



# FRIDAY NEWS

2ND FEBRUARY  
2024

The official newsletter of St James CE Primary School



**MY VOICE  
MATTERS!**

## CHILDREN'S MENTAL HEALTH WEEK

Next week sees the start of Children's Mental Health Week and this year's theme is 'My Voice Matters'.

'My Voice Matters' aims to ensure every child has the right to express their views, feelings and wishes in all matters affecting them, and to have their views considered and taken seriously. Empowering children and young people can positively impact their health and well-being. For example, children who feel that their voices are heard - and that what they say makes a difference - have higher levels of self-esteem. They also have a greater sense of community - and as people become empowered, they can work together to create positive changes for themselves and others. This Children's Mental Health Week we want all of our pupils at St James to be able to say - and believe - "My Voice Matters".

Throughout the week, children will participate in several activities and assemblies celebrating Children's Mental Health. Also, Class 9 will be sharing valuable information about online safety during their Safer Internet Day assembly on Tuesday 6th February.

## STARS OF THE WEEK

- Class 1 - Peyton Y
- Class 2 - Toni-Jaye B
- Class 3 - Linkon K
- Class 4 - Esmae G
- Class 5 - Pearl L
- Class 6 - Bibi S
- Class 7 - Zohan A
- Class 8 - Rabiab B
- Class 9 - Craig C
- Class 10 - Harrison I
- Class 11 - Dylan SK

## GOLD SCROLL

Pearl L  
Christopher T  
Yara S  
Tommy W  
Blaine D  
Joan I  
Burhan K  
Anthony H  
Eva-Rose S  
Daniel O

## CHRISTIAN VALUE

Our Christian value this half term is  
**Love.**

## BIBLE QUOTE OF THE WEEK

*We love because he first loved us.*  
**John 4:19**



# Bekindtomymind

## ATTENDANCE

OUR TARGET IS 96%

Whole School	90.5%
Class 1	83.8%
Class 2	77.1%
Class 3	96.3%
Class 4	84.6%
Class 5	94.6%
Class 6	89.3%
Class 7	90.0%
Class 8	95.5%
Class 9	93.3%
Class 10	87.9%
Class 11	94.1%

Green: 100% - 95%

Yellow: 94.9% - 90%

Red: Below 90%



@stjamesfarnworth

## REMINDERS

- Monday 5th February - Children's Mental Health Week begins.
- Tuesday 6th February - Safer Internet Day
- Tuesday 6th February - Class 9 Assembly @ 2:45 pm.
- Friday 16th February - School closes for half term.
- Monday 26th February - School re-opens at 8:40 am.
- Tues 27th & Wed 28th February - Parent Consultations (face to face). Booking options to be sent out soon.

"With God, there is no limit to what you can do. There is no obstacle you can't overcome. Through Him all things are possible."

(Matthew 19:26)

# My VOICE MATTERS

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?

# 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.

### 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.

# KEEP SCROLLING

# WIN TO WIN

27 new posts

## 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 use 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

Rebecca Jennings has more than 20 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.

