



St Paul's News



"ALWAYS STRIVING TO BE BETTER"

JANUARY 2024



Please come and check out our new St Paul's online art gallery. You can access it via the school website in the key information tab, where you can click on the link at the bottom of the page.

<https://www.stpaulsceaacademy.org/st-pauls-online-art-gallery/>

Happy New Year

This month has flown by. The children have returned after Christmas ready to learn. The children continue to earn raffle tickets for reading and are determined to win a book. Thank you to the new 'St Paul's Together' who have begun planning events for the rest of the year.

Thank you to Catherine Southgate who continues to see our children safely across the Amherst Road.

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Attendance

Attendance Matters



Every Day Counts....

"ALWAYS STRIVING TO BE BETTER"

8 classes had their attendance at or above 95% this month.

Overall school attendance is **93.9%** which is **below** the national average of **94.3%** to date. Please remember that in the event of your child being absent from school, it is your responsibility to let the front office know the reason for this through ringing in using Option 1 or leaving a message via Arbor.

A big well done to 1HI, 1CD, 1RMLB, 2JB, 2LG, 3JS, 4AB, and 6CW who have all had attendance above 95% this term.

Attendance this term

RLB	94.7%	2JB	95.7%	4AB	96.0%
RBCKC	93.5%	2LG	96.8%	5SW	90.9%
RKS	92.8%	3LW	94.1%	5ER	94.4%
1CD	97.1%	3AY	91.0%	5EL	94.1%
1HI	96.2%	3JS	95.1%	6CW	96.7%
1RMLB	97.5%	4VLTS	89.2%	6KG	94.5%
2HONH	92.5%	4JM	94.0%	6GH	92.8%

**Well done
1Cd 97.5%**

Young Voices- 02

Young Voices children's choir concert is the largest children's choir concerts in the world. The St Paul's Choir had the opportunity to perform in one of the world's greatest arenas alongside some incredible artists.

Thanks to Miss M Watson for enabling the children to be part of this amazing experience. The children are already looking forward to next year...



"This will be one of my most treasured memories forever. I have loved every minute of it."

Rose Year 5

"It was so much fun! We sat up on the very top level - there were thousands of children, all singing together".

Molly- Year 5



"I just wanted to say thank you for yesterday. It was such a fantastic day. I wanted to say how grateful I am that the children get the opportunity to take part in something so exciting that I'm sure will be in their memories forever".

Year 4 parent/ver!

Reading



Book Chat
Developing a Love of Reading

I wonder what's going to happen?

Oh no, I hope she's not going to...

I wonder why he did that?

I think he's feeling...

We love sausages too, don't we!

That reminds me of when...


Ahh, that word means...

What can we see there?

That looks like our park, but...

Book Chat encourages readers. Open questions, comments and prompts get the Book Chat going. Invite your child to make connections and share views. Join in with your thoughts too!

Book Chat develops language, comprehension and pleasure.



Reading for Pleasure

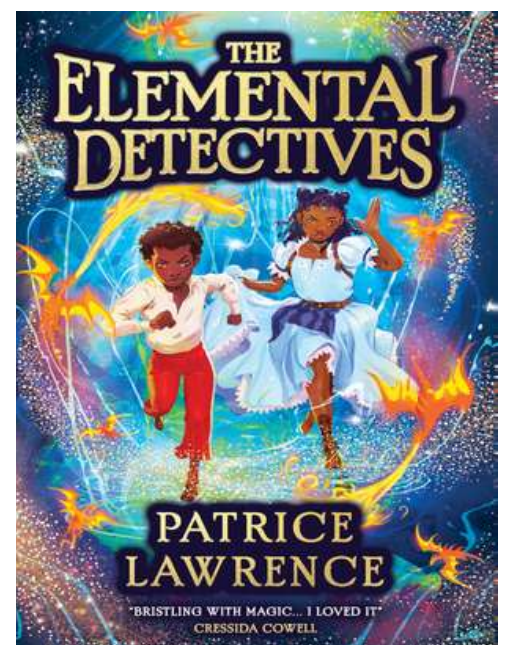
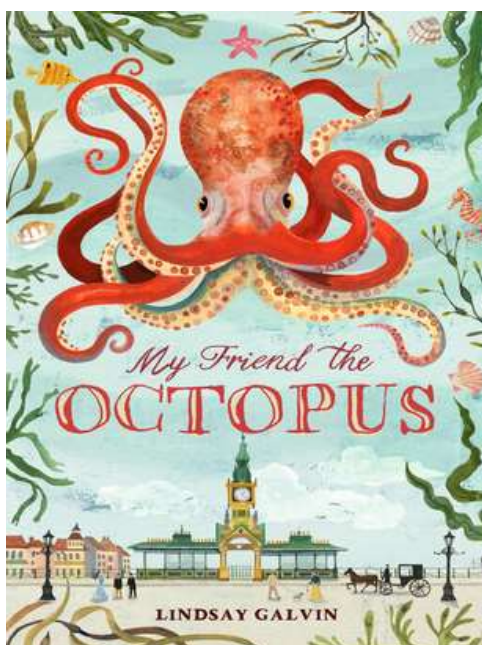
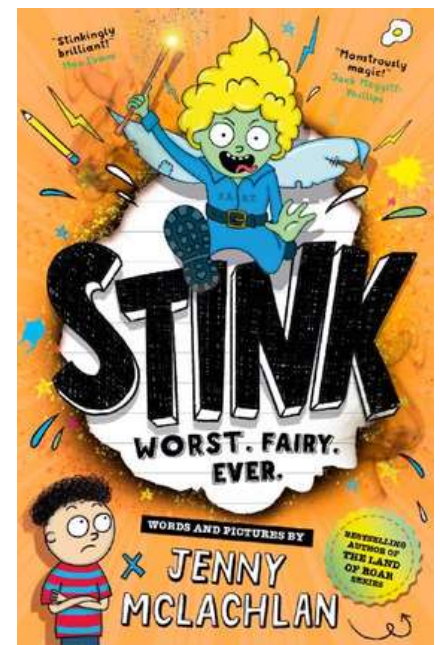
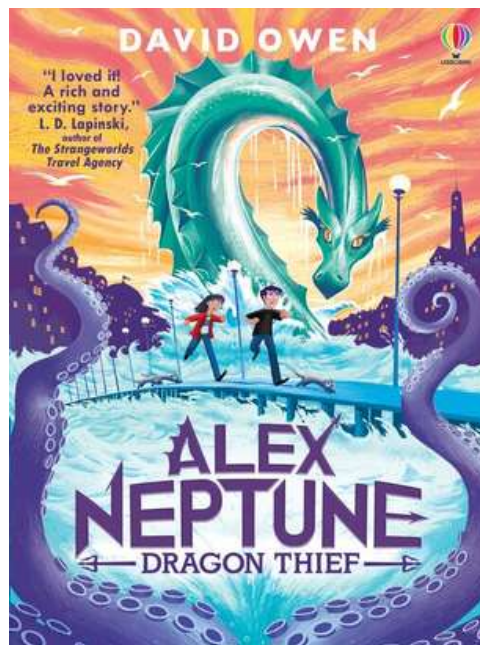
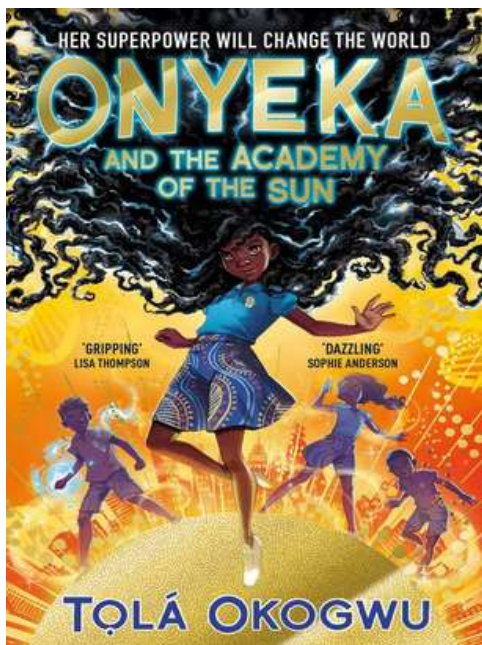
We are working hard to develop our reading areas to be inviting and to encourage our children to want to read. Try to spend time with your child reading for pleasure every day - find books or magazines which grab their interest. Chatting about books with your child will help them develop a love of reading.

Reading

East Sussex Book Award

If you are on the look out for new books which are guaranteed to be enjoyable and exciting, take a look at the 2024 shortlisted books selected by East Sussex Library Service.

They have selected six titles which feature magic, superpowers, stinky fairies, friendly octopuses, dragons and buried secrets. The books are aimed at pupils in Years 4, 5 and 6 and can all be borrowed from Hastings library. Our Year 6 pupils are reading them this term.





Maths



Timestables Rockstars is a great tool to support children learning their times tables. Children in Years 3 - 6 have got logins for the website which can be accessed on a tablet, phone or PC.

To receive a Rock Status, children need to go to the Studio. This game sees how many questions your child can answer in a given time. The more they play, the quicker they will get and the more prestigious their Rock Status will become.



Answering questions on the Studio in less than 3 seconds per question.



Answering questions on the Studio in less than 2 seconds per question.



Answering questions on the Studio in less than 1 second per question.

These badges were designed by children across the school and can be earned for the following reasons.



Consistently trying hard to learn their times tables.



Making great progress with their times tables.

We would love to see more children in school wearing their badges with pride so please encourage your child to use the website and become a Timestable Rockstar!

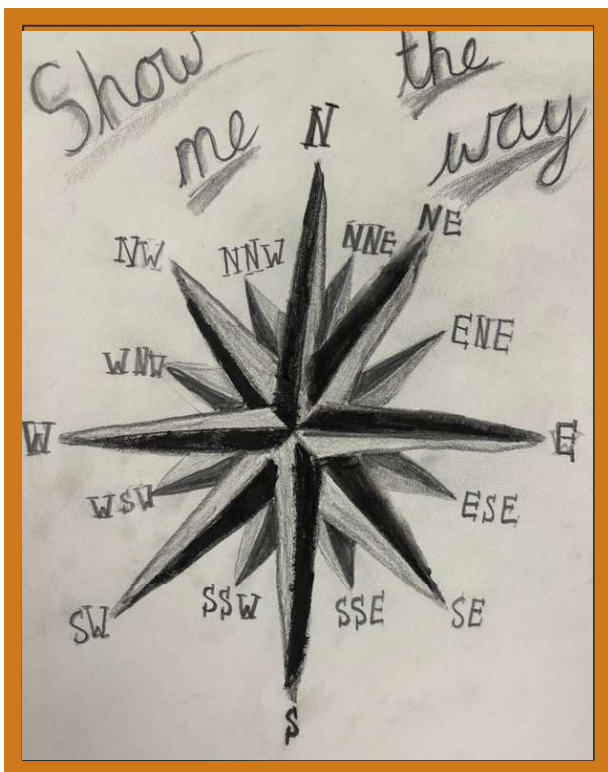
Art Club Gallery



MUSA (YEAR 4)



TOMMY (YEAR 3)



MAX (YEAR 4)



AMELIA-ROSE (YEAR 6)

Sports at St Paul's

Years 3 & 4 Indoor Athletics



Another amazing effort by our pupil's and a successful event for our school.

Overall 2nd and another silver medal for the group.
Girls were overall 1st and boys 2nd.

"So pleased with all of them and efforts today and in PE in Term 3"
Mr McGowan

Well-being

CAMHS
PARTICIPATION
YOUR VOICE MATTERS

NHS
Sussex Partnership
NHS Foundation Trust

WEBINARS FOR PARENTS/CARERS SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR MENTAL HEALTH



Each webinar will take place on Zoom at 10am and 7pm and will run for 90-120 minutes

FREE TO ANY
PARENT/CARER
LIVING IN
SUSSEX

- 22ND FEBRUARY AVOIDANT/RESTRICTIVE FOOD INTAKE DISORDER (ARFID)
- 26TH MARCH MANAGING CHALLENGING BEHAVIOUR
- 16TH APRIL BEREAVEMENT
- 15TH MAY SUPPORTING PRIMARY TO SECONDARY SCHOOL TRANSITION
- 13TH JUNE SUPPORT FOR KINSHIP CARERS
- TBC JULY CYBER SAFETY

HEADS ON
Support for mental health



SUPPORTED BY
**NHS
CHARITIES
TOGETHER**

SUPPORTED BY HEADS ON AND NHS CHARITIES TOGETHER'S COVID APPEAL

WANT TO BOOK YOUR TICKETS?

Scan here:



Or visit:

[https://ticketlab.co.uk/series/
id/1206#/](https://ticketlab.co.uk/series/id/1206#/)

NEED TO GET IN TOUCH?

If you have any questions, please email: CAMHSParticipationTeam@spft.nhs.uk

Delivered by Sussex Child & Adolescent Mental Health Services (CAMHS)

KEEPING SAFE ONLINE

ONLINE CONTENT 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

 **National Online Safety**
#WakeUpWednesday

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @NationalOnlineSafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 10.09.2020

Well-being

My VOICE MATTERS

Place2Be's
CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

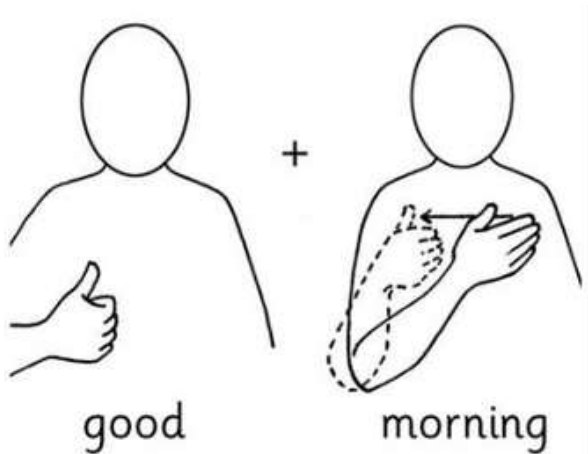
[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

During Children's Mental Health Week, all classes will be having lessons about coping with worries and anxiety. The pupils will also attend an assembly led by our Mental Health Support Practitioner about the 5 Ways of Wellbeing.

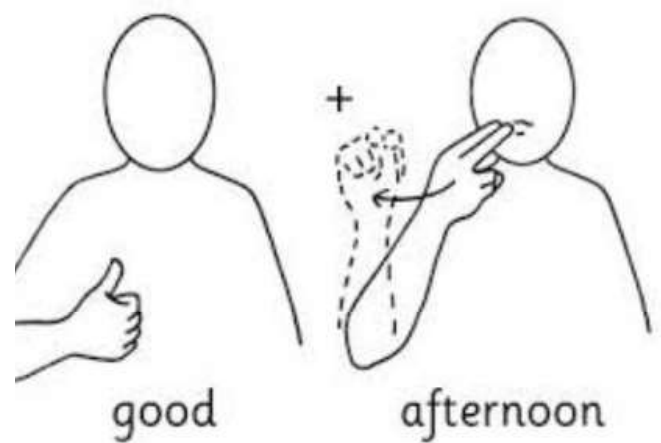
Makaton

Mrs McCullough has launched our makaton 100 project at St Paul's! The children will be taught a sign a week over the next 100 weeks. This week's sign was "Good Morning". Make sure to ask your child about our sign of the week :)

Week 1



Week 2



Week 3



Week 4



ST MATTHEW'S CHURCH

St. Leonards-on-Sea, East Sussex



THE KNIGHT'S QUEST

HOLIDAY CLUB

FOR CHILDREN IN RECEPTION - YEAR 6

£6 FOR 3 MORNINGS

WED 14TH FEB 9.30-12.00

THURS 15TH FEB 9.30-12.00

FRI 16TH FEB 9.30-12.30

St Matthews

St Matthews

The graphic features two knights in full plate armor standing in front of a stone archway. Above them is a shield with a cross. Two flaming torches are mounted on the wall. The text is presented on parchment scrolls and purple banners.

BRAVE KNIGHTS WANTED TO JOIN US ON THE QUEST TO DISCOVER MORE ABOUT KING JESUS

ENJOY GAMES, CRAFTS AND SNACKS

PARENTS ARE INVITED TO JOIN US FOR A FREE LUNCH ON THE FRIDAY AT 12.00

BOOK YOUR PLACE ONLINE @ WWW.STMATT.CO.UK/HOLIDAY CLUB

ALL LEADERS HAVE FULL DBS CLEARANCE

HELD IN ST MATTHEW'S CHURCH CENTRE, LONDON ROAD, TN37 6PD

The graphic shows two knights in armor standing on either side of a large wooden door set in a stone wall. Flaming torches are mounted on the wall. The text is on parchment scrolls and purple banners.

Key Dates Term 3

Tuesday 6th to Thursday 8th February Radio St Paul's

Friday 9th February - End of Term 3

Monday 19th February - Start of Term 4

Tuesday 27th February - 3.30pm to 5.50pm Parent Consultation

Thursday 29th February - 4.30pm-6.50pm Parent Consultation

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We'd love to hear some feedback
from you as well as any new
ideas for things we could include
in our St Paul's News. Please send
any comments to
office@stpaulsceaacademy.org