



St. Francesca Cabrini Primary School

# Cabrini News

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

AUTUMN TERM - Issue 9: Friday 11th November 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 - 100%

### CONGRATULATIONS!

## CARS AND KIDS DON'T MIX

Please park away  
from our school



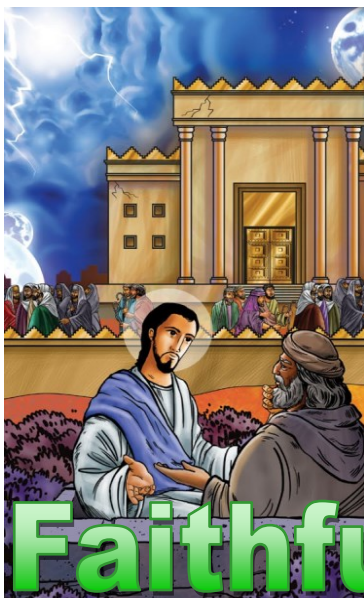
## PLEASE PARK RESPONSIBLY!

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

THE  
Word



SHARING SUNDAY'S GOSPEL  
WITH PARENTS & FAMILIES

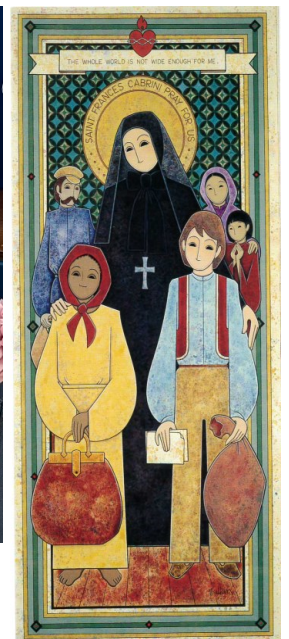


*"Let us ask then  
for the grace to  
remain faithful to  
God and to listen  
to his word."*

Pope Francis

# Faithfulness

## St Francesca Cabrini 13th November



On Sunday we celebrate the feast of our foundress Mother Cabrini (November 13th). Frances Xavier Cabrini was born in Codogno, Italy in 1850. Her dream was to be a missionary in the East, namely China. But, Pope Leo had another plan for Francesca, after granting her permission to set up her order, The Missionary sisters of the Sacred Heart of Jesus, he told her to "go west". Mother Cabrini headed to the area known as 'Little Italy, New York', here with her small band of sisters she worked tirelessly to improve the conditions of the immigrant community. She is honoured in St Patrick's Cathedral, New York, in recognition for her hard work and commitment to the migrant workers of the time who helped to build NY City. She is America's first patron saint and is the Universal Patron of Migrants. Today at school we gathered together to celebrate her life, her work and her mission, 'to make the heart of Jesus known throughout the world'. We gave thanks for her dedicated service to others and prayed for her daughters in mission, the Missionary Sisters of the Sacred Heart of Jesus, that they continue to be inspired by her and continue to 'mission' all over the world!



Dates for your diary...

My diary

NOVEMBER

Tuesday 15th -

Photographs - Individual & Sibling

Monday 14th - Friday 25th -

Year 6 Swimming

Tuesday 15th & Thursday 17th -

Parents Evening

Thursday 17th -

Flu Vaccinations



### CHRISTMAS CARDS

Don't forget to order your Christmas Cards online by 23rd November 2022. Just follow the online ordering instructions printed on your child's card design leaflet!

## Anti-bullying Week

This Anti-Bullying Week, let's come together and **reach out** to stop bullying

**REACH  
OUT**

Monday 14th to  
Friday 18th November

#AntiBullyingWeek  
#ReachOut

Bullies Out

To kick off anti-bullying week next week, and to recognise that we are all unique and different, we are asking all members of the school community to wear odd socks to school on Monday 14<sup>th</sup> November! The day sends an important message to all that they should be allowed to be themselves, free from bullying. This helps us to celebrate anti-bullying week in a fun and positive way and most importantly, begin that important and open conversation by 'Reaching Out' to others.

**Odd  
Socks  
Day**

**MONDAY 14<sup>TH</sup> NOVEMBER**

Remembrance Day  
lest we forget

**Sunday 13th November**

# Poppies

The fields are full of poppies  
that billow to and fro,  
dancing around in the wind  
almost marching in a row.

The pure beauty of the poppies  
is a sight to behold:  
wild and free and full of life,  
vivid scarlet, shining, bold.

They brighten up the land  
with a scene that will not last.  
How little do they know of  
the dark sorrows of the past.

In the end the petals fall  
like those now sadly gone.  
They let them go silently

one  
by  
one.

Petals like torn red ribbons  
lie strewn across the ground,  
bring back the old memories  
of soldiers lost, soldiers found.

They help us to remember  
the people here before  
and not forget those who fell,  
tragic losses of a war.

*Eternal rest grant to them,  
O Lord, and let perpetual light  
shine upon them.  
May they rest in peace.  
Amen*





Year 6 are studying the text 'Incredible Journeys'. To support our learning, on Thursday 10<sup>th</sup> November we visited the Horniman Museum to view some of the artefacts that have been gathered and collected by explorers that have made incredible journeys.





# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**National  
Online  
Safety®**

#WakeUpWednesday



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



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@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 09.11.2022

# Cyber safety, tips & fun!



# Headteacher's Award

## WINNERS

congratulations!

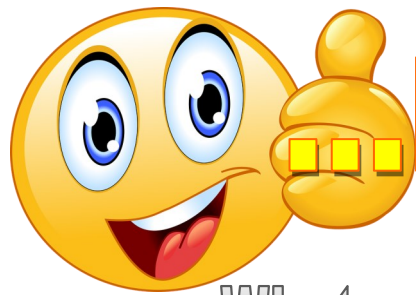


<i>CLASS</i>	<i>NAME</i>	<i>REASON</i>
<i>Red Class EYFS</i>	<b>Angelica</b>	<i>Being so kind and super helpful!</i>
<i>Orange Class Year 1</i>	<b>Raielle</b>	<i>Fantastic reading work!</i>
<i>Yellow Class Year 2</i>	<b>Ifeatu</b>	<i>For being a maths SUPERSTAR!</i>
<i>Green Class Year 3</i>	<b>Aimee</b>	<i>Brilliant 'time' work this week!</i>
<i>Blue Class Year 4</i>	<b>Kaamilah</b>	<i>Always being kind and caring to others.</i>
<i>Indigo Class Year 5</i>	<b>Christie</b>	<i>Fantastic maths work this week!</i>
<i>Lime Class Year 6</i>	<b>Alyssa</b>	<i>Brilliant detailed writing this week!</i>

Be the BEST that YOU can be!



# Next week's...



# ...highlights!

What will you be doing next week?

<b>Red Class</b> <i>EYFS</i>	<b>Building houses and testing if we can blow them down like the Big Bad Wolf!</b>
<b>Orange Class</b> <i>Year 1</i>	<b>Which countries make up the Union Flag?</b>
<b>Yellow Class</b> <i>Year 2</i>	<b>Making Honey Sandwiches for the Owl and the Pussycat!!</b>
<b>Green Class</b> <i>Year 3</i>	<b>Making bendy bones to fit in with our Science topic on skeletons and muscles!</b>
<b>Blue Class</b> <i>Year 4</i>	<b>Making Roman shields!</b>
<b>Indigo Class</b> <i>Year 5</i>	<b>Out into the deep dark woods we go... just like Jub!</b>
<b>Lime Class</b> <i>Year 6</i>	<b>Don't forget your SWIMMING kit!</b>



*Love - Prayer - Trust -*

*Respect - Excellence*