



FRIDAY NEWS

13TH OCTOBER
2023

The official newsletter of St James CE Primary School

NEW
BURY
UCAN
CENTRE

HARVEST FESTIVAL

Class 6's assembly for the Harvest Festival will take place on Friday 20th October at 2:45pm. Parents/carers of children in Class 6 are welcome to attend.

Also on that day, we are asking for all children to bring into school non-perishable food stuffs that we can collect for our Harvest. These can include tinned foods, packaged food, dried pasta/rice etc. All of the donations we receive will be taken to the Store House Pantry at the Newbury UCAN, which provides support for the immediate area. Thank you in advance for your generosity.

Children are expected to wear school uniform on this day.

STARS OF THE WEEK

Class 1 - Stella C

Class 2 - Anna E

Class 3 - Emmie T

Class 4 - Arabella H

Class 5 - Thomas W

Class 6 - Tomas G

Class 7 - Ruby-River P

Class 8 - Hope A

Class 9 - Renad T

Class 10 - Raya T

Class 11 - Dakota G



GOLD SCROLL

Alisha C, Jake S,
Sophia D, Ashaal A,
Tobi-Jaye B, Poppy A,
Pearl L, Tiffe R,
Raya T, Luiza P,
Yara S, Toby SB,
Jenson M, Ibrahim K,
Jessica N, Myles C,
Lincoln B, Liliana C,
Lexi F, Leo D,
Tomas G

CHRISTIAN VALUE

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

BIBLE QUOTE OF THE WEEK

*'Honor one another above
yourselves.'* **Romans 12:10**



CONGESTION AT THE GATES

We know that start times and home times can be very busy in and around school grounds, especially outside the school gates. However, for health and safety reasons, please can parents/carers be mindful of other pedestrians, especially the children, using the pavements to ensure that people do not need to walk on the road.

Thank you for your continued support.

INAPPROPRIATE LANGUAGE

Please can we remind parents about the use of inappropriate language on the school premises. Unfortunately, we have received some concerns regarding swearing whilst dropping off and picking up children.

WEAR RED DAY

On Friday 27th October, children are invited to wear red to raise awareness of the campaign 'Show Racism the Red Card'. Children do not need to bring any donations or money on this day.

THINGS COMING UP

- Friday 20th October - Harvest Assembly with Class 6
- 24th & 25th October - Parent Consultations (phone appointments) - School will be in touch regarding booking
- Friday 27th October - Wear Red Day (Show Racism the Red Card)
- Friday 27th October - School closes for half term

Don't forget that you can find lots of information on our website:

www.st-james-farnworth.bolton.sch.uk or follow us on



@stjamesfarn



@stjamesfarnworth

ATTENDANCE

OUR TARGET IS 96%

Whole School	93.9%
Class 1	90.3%
Class 2	92.3%
Class 3	93.4%
Class 4	91.5%
Class 5	96.5%
Class 6	94.9%
Class 7	93.2%
Class 8	93.4%
Class 9	95.7%
Class 10	92.6%
Class 11	96.3%

Green: 100% - 95%

Yellow: 94.9% - 90%

Red: Below 90%

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS 1

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



RIGHT TIME, RIGHT PLACE 2

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



KEEP IT AGE APPROPRIATE 3

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



EMPHASISE HOPE 4

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



MONITOR REACTIONS 5

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



CONSIDER YOUR OWN EMOTIONS 6

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS 7

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



TAKE THINGS SLOWLY 8

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS 9

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE 10

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



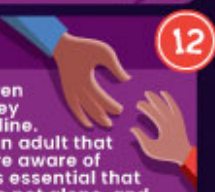
BUILD RESILIENCE 11

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP 12

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-59447906> | <https://www.children.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

Early Help Parenting Drop-in

For all families with children under 18

We know that being a parent is not always easy and that families need extra support at some stage as children grow up.

Targeted Early Help Workers will be on hand to offer advice and support.

We can offer signposting to helpful services, organisations and community groups.

Poor school attendance?

Are they being excluded from school?

Are they anxious or struggling with self-esteem?

Are you struggling with your child's behaviour?

Not sure what services there are available that can help to support you?

Come and join us for a cup of tea and a chat if you want any advice or information about parenting.

Drop-in sessions, 9.30am - 3.30pm

Farnworth King St Centre 16 Sept 7 Oct 28 Oct 18 Nov 9 Dec

Oxford Grove Children Centre 23 Sept 14 Oct 4 Nov 25 Nov

Tonge Children Centre 30 Sept 21 Oct 11 Nov 2 Dec



For more information please contact:

Targeted Early Help Tel: 01204 336215

Email: earlyhelp@bolton.gov.uk



Bolton Council

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