



St. John Vianney School
Steps to Independence & Education for Life

Weekly News

**The Salford Diocese School for
Children & Young People with SEND**



04/09/2020



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Dear Parents and Carers,

I do hope you and your family are keeping well?

It has been fantastic this week to welcome your children back into school, after what has been an unprecedented time away from education. The children at school have made a great effort to follow the new ways of working that we have employed since returning to school on Tuesday. School at present is very different to where we were this time last year, as we come to terms with the restrictions imposed upon us by the pandemic. We are however extremely confident that if the children continue to support the school and the staff in following guidelines, that we can keep everybody safe and well and begin again to provide them with a broad, exciting and fully developmental curriculum, to help each child and young person to reach their full potential. Thank you for the efforts that you have made in getting your children ready for the return to school, it is really appreciated. They have looked amazing in their uniforms.

On Monday next week we will have all three hubs back in school and our intention is to get back to pre-pandemic ways of working as quickly as we possibly can, whilst keeping pupils and staff predominantly within their own hubs across the School. In many ways we are blessed by the large site and numerous buildings that we have, which certainly helps in the current management of classes and our social distancing practice.

We are aware the next few weeks will be challenging, but I will keep you informed of any developments. Should you have any worries or queries please do contact the school office during the school day and we will endeavour to get back to you as quickly as possible.

For now, I hope you enjoy reading the first newsletter of the academic year and have a fantastic weekend.

Mr A Moloney

Headteacher
St John Vianney RC School

God's weekly message-

Isaiah 41; 10

So do not fear, for I am with you;
do not be dismayed, for I am your God.

I will strengthen you and help you;
I will uphold you with my righteous right



Our Catholic School

Here at SJV we are very excited this week to be welcoming every one back!! Plus we get to meet some new pupils who are being welcomed into school for the first time.

It has been a very different time during the coronavirus pandemic and subsequent lockdown; an unprecedented situation in modern times. It is hard to gauge the full impact that the situation has had on our children and young people's mental health and wellbeing. Our pupils' experiences of the lockdown period will have been very varied. For some, it will mostly have been a safe and enjoyable time. For others, it will have been challenging or traumatic.

Schools and teachers are used to supporting their pupils through challenges that they face in life, and SJV will again be with our students and young people every step of the way this year.

SJV have thought about the measures we can put in place to keep us all safe on our return, staggering lunch breaks, limiting face to face contact between staff and regular hand-washing breaks.

Our prayer to start the year

We can't wait to show you all the wonderful things we get up to this year.

Lord Jesus, we ask for your help as we begin this new school year. Allow us to experience your presence in the many blessings you put before us.

Open our eyes to the new challenges and exciting opportunities that this new school year brings. Open our hearts and minds to new friends and new teachers.

Give each of us a generous spirit to be enthusiastic with our studies and courage to accept new opportunities. Help us to be attentive to our teachers and let us experience your presence in our new friends.

Lord, inspire us to do our very best this year!

Amen

Mrs Garfin

RE CoOrdinator

Everyone is showing amazing work to help one another by washing our hands regularly throughout the day!
Well done everyone!

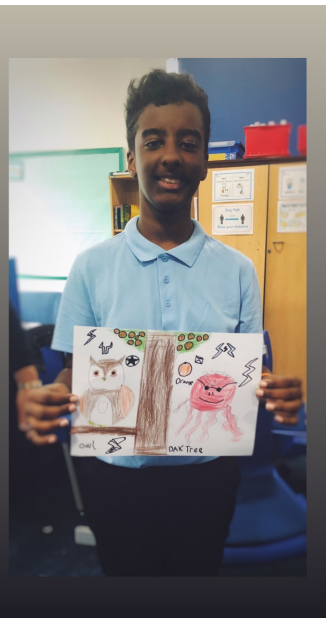


Class 2 returns

Class 2 had a brilliant first day back! Everyone was pleased to see one another again after such a long time. It's so nice to be back!

Mr Wood





On Thursday, Class 9 were talking and learning about our 'orange hub' and we were finding other things that begin with the letter O or are the colour Orange.

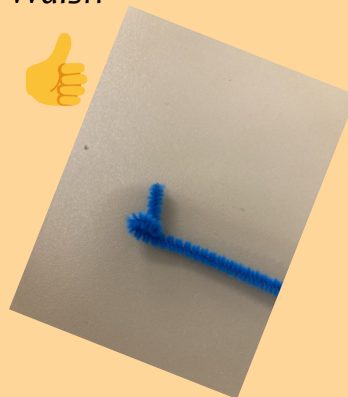
We also practiced good hand washing.

Munir was our 'star of the day' for his amazing art work, independent skills, how he's settled in and improvement in behaviour! Well done Munir.

Class 9



Class 4 had fun this week using pipe cleaners to express our emotions, including a pipe cleaner thumbs up! Miss Walsh



I feel



Index fingers points inwards towards chest, working extended middle finger (palm back, pointing in) brushes up against side of chest.

It is a key word sign— supported communication system based on British Sign Language.

All staff use Signalong. We are currently learning signs for Emotional Well-being and this week we are learning how to sign "I Feel"



47%
of parents
said they thought their
children spent too much
time in front of screens



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about **SCREEN ADDICTION**

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents

LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week

<https://www.independent.co.uk>
Children and Parents: Media Use and Attitudes Report 2017; <https://www.ofcom.org.uk>
<http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>
Journal of Youth Studies; <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>
University of Leeds; <https://medhealth.leeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>



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Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061

