



Our Lady & St. Joseph's Catholic Primary School Newsletter - Issue 22- 13th March 2026

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Dear Parents, carers and parishioners,

Thank you for engaging with our World Book Day events last week—it was lovely to see so many parents/carers diving into stories with the children. It was also wonderful to welcome Reception and Year 3 parents/carers into school this week for their Learn with Me events. The engagement from parents/carers with these different parts of school life really does bring a spark to our classrooms and corridors—thank you. We hope that many of you will be joining us for the 'Someone Special' Celebration in Church this afternoon. Whilst this is timed just before 'Mother's Day' we know that families come in all shapes and sizes and 'Mother figures' can be different for everyone. Today we will celebrate the special people who help nurture and grow the wonderful children in our school.

Have a lovely weekend,

David, Joanne and Sam

Bikeability—Year 4—Friday 20th March

Year 4 parents/carers, please look out for communication around 'Bikeability' which will take place next Friday—20th March. Bikeability cycle training equips children with vital life skills. Pupils not only learn to cycle, they gain independence, social skills and a sense of wellbeing.

Lighthouse—Learn With Me—Monday 16th March

Our lighthouse parents/carers are invited to attend on Monday afternoon from 2:15pm to enjoy working alongside the children. We look forward to seeing you!

Non- Uniform Day—Friday 20th March

Children can come to school in non-uniform on Friday 20th March. If you would like to make a donation of £1, please do so. All money raised will be sent to the CAFOD— Lenten Walk collection.



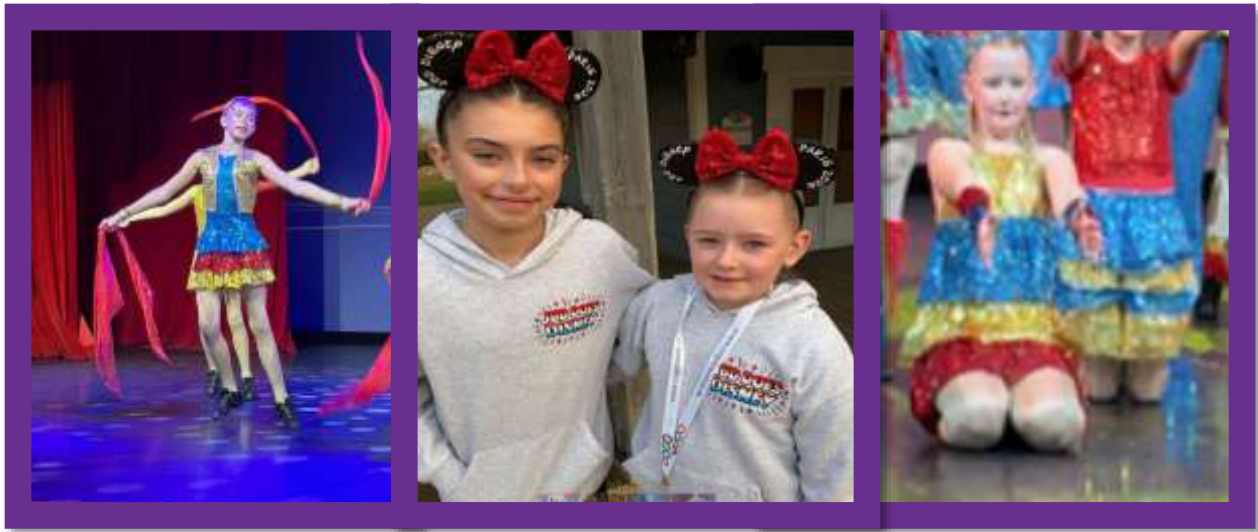
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Achievements



Jessica has been helping look after the cows, pigs, sheep, horses and hens at the farm and has not once complained about being tired or dirty.

The family are busy lambing at the moment and she has been involved throughout. Her parents say she has the work ethic of someone 20 years older! Wow Jessica, we are so proud of how hard you have worked and how helpful you have been.



During half term, Ella and Caitlin were part of the Joanne Banks Dancers who through an audition process were successful in being invited to dance on stage at Disneyland Paris's Videopolis Theatre as part of Disney's Performing Arts. What an amazing opportunity! We are incredibly proud of you both.

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Physical Education

This half term in Physical Education, pupils at Our Lady & St Joseph's will be developing both their practical sports skills and their understanding of how to stay safe and healthy during physical activity. Our programme combines exciting hands-on learning with important theory to help children grow in confidence, teamwork, and physical literacy.

Practical Focus: Tennis & Basketball

Tennis:

Children will be building their hand-eye coordination and developing key racket skills. They will learn forehand and backhand strokes, practise aiming for accuracy, and explore how to move efficiently around a court space.

Basketball:

In basketball, pupils will focus on dribbling, passing, shooting, and simple tactical decision-making. Through small-sided games, they will strengthen their teamwork, communication, and understanding of how to play fairly and respectfully.

Theory Focus: Injuries and Staying Safe

Alongside their practical lessons, children will be learning about **injuries in sport**, including:

- Common minor injuries
- How to prevent them through good warm-ups, stretching, and safe use of equipment
 - The importance of listening to their bodies
 - What to do if they or someone else gets hurt

This knowledge helps pupils build safe, lifelong habits around physical activity and wellbeing.

attendance ~~MATTERS~~

Procedures for appointments during school hours

If you have to take your child out of school for any reason, including a medical, dental, school visit appointment, please could you inform the school office prior to the appointment along with any supporting evidence of the appointment. This is so that we can authorise the absence where we can and your child is not marked as unauthorised in our register.

Please see below guidance from the government regarding school attendance. <https://www.gov.uk/school-attendance-absence>

Children should aim to arrive in school by 8:55 am at the latest. **Persistent lateness causes disruption to your child's education.**

Year	Attendance this week:
Reception	100%
Year 1/2	98.12%
Year 3	100%
Year 4	92.19%
Year 5	98.99%
Year 6	95.11%
Lighthouse	87.5%
Weekly Overall Attendance: 96.77%	

Late arrivals

We understand that mornings can be hectic and that, on occasion events beyond parents' control can cause delays on the journey to school.

Class registers are taken at **9:00am** prompt as we don't want to miss any learning opportunities. **All children should be in class and sat down by 9:00am.**


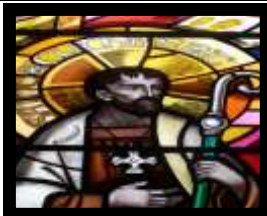


Standards at Our Lady & St. Joseph's

Our expectations on attendance must remain strong and, as the parent community know, we take this part of our job very seriously indeed. We will be contacting parents/carers of those children who are persistently absent, this means any child with an attendance percentage of 90% or less. Please understand that this is a supportive measure and that we are working hard to leave no stone unturned to help your child achieve the very best possible outcomes.



Stars of the week

Zane	Year R	For excellent writing this week about Farmer Duck.
Ivy	Year 1/2	For writing an amazing explanation.
Noah		For fantastic effort with his handwriting.
Lily	Year 3	For fantastic effort and focus all week.
Isaac		For setting a wonderful example and always showing excellent manners.
Kenzi	Year 4	For being resilient and working hard.
Lucas		For putting in 100% effort all week.
Jaydon	Year 5	Wonderful concentration and effort in all lessons this week.
Kasper		Wonderful understanding of how Jesus was tempted in the desert in RE.
Eva	Year 6	For excellent effort in all that she does. Her work is beautifully presented.
Xander		For fantastic effort and presentation in every subject this week.
Isa	Lighthouse	For working hard all week.
Ashton		For completing a rally in tennis with his partner.
Annabelle	PE	For her excellent volley shots in tennis.
Zane		For fantastic basketball dribbling.

HOUSE POINTS				
Captains	St. Bede	St. Cuthbert	St. Hilda	St. Aidan
Eva				
Kingsley				
Daisy				
Esme				
Weekly total	252	280	340	378
Running total	3490	2987	3025	3304

<u>Rainbow Rewards</u>	
Red	Is for the blood he gave (Be Kind)
Green	Is for the world he made (Be a steward)
Yellow	Is for the light so bright (Be humble)
Orange	Is strong and full of might (Be courageous) Kingsley and Ruby: For being courageous and joining in with activities.
Purple	Is for his hour of sorrow (Be compassionate and say sorry)
Pink	Is for a new tomorrow (Be just and fair)
Blue	Is for the sky he made so we can aim high (Never give up or take the easy option)

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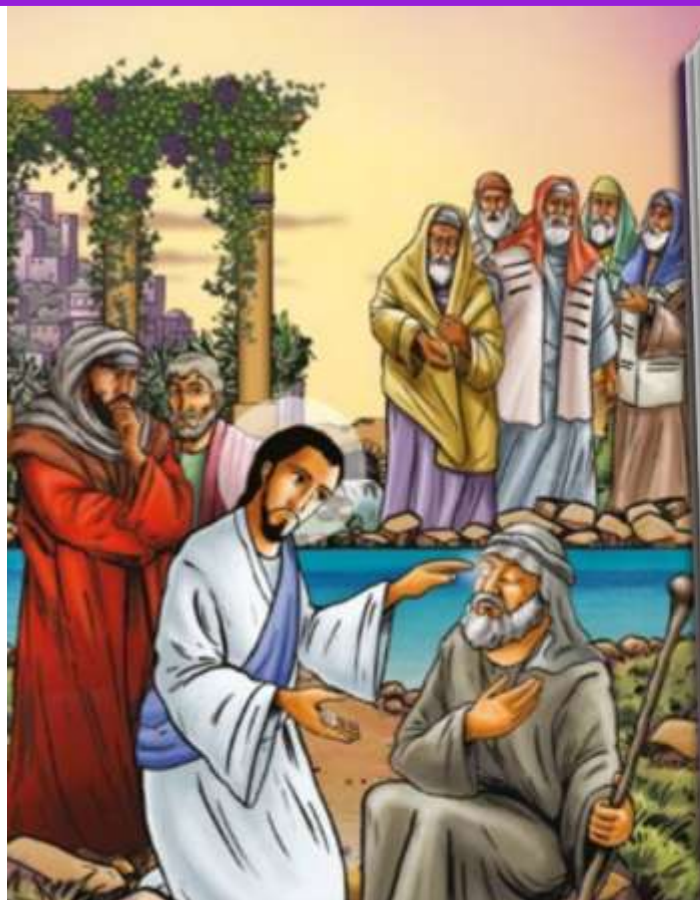
Ask your child



We're sure you all ask your children what they have learned at school every day. We're also sure that the depth of answers that you receive will also vary, with some children saying, 'nothing'. To help aid your discussions, each week in the newsletter we will include a starter question that will help your child to talk about what they what they have been learning that week in school. Try it tonight

Reception	What are some of the signs of Spring?
Year 1/2	How can we show respect to others?
Year 3	In what ways were Athens and Sparta similar?
Year 4	What was our No Outsiders assembly about this week?
Year 5	What made the Norse so successful? How do two Brazilian megacities compare?
Year 6	What is a megacity? Why is the hymn, " Be still for the presence of the Lord," such a special Communion hymn?
Lighthouse	How many pence in 1 pound?

Article 14: The right of freedom of thought, belief and religion



THE GOSPEL IN CHURCH Sunday 15th March 2026



As Jesus went along, he saw a man who had been blind from birth. Jesus spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, "Go and wash in the Pool of Siloam" (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored. His neighbours and people who earlier had seen him begging said, "Isn't this the man who used to sit and beg?" Some said, "Yes, it is the same one." Others said, "No, he only looks like him." The man himself said, "I am the man." Some of the Pharisees did not believe that Jesus had healed him and they drove him away. Jesus heard about this and when he found the man he said to him, "Do you believe in the Son of Man?" "Sir," the man replied, "tell me who he is so that I may believe in him." Jesus said, "You are looking at him; he is speaking to you." The man said, "Lord, I believe," and he worshipped Jesus.

*Adapted from John 9:1-38
The 4th Sunday of Lent, Year A*

Getting to know Jesus makes life joyful.
Learn more about this Sunday's Gospel in your local Parish Church: all are very warmly invited.

Dear Lord Jesus, help us to see you more clearly – to believe in you
and to share your light and **healing** with all those around us. Amen. ✨

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What Parents & Educators Need to Know about STREAMING SERVICES



WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVOD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.



EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.



ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

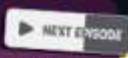


AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.



HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.



Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.



TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.



MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.



SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.



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.



See full reference list on our website

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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: 11.03.2026

Date	Event	Time	Parents Invited
Monday 16th March	<u>Lighthouse</u> —Learn with Me (Parent and Pupil sessions)	2:15pm—3:15pm	Yes
Tuesday 17th March	Cross Country Event (rearranged date)	4:00pm	Yes
Friday 20th March	Comic Relief: non-uniform day	All Day	No
Friday 20th March	Year 4—Bikeability	All Day	No
w/c Monday 23rd March	Parents Evenings	3:40pm - 6:00pm	Yes
Monday 30th March	<u>Reception and KS1</u> Lent Celebration of the Word	2:30pm	Yes
Tuesday 31st March	<u>Year 3 and Year 4</u> Lent Celebration of the Word	2:30pm	Yes
Wednesday 1st April	<u>Year 5 and Year 6</u> Lent Celebration of the Word	2:30pm	Yes
Thursday 2nd April	Break up for Easter holiday	3:30pm	Yes
Monday 20th April	Return to school for Summer Term	8:45am	Yes



Our Lady & St. Joseph's Catholic Primary School

Holiday and Term Dates: 2025—2026



	August 2025	September 2025	October 2025	November 2025	December 2025	January 2026
Monday	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26
Tuesday	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27
Wednesday	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28
Thursday	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29
Friday	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30
Saturday	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24 31
Sunday	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25

	February 2026	March 2026	April 2026	May 2026	June 2026	July 2026
Monday	2 9 16 23	2 9 16 23 30	6 13 20 27	4 11 18 25	1 8 15 22 29	6 13 20 27
Tuesday	3 10 17 24	3 10 17 24 31	7 14 21 28	5 12 19 26	2 9 16 23 30	7 14 21 28
Wednesday	4 11 18 25	4 11 18 25	1 8 15 22 29	6 13 20 27	3 10 17 24	1 8 15 22 29
Thursday	5 12 19 26	5 12 19 26	2 9 16 23 30	7 14 21 28	4 11 18 25	2 9 16 23 30
Friday	6 13 20 27	6 13 20 27	3 10 17 24	1 8 15 22 29	5 12 19 26	3 10 17 24 31
Saturday	7 14 21 28	7 14 21 28	4 11 18 25	2 9 16 23 30	6 13 20 27	4 11 18 25
Sunday	1 8 15 22	1 8 15 22 29	5 12 19 26	3 10 17 24 31	7 14 21 28	5 12 19 26

AUTUMN TERM: 74 days

SPRING TERM: 58 days

SUMMER TERM: 59 days

TOTAL: 190 days (5 days for in-service training of teachers). Additional training to be taken as twilight sessions.

The school will be open to pupils for 190 days

TRAINING DAYS: Monday 1st September 2025, Monday 5th January 2026, Monday 20th July 2026, Tuesday 21st July 2026, Final Training Day TBC

School Holidays
Training Days
Bank Holidays
Year 6 SATs