



St. Francesca Cabrini Primary School

# Cabrini News

[www.stfrancescacabrini.co.uk](http://www.stfrancescacabrini.co.uk)

SPRING TERM - Issue 15: Friday 13th January 2023

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

Today we have been using a globe to locate the seven continents of the World.



We made 'Fortune Tellers' and worked with a partner and asked each other questions.

Try naming all the continents of the World?

## Year 2 Geography



Which continent are France, United Kingdom and Italy in?

Which continent are Brazil, Argentina and Chile in?



## World Explorers!



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

Outstanding Attendance this week goes to...

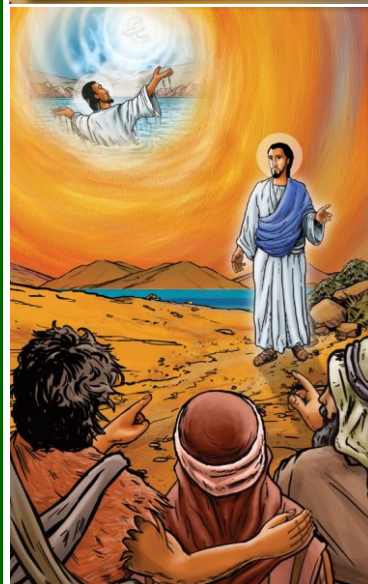
**YELLOW-100%**  
**CONGRATULATIONS!**



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

**THE WORD** Wednesday

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



Dear Lord Jesus,  
Please help us to be your witness by our love, so that others will come to know the joy of knowing you.

Amen

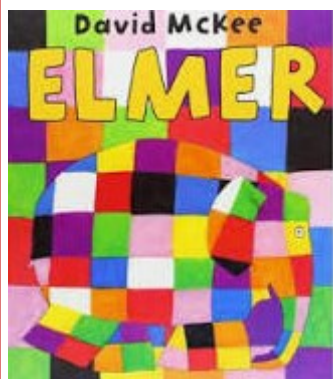
**WITNESS**

### Blue Class and the Battle of Cabrini

A Roman shield was called a scutum. It was quite light so that it could be held in one hand. It was curved so that it would fit around a soldier's body to protect him from blows. It was wide enough so that soldiers could join their scutum together in formation in battle. We designed and made our own shields and then reenacted some Roman formations in our 'Battle of Cabrini Forest'.

The Romans used their shields in different formations to protect themselves from attack in front of them and above them. The testudo, meaning "tortoise" in Latin, was a shield-wall formation that was used by the Romans.





*After reading the story Elmer, EYFS have been busy surveying their friends and other classes on their favourite colours! We worked hard to ask as many children as possible and record our findings. On Thursday Reception class visited the Horniman Museum to explore the Elmer exhibition. We really enjoyed dressing up in costumes, exploring mirrors, reading books and completing puzzle challenges. We also visited the main gallery to find animals that live in the jungle.*



**EYFS**



## Make art together as a family in these free creative activities at Dulwich Picture Gallery.

Join our artists and experiment with colour, play and art making.

Activities are aimed at 7-12 year-olds and their families, but siblings and families of all ages are welcome to join! No experience is needed.

### Art Sundays

Last Sunday of the month  
1-1.45pm, 2-2.45pm  
or 3-3.45pm  
Free

### Family Fridays

Friday half terms  
1-1.45pm,  
2-2.45pm  
or 3-3.45pm  
Free

Funded by Southwark Council's  
Culture Together Grants programme

[dpg.art/family-events](http://dpg.art/family-events)

**Free art  
activities  
for families**

**DULWICH  
PICTURE  
GALLERY**

*Southwark*  
Council  
[southwark.gov.uk](http://southwark.gov.uk)

**DULWICH  
PICTURE  
GALLERY**

What children need to know about

# ONLINE BULLYING



## What is online bullying?

ONLINE BULLYING – ALSO KNOWN AS CYBERBULLYING – IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOCKING THEM FOR NO REASON



## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National  
Online  
Safety

#WakeUpWednesday



## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.

## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR, BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM – GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST – A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOCK PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU – YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED – RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.

## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.



www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

# Cyber safety, tips & fun!

# Headteacher's Award

## WINNERS

congratulations!

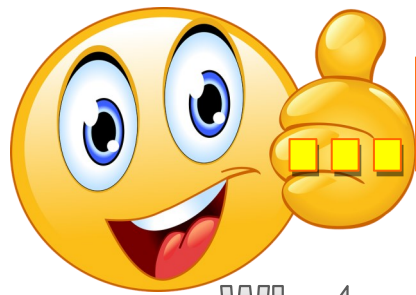


<i>CLASS</i>	<i>NAME</i>	<i>REASON</i>
<i>Red Class EYFS</i>	<b>Chibuke</b>	<i>Fantastic listening at story time!</i>
<i>Orange Class Year 1</i>	<b>Elliott</b>	<i>Excellent reading journal work!</i>
<i>Yellow Class Year 2</i>	<b>Benjamin</b>	<i>Amazing maths work!</i>
<i>Green Class Year 3</i>	<b>Munachimso</b>	<i>Brilliant story writing!</i>
<i>Blue Class Year 4</i>	<b>Magdalyn</b>	<i>Super times table work!</i>
<i>Indigo Class Year 5</i>	<b>Jeffery</b>	<i>Great xylophone playing during music lessons!</i>
<i>Lime Class Year 6</i>	<b>Jenell</b>	<i>Amazing artwork at the Dulwich Picture Gallery art studio!</i>

Be the BEST that YOU can be!



# Next week's...



# ...highlights!

What will you be doing next week?

<b>Red Class EYFS</b>	<b>Making musical instruments.</b>
<b>Orange Class Year 1</b>	<b>Creating cave paintings just like Cave Baby.</b>
<b>Yellow Class Year 2</b>	<b>Fishing out lily-pads from our class pond!</b>
<b>Green Class Year 3</b>	<b>Tear Thief drama sessions.</b>
<b>Blue Class Year 4</b>	<b>Investigating how sound is made!</b>
<b>Indigo Class Year 5</b>	<b>Our class trip to the Imperial War Museum.</b>
<b>Lime Class Year 6</b>	<b>VOTES FOR WOVEN! The Suffragette movement - The battle for equality.</b>



*Love - Prayer - Trust -*

*Respect - Excellence*