

# St. Mary's

Church of England Primary School  
Kirkby Lonsdale



Our Christian vision is for **all our children** and community to **flourish** together and enable others to do the same, using their talents and gifts to serve and support each other, encouraging a sense of care and responsibility to others and the world.

Honesty



Trust



Responsibility



Perseverance



Respect



Dear Parents and Guardians,

As we come to the close of another enriching half term, I am thrilled to share with you some of the remarkable achievements and experiences our school community has had over the past few days.

Firstly, I want to extend my heartfelt congratulations to the one-third of our school who participated in the **Young Voices event in Manchester**. Witnessing our students come together to sing with such enthusiasm and harmony was truly a testament to their talent and dedication. Additionally, I am immensely proud of the children who represented our school in the **Area Gymnastics Competition**. Their commitment to honing their skills and showcasing their abilities on such a competitive platform was commendable.

This week, we also dedicated time to focus on mental health awareness through Children's Mental Health Week. With the theme "**My Voice Matters**," our students were encouraged to recognise the importance of their own perspectives and feelings. It was inspiring to see them engage with this theme and support one another in understanding the significance of their voices. Please do chat to your children and build on this discussion as we value our children's thoughts, feelings and views on life.

In line with providing our students with diverse career insights, we were fortunate to host, **Joseph Gorton**, a pilot from **Easy Jet**. This experience allowed our children to gain valuable insights into the aviation industry and broaden their horizons about future career paths.

Furthermore, the **Year 2 visit to the fire station** provided our students with invaluable learning opportunities about fire safety and the vital role of our emergency services. These hands-on experiences not only enrich their understanding but also foster a sense of appreciation for those who serve our community. Thank you to Mr Bradshaw from Year 2!

Additionally, we reinforced essential messages from **Safer Internet Day**, emphasising the importance of online safety and responsible digital citizenship. Ensuring our students have the knowledge and skills to navigate the digital world safely is paramount in today's society.

As we reflect on the vibrancy and richness of our curriculum, it's evident that every experience, whether academic or extracurricular, contributes to the holistic development of our students. Each day at school is an opportunity for growth, learning, and making meaningful connections.

I would like to take this opportunity to thank you, our parents and guardians, for your unwavering support and partnership in your child's education journey. Together, we create a nurturing environment where every child can thrive. As we approach the half term break, I encourage you to cherish this time with your loved ones, rejuvenate, and create lasting memories. Wishing you all a restful and enjoyable half term break.

Mr Jones

Honesty



Trust



Responsibility



Perseverance



Respect



## BAGS 2 SCHOOL - PTA

I am always impressed with everyone's generous support of our PTA. Thank you for generously contributing to Bags2School. You collectively generated 540kg of clothes which relates to £270. Thank you to the various parents who helped out and those who gathered the bags in the cold weather.

### Shoe Donations for Ukraine

Just to let you know, your donated shoes and boots have been boxed up by Mrs Chase and sent to the Ukraine. Thank you so much for these basic but much needed items.

Donated shoes are welcome in Ukraine at present due to the ongoing conflict and humanitarian crisis in the country. Ukraine has been facing significant challenges, including the displacement of people, destruction of infrastructure, and economic instability, exacerbated by the conflict with Russia.



In times of crisis, basic necessities such as clothing and footwear become essential for the well-being and survival of affected populations. Donated shoes can provide much-needed relief to those who have been displaced from their homes or who are living in impoverished conditions.

### Cake Sale

Children's Mental Health week has reminded us that children have a very important voice. Our School Council wanted to do something to make a difference and you really supported their passion and determination to help with play time equipment.



### Parent Visits

This half term we had various parents who came into school to share about their business, skills or roles. The children and staff have really valued your contribution to our children's education, forgive me for not listing everyone - thank you very much.

Honesty



Trust



Responsibility



Perseverance



Respect





## Safer Internet Day 2024: Nurturing Digital Resilience in Our Children

In today's digital age, where the internet plays an increasingly central role in our daily lives, ensuring the safety and well-being of our children online has become a paramount concern for parents around the globe. Safer Internet Day, celebrated annually on the second Tuesday of February, serves as a timely reminder of the importance of fostering a safe and responsible online environment for our children. As we observe Safer Internet Day 2024, it's crucial for parents to engage in meaningful conversations with their children about online safety, limit unfocused time spent online, and encourage a thoughtful approach to sharing personal information on the internet.

### The Importance of Discussing Online Safety at Home

One of the most effective ways to protect our children from online risks is by having open and honest discussions about internet safety within the family. Parents should create a safe space where children feel comfortable sharing their online experiences, concerns, and questions. By establishing clear guidelines and boundaries for internet use, parents can empower their children to make informed decisions and navigate the online world responsibly.

### Limiting Unfocused Time Online

We actively encourage accessing maths and spelling apps online – but of course for regular short bursts each day. While the internet offers a wealth of information and entertainment, excessive and unfocused screen time can have detrimental effects on children's physical and mental well-being. As parents, it's essential to strike a balance between allowing our children to explore the online world and setting limits on their screen time. Encouraging offline activities such as outdoor play, reading, and spending quality time with family and friends can help reduce reliance on digital devices and promote a healthier lifestyle.

### Encouraging a Thoughtful Approach to Sharing Online

In today's interconnected world, it's easy for children to overshare personal information on social media platforms and other online forums without fully understanding the potential consequences. Parents play a crucial role in educating their children about the importance of safeguarding their privacy and being mindful of what they share online. By teaching children to think critically about the content they post and the people they interact with online, parents can help create a sense of digital responsibility and resilience in their children.

Safer Internet Day serves as a timely reminder for parents to prioritise online safety and well-being in their children's lives. By engaging in meaningful conversations about online safety, setting limits on screen time, and encouraging a thoughtful approach to sharing personal information online, parents can empower their children to navigate the digital world responsibly. Together, let us work towards creating a safer and more secure online environment for our children, both today and in the years to come.

Honesty



Trust



Responsibility



Perseverance



Respect



## Empowering Children: My Voice Matters - Children's Mental Health Week 2024

As we observe Children's Mental Health Week 2024, the theme "My Voice Matters" resonates deeply, reminding us of the significance of listening to and valuing the voices of our children. This annual event serves as a poignant reminder of the importance of nurturing children's mental well-being and empowering them to express themselves confidently and authentically.

Children have a voice, and it is our responsibility as parents to listen and honour their perspectives." - Unknown

"Every child deserves to feel heard, understood, and valued. Encouraging their voice fosters resilience and strengthens their sense of self-worth." - Dr. Maya Williams, Child Psychologist

"By empowering children to speak up about their thoughts, feelings, and experiences, we equip them with the tools to navigate life's challenges with confidence and resilience." - Sarah Johnson, Parenting Coach

## Encouraging Discussions Within Families

This year's theme, "My Voice Matters," serves as a catalyst for meaningful conversations within families about the world, feelings, and issues that impact children's mental health. Parents play a pivotal role in creating a supportive environment where children feel safe to express themselves openly and honestly.

### Here are some strategies to facilitate discussions within families:

1. **Create a Safe Space:** Establish an environment where children feel comfortable sharing their thoughts, feelings, and concerns without fear of judgment or criticism. Children often like using art as a way of communicating and discussing issues and perspectives on issues.
2. **Active Listening:** Practice active listening by giving your full attention to your child when they are speaking. Validate their feelings and experiences, and refrain from interrupting or dismissing their thoughts.
3. **Normalise Emotions:** Encourage open dialogue about emotions and feelings within the family. Teach children that it's okay to experience a range of emotions and provide them with healthy coping mechanisms to navigate challenging emotions.
4. **Stay Informed:** Stay informed about current events and issues that may impact your child's mental well-being. Use age-appropriate language to discuss these topics with your child and address any questions or concerns they may have.
5. **Lead by Example:** Model healthy communication and self-expression within the family. By demonstrating the importance of speaking up and advocating for oneself, parents can empower their children to do the same.

Honesty



Trust



Responsibility



Perseverance



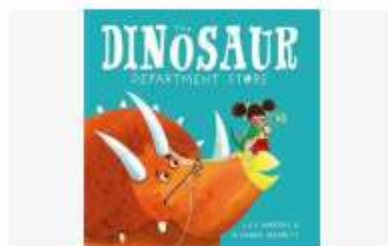
Respect



As we commemorate Children's Mental Health Week 2024, let us reaffirm our commitment to nurturing the mental well-being of our children and empowering them to recognise the importance of their voices. By engaging in open and honest discussions within families, we can create a supportive environment where children feel valued, heard, and respected. Together, let us encourage our children to speak up, share their thoughts and feelings, and embrace the power of their voices in shaping their own mental health and well-being.

## Books

Here are a few recommendations of books if you are thinking of purchasing a holiday read for your children.



Honesty

Trust

Responsibility

Perseverance

Respect



Maths Challenge – discuss with your child...

Which timestable is the hardest to recall?

$8 \times 7 = 56$

$6 \times 7 = 42$

$9 \times 8 = 72$

$7 \times 9 = 63$



# Half-term Crafts

Free activities, drinks, cake and play area.

St. Mary's Church,  
Kirkby Lonsdale.

Thursday 15th February  
11am-4pm. All welcome

Honesty



Trust



Responsibility



Perseverance



Respect



A poster for a 'Foresty' event. The word 'Foresty' is written in a large, stylized font where the letters are filled with green foliage and branches. A lit candle is positioned above the letter 'y'. The background is a light green gradient with several green leaves scattered around. Below the title, the text reads: 'Explore: Love & New Beginnings', 'Join us on the 18th February outside St. Mary's Church in Kirkby Lonsdale at 3pm for 90 minutes of outdoor fun. We have a wet-weather option too!', 'Crafts, story & firepit for the whole family', and 'play-explore-together' in a green, lowercase font.

**Foresty**

**Explore:** Love & New Beginnings

Join us on the 18th February outside St. Mary's Church in Kirkby Lonsdale at 3pm for 90 minutes of outdoor fun. We have a wet-weather option too!

Crafts, story & firepit for the whole family

*play-explore-together*

**Happy Half Term Holiday**

Honesty



Trust



Responsibility



Perseverance



Respect

