



Newsletter

27th June, 2022

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Apologies for the late arrival of this newsletter—last week was exceptionally busy and on Friday I was caught up in interviews most of the day.

Last week saw lots of activity throughout the school—children in Kingfishers started their week with a visit to Naughty Pizza in Bedford—they got to make their own pizzas, watch them cooking in the pizza oven and then the best bit, tasting their work. They had a wonderful time, and we're so appreciative of Naughty Pizza's generosity in terms of time and the costs involved (they provide everything free!). If you have a meal there, please pass on our thanks.

Robins have been learning all about the rainforest this week, creating a fact file all about snakes and have also written some wonderful poems. Canaries have been using instruments to compose their own pieces of music to reflect thunder, rain, storms and sunshine.

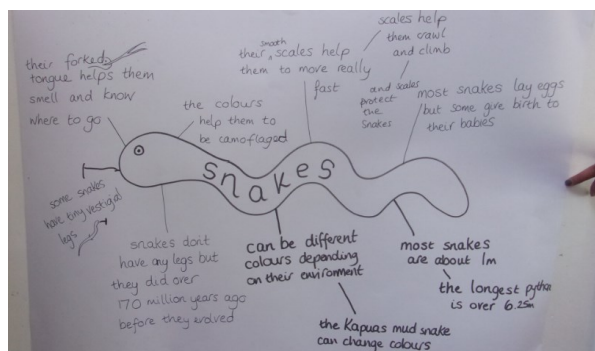
Girls from Year 5 and 6 attended a football tournament on Tuesday and then some of them took part in the County Cricket finals on Wednesday, representing Bedford. In both cases, the girls played with great sportswomanship and enthusiasm, representing St James' with pride.

This week sees Green Jays go out on their trip to Marston Vale tomorrow and some of our Year 6 pupils will start to have opportunities to spend time at their new schools ready for transition in September. The week ends with our Sports Day on Friday, followed by the return of our annual picnic.

Unfortunately, we appear to be seeing an increase in Covid cases and it has hit some of our staff this week. Please continue to be vigilant, and if your child is showing any signs of Covid, especially a high temperature, please keep them at home.

Wishing you all a happy week, and looking forwards to seeing everyone on Friday!

Maria & all the team at St James'



Annual Sports Day & Picnic Friday 1st July 2022

@ Biddenham International School

Leave school at 9am - if you can help walk the children down please let your child's class teacher know.

Then walk back to school to share a family picnic on the field.



Pupil Governor Summer Fair

We had such fun organising the fair, and we think it was a great success. **We raised a total of £125.79 for Young Minds**, thank you all for your support with this. The money raised will help support this brilliant charity who are focused on helping young people's mental health.

The Pupil Governors

To help your children stay safe in the summer, please remember to provide them with:

- A water bottle (filled with water only)
- A sun hat—named
- A waterproof jacket (just in case of any showers)

Please also remember to name your child's belongings—we appear to have an awful lot of school jumpers in lost property, all of them are unnamed and we just don't know who to return them to! If your child hasn't brought theirs home, it's probably in the uniform mountain.

Please note that it is our advice that no child of primary school age uses group chats.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

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 @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Term Dates

28th June	Green Jays Trip to Marston Vale Forest
29th June	PSA Sponsored Scoot
1st July	Sports Day & Family Picnic
w/b 4th July	Various Transition Days for Year 6 pupils moving into secondary school
5th July	Robins & Whinchats Trip to Woburn
6th July	Kingfishers & Peacocks Stem Fair
8th July	Peacocks Trip to Box End
13th July	Moving Up morning—children spend time in new classes Parents Evening to discuss end of year reports queries, if necessary 4.00-7.00
15th July	Music Concert 1.00pm—parents welcome (children who have had music lessons will perform on the piano, guitar, recorder and violin)
18th July	Green Jays & Kingfishers concert at the Corn Exchange
19th July	Proms in the Playground 'Best of British' - whole school from 5.30pm
20th July	Leaver's Service 2.00pm
21st July	Last Day of term, own clothes, 1.30pm finish
22nd July	Jubilee Holiday

Additional Information:

Sports Day—we walk from school to Biddenham for our sports day. You can either walk with us or meet us all there (it's really helpful if you can walk with us, though). We then walk back to school. Children return to classes for a short spell. We then all go out onto the field for a picnic, which you can join. Children and families can eat together. Bring picnics, blankets, chairs, etc we ask adults not to bring alcohol, though (we are a primary school, after all!).

Proms in the Playground—classes, the choir, and the whole school are learning songs for a special Best of British concert. All children take part in this. This is held outside (so we pray for good weather) and you and your families are the audience. Bring blankets, chairs etc so you're comfortable. It lasts about an hour. Think music festival, but on a much smaller scale!



Coming home today is a special Platinum Jubilee book all about Queen Elizabeth. These have been provided for every child by the Government to celebrate this special occasion.

Could you play a part in their future?

We need more foster carers...

...we are specifically looking for carers who can offer a home to children and teenagers age 10 years and up

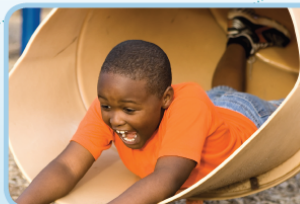


What is fostering?

Fostering is when you look after a child or young person who is unable to stay with their own (birth) family.

Who can foster?

Almost anyone can become a Foster Carer. Some experience in childcare would be useful, but not essential.



Give us a call today

01234 718 718

Or send us an email

@ adoptionandfostering@bedford.gov.uk

🌐 foster4us.com



Fostering in Bedford Borough

FAMILY WELLBEING TEAM (FWT)



Mental Health and Emotional Wellbeing Service for Children and Young People

www.chums.uk.com



Calling all Facebook Users....

We are holding our annual 'Win an End of Year Picnic' as part of the [Baker Brothers Community Fund](#) and we want as many schools as possible to be in with a chance to win! The end-of-year picnic is for up to 100 pupils! Last year's winners were Carlton CofE Primary School in Bedford. The more comments a school receives, the higher the chance of winning so there's every reason to get your school community involved (please be aware only ONE nomination per person will be counted)

The competition closes on 30th June and one winning school will be randomly selected on 1st July.

If you would like to learn more about our new Community Fund, visit our website - <https://www.bakerbrothersdiamonds.com/community-fund/>

Terms & Conditions Apply



How to Enter:

It's simple – comment and/or tag your school on our Facebook Post

<https://www.facebook.com/bakerbrothersdiamonds/photos/a.419046607981/10159254598727982/> for a chance to win this amazing prize!

The Winner:

Will be chosen at random on Friday 1st July – tune into our Facebook page to see the LIVE draw at 12 noon.

Rules:

- The School must be based in Bedfordshire
- Please only 1 entry per person
- The prize will be for a maximum of 100 pupils and must be taken before the 20th July 2022/end of summer term 2022.

May Half Term & Summer

Football Fun camps

Location
Bedford College or St Thomas More

Dates
25th - 29th July / 1st - 5th Aug
8th - 12th Aug / 15th - 19th Aug

Times
09.00 AM to 3.30 PM

Camp Fees
£25 per day / £100 per week

Secure your child's Place online at
theFootballFunFactory.co.uk



DAWNUNTILDUSK
BEFORE, AFTER SCHOOL & HOLIDAY CLUB

Holiday Club

VENUES ACROSS BEDFORDSHIRE AND CAMBRIDGESHIRE
Activities for children aged 2 - 12

HOLIDAY CLUB FUN FROM £20 PER SESSION

Booking is easy...
Visit www.kidsdawnuntildusk.co.uk to complete your booking form or email holidayclub@kidsdawnuntildusk.co.uk Or call us on 01234 930 505

Our holiday clubs are available in 4 sessions

Morning Session 7.30am - 1pm	School Hours 9am - 3pm	Full Day 7.30am - 6pm	HAF FREE Places 9am - 3pm or 10am - 2pm
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All snacks, drinks, breakfast and hot lunch is provided only bring a packed lunch if your child is booked in after 3pm.

Visit www.kidsdawnuntildusk.co.uk for prices and for details of our Early Bird Discounts

Discount for siblings!
We accept children's vouchers

Open ALL school holidays and most training days except between Christmas and New year

BOOK NOW or FIND OUT MORE

www.kidsdawnuntildusk.co.uk 01234 930 505



Bedford Borough's HOLIDAY ACTIVITIES and FOOD Programme

HAF is back! This Summer, Bedford Borough Council is funding an exciting range of **FREE** activities for children and families on **income related free school meals**.

From 24th June, all parents / carers of eligible children will receive a HAF voucher code and link to book via email. Places are limited, so booking is essential - bookings will only be able to be made through the voucher code link. If you have not received your voucher code by the end of June or have any issues, please contact your school directly.

Visit the Bedford Local Offer website for more information:
<https://localoffer.bedford.gov.uk/hafsummer22>



Wimbledon 2022
Thursday 30th June
Menu

Tennis Balls in Tomato Sauce with Spaghetti
or
Andy Murray Curry (Cauliflower) with Racket Rice

~

Centre Court Carrots
Backhand Broccoli

~

Aces Strawberry Jelly with Ice Cream

caterlink
feeding the imagination





Sunflower Diaries competition for Biddenham Village Show (at St James VA School on Sunday 11th September 2022)

After two years of covid restrictions Biddenham Village Show is back for **September 11th 2022!** This is a village show that has been running since around 1865, so there is a lot of history, and it needs everyone's support to keep it going!

There will be a series of competitions posted throughout the next half term for all age groups of children to enter. The first competition is for everyone!

SUNFLOWER COMPETITION!

Competition rules;

1. Plant your sunflower seed (ideally now!)
2. Photograph the milestones of your sunflower growing
3. Add a few words to your photographs to explain what is happening, where it is growing (your house, grandparents' house, school etc...) and how high it is reaching.
4. Height measurement is from the base of the stem at soil level to the top of the stem (where the stem meets the flower). The stem can be extended to measure the full height of the plant.

Width measurement is the diameter of the seed head over the top of the flower (excluding the petals).

If you would like to email your progress, please ask your parent/carer to email the address below and we will post your updates on the Biddenham show website <http://www.biddenhamshow.org/>.

By 1st September, measure your sunflower **height and seed head width** by taking a photo with a **tape measure by the side** (a person may be in the photo holding the measure).

(photographs will appear on the website and at the Show, so by emailing you are giving us permission to use your photograph)

Please don't forget to include your school year (or state over 19 if an adult), your name and address in your entry.

Post your diary (if you kept one) and final photographs to biddenhamsunflowers@gmail.com by 1st September.



Walk & Talk with Mel

During Summer Holidays for anyone aged **7-13 years old**.

50min walk around Priory Marina Bedford, one to one or small groups max of 4.

Focusing on **building confidence and resilience** in preparation for returning to education in September or starting university.

The walk will consist of, **Listening, talking, mindful practices and coping strategies for anxiety.** *

- **Thursday Mornings**
- **28th July**
- **4th August**
- **11th August**
- **18th August**
- **25th August**

Book on one or all five, £45 per session.

Email me mpositivetherapy@gmail.com

I am a school counsellor and private counsellor, fully DBS checked and member of BACP and insured for walk and talk through Holistic Insurance.

