



FRIDAY NEWS

8TH
MARCH
2024

The official newsletter of St James CE Primary School



EASTER BINGO

From Monday 25th March, we will be celebrating Easter with a number of special events across the week. Classes will take part in 'Experience Easter', where children will complete workshops related to different parts of the Easter story.

Then, on Thursday 28th March, we will hold an Easter Bingo in school time. Like last year, this will be held for the children only in their classrooms. Tickets will be £1.50 and will include games of bingo and refreshments - more details to follow.

Therefore, we need donations of chocolate/Easter eggs to make up our prizes. We are asking for donations to be brought to school on Friday 22nd March in exchange for children wearing non-uniform for the day.
As always, thank you for your continued support!

STARS OF THE WEEK

- Class 1 - Cole G
- Class 2 - Stella C
- Class 3 - Arianna K
- Class 4 - Oliver T
- Class 5 - William H
- Class 6 - Ronnie B
- Class 7 - Jerry S
- Class 8 - Eesa S
- Class 9 - Myles C
- Class 10 - Ayoub A
- Class 11 - Ellyson T



GOLD SCROLL

Tallulah-Rose L
Jerry S, Don Divin N,
Kelsey-May J, Dakota W,
Ayoub A, Terri L,
Lucas W, Yara S,
Seth R, Jake S,
Jayden L, Tiife R,
Violet P, Francis LN,
Abigail G, Eva-Rose S,
Scarlett S, Daniel O

CHRISTIAN VALUE

Our Christian value this half term is
Love.

BIBLE QUOTE OF THE WEEK

Let all that you do be done in love.
Corinthians 16:14



CROSS-COUNTRY

This week, St James hosted a cross-country competition for Key Stage 2 children across Farnworth. Eleven schools competed altogether; all battling the wind and cold. All the children that took part put in 110% and were an absolute credit to the school, and some of our children managed to place 2nd and 3rd for their year groups. A big thank you to our year 5 pupils, who acted as excellent hosts as they looked after children from the visiting schools.

READING BREAKFASTS

Reading breakfasts are starting soon. Check here for when your child(ren)'s class is hosting. Reading breakfasts start at 8:40 am until 9:00 am. Light refreshments will be served.

Monday 11th - CL5

Tuesday 12th - CL4

Wednesday 13th - CL3

Thursday 14th - Reception

Friday 15th - Nursery / LS

Monday 18th - CL10

Tuesday 19th - CL11

Wednesday 20th - CL9

Thursday 21st - CL8

Friday 22nd - CL7

Monday 25th - CL6

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

OUR TARGET IS 96%

Whole School	92.9%
Class 1	90.6%
Class 2	91.9%
Class 3	97.1%
Class 4	91.9%
Class 5	94.6%
Class 6	96.7%
Class 7	92.3%
Class 8	92.8%
Class 9	89.4%
Class 10	92.8%
Class 11	91.0%

Green: 100% - 95%

Yellow: 94.9% - 90%

Red: Below 90%

THINGS COMING UP

- Friday 15th March - Red Nose Day - Children can wear non-uniform for a small donation of 50p/£1. All proceeds will go to Comic Relief charity.
- Friday 22nd March - Chocolate donations for non-uniform.
- Thursday 28th March - Easter Bingo in classes.
- Thursday 28th March - School closes for Easter.
- Monday 15th April - School Re-opens for the summer term.



@stjamesfarnworth

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.

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.

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.

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 open it up whenever they have a spare moment.

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.



The National College

NOS National Online Safety
#WakeUpWednesday