



St. Francesca Cabrini Primary School

Cabrini News

www.stfrancescacabrini.co.uk

AUTUMN TERM - Issue 12: Friday 2nd December 2022

THE WEEKLY JOURNAL OF ST. FRANCESCA CABRINI PRIMARY SCHOOL, HONOR OAK, LONDON



Sam says, "Be at school,
be on time!"

Outstanding Attendance this week goes to...

GREEN CLASS 98%
CONGRATULATIONS!

CARS AND KIDS DON'T MIX

Please park away
from our school



PLEASE PARK RESPONSIBLY!

The Feast of the

IMMACULATE
CONCEPTION
OF THE
BLESSED
VIRGIN
MARY

8th December

Hail Mary,

Full of Grace,
The Lord is with thee.
Blessed art thou among women,
and blessed is the fruit
of thy womb, Jesus.

Holy Mary,
Mother of God,
pray for us sinners now,
and at the hour of our death.

Amen.

This feast marks the first stage
of the existence of Mary, the
mother of Jesus. she was 'full of
grace' from the very beginning and
co-operated with God throughout
her life.

*'Hail Mary, Full
of grace'*

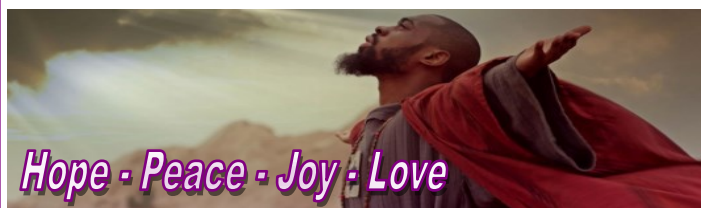
ADVENT



*Sunday
4th December
Advent II*

The second
Sunday in
Advent sees the
second purple
candle being
lit, a symbol of
'peace'. The

lighting of the candle continues the path started in
the first week by looking forward to Christ's first and
second coming. Advent II focuses on John the Baptist,
the Gentiles being included in God's family, Christ's
coming in judgment and peace, and the church's
hopeful expectation of the completion of his promises.



A Weekly Gift to you and your family from your Catholic School

THE WORD



**SHARING SUNDAY'S GOSPEL
WITH PARENTS & FAMILIES**



*Dear Lord Jesus,
Please help us
to prepare for
Christmas and show
us how we can
help others to
do the same.*

Amen

Preparation

Coming up this festive period...

Monday 5th December - 2pm

Junior Advent Mass

Friday 9th December -

Christmas Jumper Day

Tuesday 13th December - 2.15pm

Year 5 & 6 Advent Service

Wednesday 14th December - 10am

Early Years and KS1 Nativity Celebration

Christmas Dinner Day

Thursday 15th December -

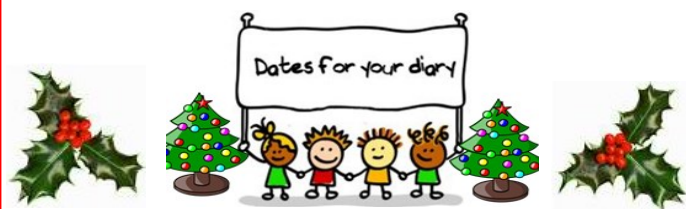
School Cinema Trip (Years 1 to Year 6)

Christmas Party & Own Clothes Day

Friday 16th December -

1.30pm School closes for Christmas

(Children return Wednesday 4th January 2023)



Christmas Lunch Menu 2022

FESTIVE FEAST

*Join our festive
celebrations on*

14 December '22



Friday 9th December

We will be celebrating 'Christmas Jumper Day' in support of SAVE THE CHILDREN on Friday 9th December

£1.00 donation and

wear your

Festive Jumper

**to school
on that day!**



The BIG ISSUE has launched its annual 'Kids Cover Competition' go online or scan the code to find out how you can enter!

CALLING CREATIVE KIDS!

The Big Issue's Christmas Kids Cover Competition 2022 is **NOW OPEN!**

Scan to download our entry pack for teachers and find out how to get involved
bigissue.com/kids-cover-competition



YEAR 4



TRIP



Blue Class went to the Museum of London to learn more about Roman Britain. We walked past the old Roman wall built to protect and defend Londinium. At the museum we explored what life was like in Roman Britain and its impact and legacy on Britain.



MUSEUM OF LONDON

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-53046350>
<https://iprisonline.com/news/social-media-usage-falls>

NOS National Online Safety®
 #WakeUpWednesday



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Cyber safety, tips & fun!

Headteacher's Award

WINNERS

congratulations!

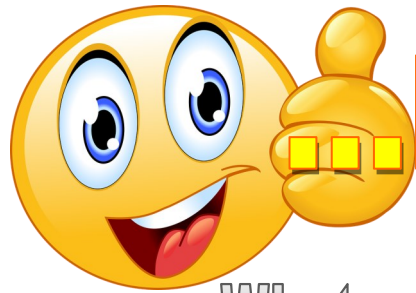


CLASS	NAME	REASON
<i>Red Class EYFS</i>	Estera	<i>For singing so beautifully!</i>
<i>Orange Class Year 1</i>	Bryanna	<i>Excellent work on her reading!</i>
<i>Yellow Class Year 2</i>	Mateo	<i>For being a fantastic helper in class!</i>
<i>Green Class Year 3</i>	Arantza	<i>Accurate measuring work during maths lessons!</i>
<i>Blue Class Year 4</i>	Patrick	<i>Fabulous Roman work!</i>
<i>Indigo Class Year 5</i>	Bennett	<i>For being kind and considerate towards others!</i>
<i>Lime Class Year 6</i>	Theron	<i>Excellent science work & for helping his science partner!</i>

Be the BEST that YOU can be!



Next week's...



...highlights!

What will you be doing next week?

Red Class EYFS	Singing our way through the Christmas Story!
Orange Class Year 1	Continuing to find out about the Advent Wreath
Yellow Class Year 2	Performance poetry - The Owl and the Pussycat
Green Class Year 3	Creating the seven coloured mountain in a bottle!
Blue Class Year 4	Preparing for the coming of Jesus in our special Advent Mass.
Indigo Class Year 5	What would be your 'lost happy ending'?
Lime Class Year 6	Electricity – How does an electrical circuit work? Let's find out!



Love - Prayer - Trust -

Respect - Excellence



Step Ahead

Introducing free - funded service for Southwark residents

Worried about the rising cost-of-living? Get into work with our support

Access part-time vacancies, get paid the London Living Wage or above, get trained, and grow in your career while supporting your family during the cost-of-living crisis.

Find out how by getting in touch with us. Email your full name, phone number, and postcode to Sahan@stepahead.co.uk or call **0745 814 3136**



SUPPORTED BY
MAYOR OF LONDON

