributed to families who are facing the threat of homelessness during the winter.



 Cardinal Hume
Centre
Turning Lives Around

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION

HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety®



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

STATISTICS

52% of children aged **3-4** go online for nearly **9hrs** a week

82% of children aged **5-7** go online for nearly **9.5hrs** a week

93% of children aged **8-11** go online for nearly **13.5hrs** a week

99% of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018; <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies; <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds; <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



We are hiring!



St Francis of Assisi
CATHOLIC ACADEMY TRUST



Classroom Teaching Assistant (full/part time, term time only)

- St Joseph's Primary School, Waltham Cross
 - Closing date: 3rd December 2021 at 12pm
- Enquiries: schooloffice@stjosephs351.herts.sch.uk



1:1 SEN Teaching Assistant (part time, term time only)

- St Joseph's Primary School, Waltham Cross
 - Closing date: 3rd December 2021 at 12pm
- Enquiries: schooloffice@stjosephs351.herts.sch.uk



Primary Class Teacher (maternity cover Jan-July 2022)

- St Joseph's Primary School, Waltham Cross
 - Closing date: 3rd December 2021 at 12pm
- Enquiries: schooloffice@stjosephs351.herts.sch.uk



After School Club Assistant (12h pw, term time only)

- St Joseph's Primary School, Waltham Cross
 - Closing date: 3rd December 2021 at 12pm
- Enquiries: schooloffice@stjosephs351.herts.sch.uk



Learning Support Assistant (full or part time, term time only)

- St Mary's Catholic School, Bishop's Stortford
 - Closing date: 10th December
- Enquiries: recruitment@stmarys.net

**WE ARE
HIRING!**

For all enquiries, contact:
Recruitment@stmarys.net