



St. Francesca Cabrini Primary School

# Cabrini News

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

SPRING TERM - Issue 19: Friday 10th February 2023

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

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

THE **WORD**



SHARING SUNDAY'S GOSPEL  
WITH PARENTS & FAMILIES

Jesus said, "Whoever practises and teaches these commands, will be called great in the kingdom of heaven." Matthew 5:19



## TEACHER



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

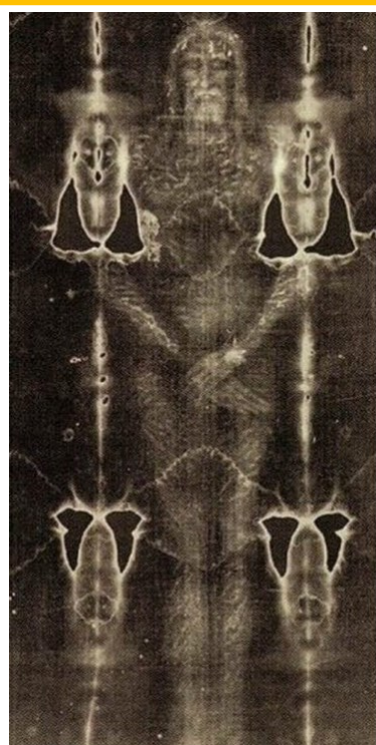
Outstanding Attendance this week goes to...

**GREEN CLASS - 98%**  
**CONGRATULATIONS!**

We close today for the half term break

**HAVE A GREAT  
HALF TERM!**

School re-opens on Monday 20th February



## Shroud of Turin Exhibition

*Seek His Face!*

**'Joseph took the body, and wrapped it in a clean linen shroud, and laid it in his own new tomb, which he had hewn in the rock.'** Matthew 27:59-60

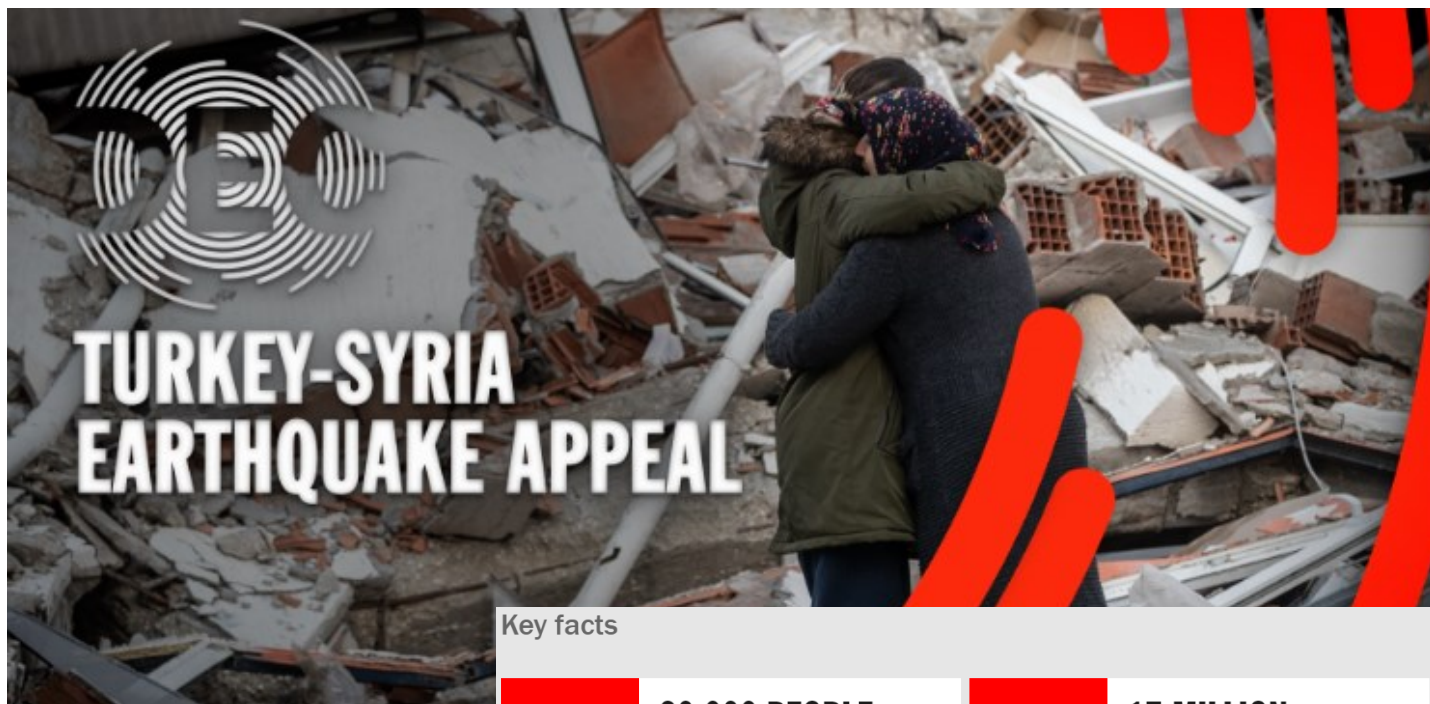
The Norbertine Canons of Prémontré are pleased to host the 'Holy Shroud Exhibition' at Our Lady of Sorrows Church, Peckham. The exhibition comes to and end on 11th February with a closing mass (10.30am) and devotions. A final chance to see the exhibition of replicas and learn about the shroud's history before the travelling exhibition moves on.

**'It is your face, O Lord that I seek; hide not your face.'**  
Psalm 27(26):8-9

Church open daily from 0730-2000  
Our Lady of Sorrows, Friary Road,  
SE15 1RH







#### Key facts



**20,000 PEOPLE**

have died and many thousands are injured in Turkey and Syria, with numbers expected to rise



**17 MILLION**

people in the affected area, many of them in urgent need of shelter, food and medical aid.

## TURKEY-SYRIA EARTHQUAKE APPEAL

Devastating earthquakes have hit Turkey and Syria, killing thousands of people and reducing buildings to rubble. People need urgent aid to survive. Donate now to help save lives.

**DONATE NOW**

**LEARN MORE**

**[www.dec.org.uk](http://www.dec.org.uk)**

A series of devastating earthquakes have hit southern Turkey and north-west Syria killing 20,000 people and injuring many more.

**SAVE LIVES**

People have been left without shelter in freezing winter conditions, with humanitarian needs expected to grow in the coming days. Access to clean water will likely be a challenge, bringing the risk of cholera and other diseases.

**[www.dec.org.uk](http://www.dec.org.uk)**

DEC charities and their local partners are among the first responders, working with locally-led relief efforts in Turkey (now known as Türkiye) and Syria. Immediate priorities are search and rescue, medical treatment for the injured, shelter for those who have lost their homes, heaters for spaces and winter kits with blankets, and warm clothes, and ensuring people have food and clean water.

**DONATE NOW**

Donate now to help save lives

- £30 could provide blankets for six people to keep them warm
- £50 could provide emergency food for two families for 10 days
- £100 could provide emergency shelter for four families

**Earthquake survivors need urgent aid**



# Celebration Assembly 2023!



Safer  
Internet  
Day 2023 | Tuesday  
7 February

Together for a better internet  
[www.saferinternetday.org](http://www.saferinternetday.org)



European  
Commission



Competition winners!

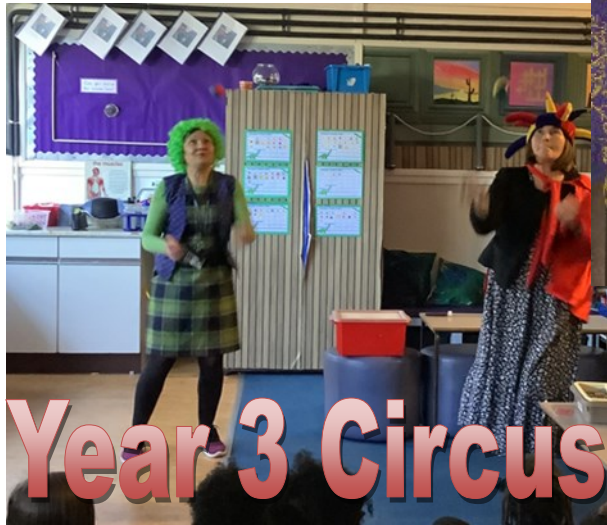
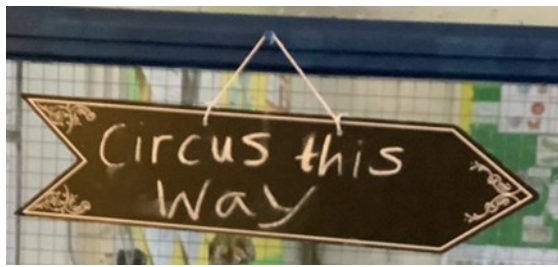
Dancers!



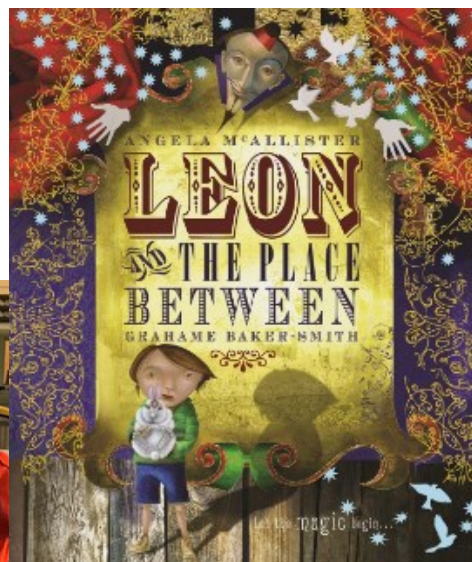
Film makers!







## Year 3 Circus



Green class had a busy day acting out their favourite scenes from their guided reading book 'Leon and the Place Between'. Abdul Kazaam introduced jugglers, magicians, tightrope walkers, lion tamers and clowns to entertain the children from the infant classes.



## Swimming Lessons

The children in years 3–5 enjoyed their two week intensive swimming course. The children swam in three groups beginners, intermediate and experienced. Pupils swam for an hour everyday over the two week period and gained valuable water safety experience as well as learning to swim.

Swimming is brilliant! I even jumped into the big pool! Filip

Swimming is the BEST! I didn't want to miss a day. Isaac

I can swim a length of the pool now without stopping! Amani

I hope we can go swimming again...I want to learn to dive! Mansal





This week Early Years and Year 6 got together on Thursday afternoon to 'connect' and learn the song 'Count on Me' by Bruno Mars using Makaton. We also had been dancing our way through the week and invited year 6 to join us and 'move your body to the rhythm' in order to stay healthy and keep your mind active! Early Years surprised Year 6 pupils with a delicious treat and entertained them with more songs they have been learning as part of being active

during Children's Mental Health Week. We think Year 6 really enjoyed learning our songs and trying our new dance moves! The whole school were also busy learning the Bruno Mars song too.



'Sky Colour'. Each class has used a range of media to capture images, feelings and thoughts about the sky. Then capturing some of this imagery by painting, taking photos and being creative!

In addition, as part of Children's Mental Health Week the whole school have been 'connecting together' by reading the story



# Year 1 and 2 Visit to the Horniman Museum



Sitting in the Rainforest!





# 10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

## THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

## ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

## SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

## TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

## REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

## A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

## PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

## THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

## TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

## ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

## Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



**NOS** National Online Safety®  
#WakeUpWednesday

Source: [https://www.ofcom.gov.uk/\\_data/assets/pdf\\_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf](https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf)



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 08.02.2023

# Cyber safety, tips & fun!



# Headteacher's Award

## WINNERS

congratulations!



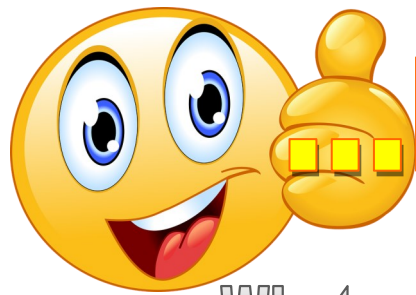
<i>CLASS</i>	<i>NAME</i>	<i>REASON</i>
<i>Red Class EYFS</i>	<b>Jemimah</b>	<i>Excellent writing this week!</i>
<i>Orange Class Year 1</i>	<b>Bryanna</b>	<i>Brilliant questions for the Lollipop Lady!</i>
<i>Yellow Class Year 2</i>	<b>Joel</b>	<i>Fantastic work on our Horniman trip this week!</i>
<i>Green Class Year 3</i>	<b>Thomas</b>	<i>Brilliant swimming in the deep-end this week!</i>
<i>Blue Class Year 4</i>	<b>Caleb</b>	<i>Amazing progress in his swimming lessons!</i>
<i>Indigo Class Year 5</i>	<b>Eloise</b>	<i>Fabulous safer internet work this week!</i>
<i>Lime Class Year 6</i>	<b>Roshee</b>	<i>Excellent effort and a mature attitude to his school work!</i>

Be the BEST that YOU can be!





# Next week's...



# ...highlights!

What will you be doing next week?

<b>Red Class</b> <b>EYFS</b>	<b>Choo-Choo all aboard...We're going on a train trip!</b>
<b>Orange Class</b> <b>Year 1</b>	<b>Let's ...Send For A Superhero!</b>
<b>Yellow Class</b> <b>Year 2</b>	<b>Painting our 'Poison Dart Frog' models!</b>
<b>Green Class</b> <b>Year 3</b>	<b>Science Investigation - FRICTION! - Can you resist?</b>
<b>Blue Class</b> <b>Year 4</b>	<b>Who is 'Winter's Child'?</b>
<b>Indigo Class</b> <b>Year 5</b>	<b>What essential capabilities and key functions does a Mars rover need?</b>
<b>Lime Class</b> <b>Year 6</b>	<b>Creating and developing our own programs on Scratch in ICT.</b>



*Love - Prayer - Trust -*

*Respect - Excellence*