

## Safer Internet Day

The children all engaged with activities associated with safer use of the internet today. The main message for the older children was the need to be aware of other people's feelings while online. Sharing of images should only happen with the consent of the other person; try to only say positive things about others and **definitely** do not join in if others start being unkind to somebody.

### Lent

During the season of Lent, which starts on Wednesday, the church asks its members to spend the weeks leading up to Jesus' death and resurrection preparing through prayer, almsgiving and fasting. A focus for prayer during Lent will lead up to a Liturgy for the whole school during Holy Week and also a Stations of the Cross service in the Church at 2.00pm on the last day of term (Thursday 29<sup>th</sup> March) led by years 5 & 6. Almsgiving means giving to charity. On Thursday 22<sup>nd</sup> February we will have a representative from CAFOD speaking with all of the children about the theme of 'Give it up'. She will then have a workshop session with Year 5. On the following day (Friday 23<sup>rd</sup> February) we will mark CAFOD's Family Fast Day by allowing the children to 'Give Up' school uniform for the day and wear their own clothes to school. Each child will be given a CAFOD envelope to make a donation on that day. All of the money that we raise will be matched by the government so if you give £1 CAFOD will actually get £2.

# Ten Minute Shake Ups

The fasting element of Lent applies to adults (I will be giving up eating chips on Fridays !) but it does not actually apply to children. Instead we encourage the children to take up some positive act of kindness or give up something that isn't food. One option we are suggesting is giving up some inactive 'screen' time and doing a physical activity or game instead. Change4Life sent us some Disney related activity suggestions to use in the Summer. We got them too late to distribute then so we have made them available to the children for Lent instead. The idea is that children can search Ten Minute Shake Ups online and complete a range of physical activities to put Disney Stickers in their passports. The activities available now do not exactly match the Disney character stickers in the pack but the principle is the same.

### **Progress Stars**

At the end of each term a child in each class is chosen to be the 'Progress Star' due to their effort resulting in a great improvement in one, or more, areas of the curriculum. All teachers said that it was a difficult choice this term as so many children have made good progress. However the children that we celebrated this morning were :

Class F Orchidea, Class 1 Jace, Class 2 Finlay, Class 3 Molly, Class 4 Amelia, Class 5 Olivier, Class 6 Alfie

# Parents' Evening

If you do not have an appointment yet for Parents' Evening there are signing up sheets available by the office.

# No School This Friday

Friday 9<sup>th</sup> Feb is a teachers training day so the school will be closed to children. Enjoy your half term with them.