



St John Vianney Newsletter

04.03.2022



A message from our Headteacher

Dear Parents and Carers,

This week our key stage 4 pupils and staff have been attending their annual residential to the Calvert Trust Centre in Keswick. The group have had an excellent week undertaking a range of outdoor pursuit and team building activities in the Lake District. I'm told, from the staff who were in attendance, that our pupils represented the school in exactly the right way, showing high levels of maturity, cooperation, participation and engagement with the team of staff from the Calvert Trust. We know that our children and young people thrive in these activities and I'm really pleased

that they made the most of the experiences away from home, where they have been able to build character, resilience, team skills and independence; all essential for their personal development.



These type of activities cannot however, take place without staff volunteering to be away from their homes and families and we are indebted to Mr Donovan and the key stage 4 team for giving up their time this week to support our pupils away on this activity.

Next week KS3 pupils will be attending Bendrigg in South Lakeland to participate in their own residential experience. We wish the staff and pupils well for a safe and enjoyable visit.



In school this week, we have focused on our introduction to Lent and the spiritual journey that we hope our pupils and the staff will encounter over the next 40 days. Class teams have been identifying ways in which they can embrace the themes of prayer, fasting and charitable actions, to ensure that during this period others less fortunate than ourselves are looked after.



We have particularly been giving up prayers for the Ukrainian people who over the last eight days have been facing the atrocities of war, imposed upon them by the Russian invasion. Although we all have great admiration for their solidarity and bravery, that we see each day on the news, it is hard to imagine what so many innocent people are going through. We continue to pray in school for an end to hostilities in the Ukraine, so the people of Ukraine can quickly return to their lives, free from oppression and violence.



We keep them in our thoughts and prayers this weekend.

Can I remind you please, that if any family requires any financial support to ensure their children are fully able to access all elements of education at SJV, please do contact School and we will do all we can to offer any support. This may be to provide school uniform, household groceries or

access to opportunities for the child in the local community. If you would like to discuss this further please contact Mrs Griffin, our Family Liaison Officer, through the School office. Mrs Griffin will be happy to discuss these needs confidentially with you and we can work together to identify how the needs can be met.

Best wishes

Mr A Moloney

Headteacher

Please note, we have made a change to the School Calendar for the summer term 2022.

Friday 24th June is now an additional School holiday for St John Vianney School. The School will be closed on this date.

This additional date is in lieu of the national holiday for the Queen's Platinum Jubilee celebration, which falls during the Whit break on June 3rd 2022.

The term dates for 2022-23 have now been approved by the Governing Body and are now available on the School website.



Stars of the Week

Each week a 'Star of the Week' is chosen by the class team to celebrate achievements both academic and pastoral.



This week we are celebrating the following achievements:

Daniyal - For staying focused on his work this week and being excellent at hydrotherapy.

Arshvin - For engaging well in lessons and answering lots of questions.

Dylan - For having a settled return to school.

Troy - For a positive attitude and trying his best.

Oskar - For joining the class for some activities, including OMF.

Jason - For having a positive attitude in every lesson all week.

Jenna - For conquering her fears at the farm.

Alice - For showing resilience in relationships.

Miya - For being a kind and supportive friend to everyone in Class.

Leah - For her mature and 'can do' attitude to learning and also helpfulness in Class.

Kayden - For fantastic work in English!

SJV Class News



Class 1

Class 1 enjoyed their fruity pancakes this week before we started our Lenten journey.







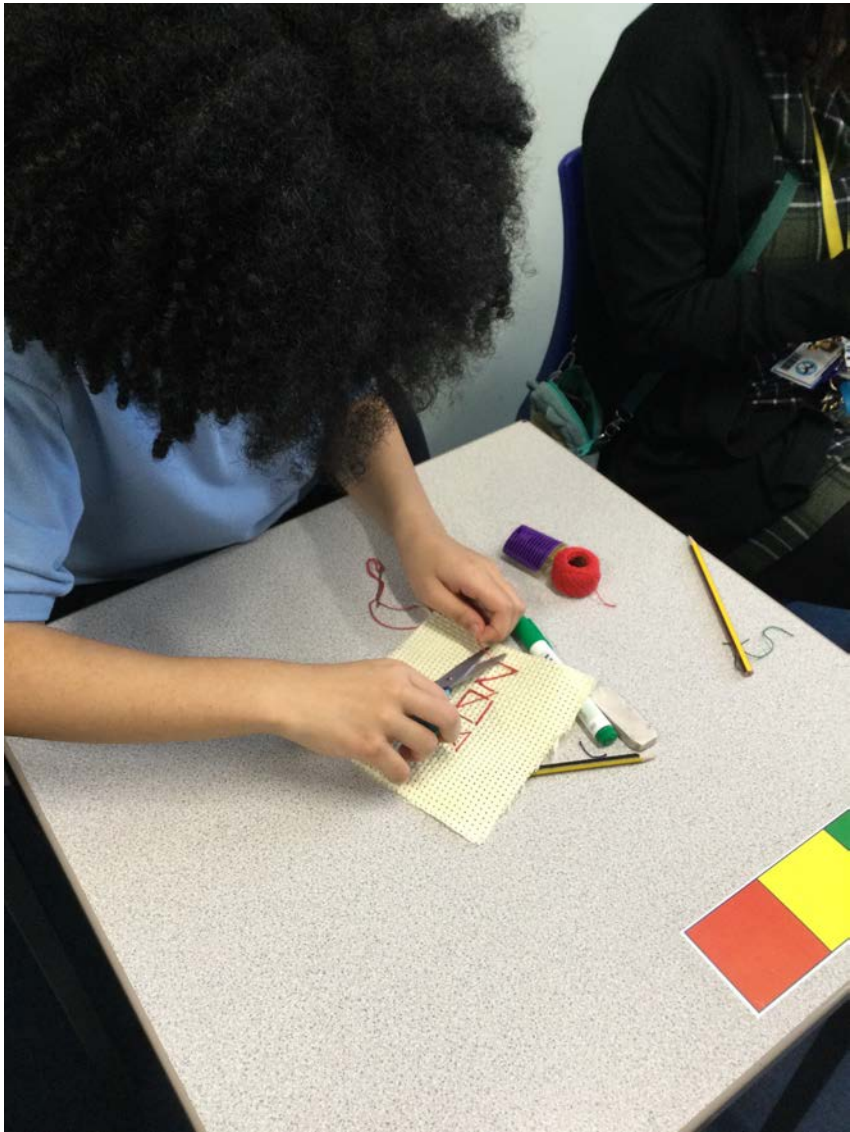


Class 7

The Textiles lessons continue for Class 7 - this week we started to create our own designs on Binca. The class really enjoyed coming up with their own designs, and practicing their new sewing skills.











Class 12

Class 12 enjoyed making pancakes for Shrove Tuesday. They said they tasted perfect!





Well done everyone.







Class 13

Class 13 carried on their work at the Salvation Army. A group worked at the hall and a group worked at the Lighthouse charity shop. Both groups were a super help and worked really hard.







Class 3

Class 3 enjoyed their first session of the school year at Forest School. Despite the wet weather, the boys all had lots of fun in the woodland. They enjoyed finding out what had changed since the last time they had visited.







Class 8

Class 8 have been learning about the history and traditions of pancake day and lent. We had a flipping competition and ate some yummy pancakes, well done everyone.







28.2.22

1. What is the definition of a 'strong' acid?
2. What is the definition of a 'weak' acid?
3. What is the definition of a 'strong' base?
4. What is the definition of a 'weak' base?



Our Catholic School

Our daily worship and reflection in SJV this week are focused
on teachings from St Anthony of Padua; 'Actions speak
louder than words; let your words teach and your actions
speak'

We at SJV are doing our best to be kind by doing the 40 'acts of kindness' during Lent. Our school chaplaincy team have picked out acts of kindness to do around school- We are starting out with 'say a nice thing about someone to somebody else' are going to spread St. Anthony's message all around SJV, home and the wider community.



Say a nice thing about someone to somebody else.



It's been a busy week at SJV. The Chaplaincy team helped prepare the Ash Wednesday service and did the readings too. We have come up with a number of exciting challenges to do in Lent,. We are raising money for St Joseph's penny, doing a £5 challenge where each class team, starting with £5 and all will try to raise the most money.

We are also taking part in the Million Minutes campaign 'si- LENT', where we make time for God every day by being quiet and just being in God's presence.

In RE this week we have been looking at the history and traditions behind Shrove Tuesday and Ash Wednesday. We have enjoyed having pancake races, pancake flipping and making our promises for Lent.



By Mrs Garfin

A word from our
Family Liaison
Officer and Deputy
Safeguarding Lead



At Family Fund, we offer a wide range of information and support to families raising disabled and seriously ill children. Our digital support aims to help families make the most of their iPad or tablet and includes a programme of free workshops: Fancy learning how to make the most of your device, get creative with your family and stay safe online?

Sign up for FREE online 1 hour workshops, tried and recommended by our families. The workshops below are coming up in March - you can also see the full list of what's available and sign up on our [events page](#). Sign up for as many as you like!



Staying Safe

Wednesday 9th March, 10.30am

Help your family stay safe when using their iPad.

- Parental controls
- Screen time restrictions
- Control access to websites
- Other helpful functions and tips to protect your child online

[Sign up here](#)

Making Music with Garageband

Tuesday 15th March, 6.00pm

Learn how to use the free app GarageBand to create a song. This is a child-friendly workshop!

- Creating a new blank song project
- Working with live loops to create a piece of music
- Adding audio from the microphone
- Exploring effects and mixing
- Sharing the finished song

[Sign up here](#)

Making Movies with iMovie

Monday 21st March, 6.00pm

Make your own movie using iMovie!

This is a child-friendly workshop!

- Creating a new Movie Project
- Adding photos and video from the photo library
- Editing clip length and transitions
- Adding titles and voice overs
- Working with green screens
- Adding music
- Sharing the final film

[Sign up here](#)

Making a Social Story with Clips

Wednesday 30th March, 6.00pm

Social stories can help children with ASC and other additional needs to develop greater social understanding, feel more confident with new activities or situations, and help them stay safe. This is a child-friendly workshop!

In the workshop, we will cover:

- Using the free 'clips' app to create a social story
- Other additional apps that you might find helpful

[Sign up here](#)

Make it Work For You

Thursday 31st March, 10.30am

This workshop will help you find and use some of the built-in accessibility features to make the iPad work for your family's specific needs.

- An overview of the most useful iPad accessibility settings
- Audio and sound settings, including text-to-speech
- Visual and display settings
- Using your iPad with Hearing Devices

Lots more functions to tailor your device to your child's needs

[Sign up here](#)

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we don't accurately 'read' situations in the digital world and know how to act appropriately.

1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right in front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the medium.



6 APPRECIATE DIFFERENCES

We're all built differently, some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds; there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Mrs Julie Griffin

Mindful Minute

A few tips for the month of March from our emotional and mental wellbeing team here at SJV.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Set an intention to live with awareness and kindness	2 Notice three things you find beautiful in the outside world	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself and choose to use kind words	5 Bring to mind people you care about and send love to them
6 Have a "no plans" day and notice how that feels	7 Take three calm breaths at regular intervals during your day	8 Eat mindfully. Appreciate the taste, texture and smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying
13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that you do	15 Stop. Breathe. Notice. Repeat regularly	16 Get really absorbed with an interesting or creative activity	17 Look around and spot three things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Appreciate nature around you, wherever you are
20 Focus on what makes you and others happy today	21 Listen to a piece of music without doing anything else	22 Notice something that is going well, even if today feels difficult	23 Tune in to your feelings, without judging or trying to change them	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Choose to spend less time looking at screens today
27 Cultivate a feeling of loving-kindness towards others today	28 Notice when you're tired and take a break as soon as possible	29 Choose a different route today and see what you notice	30 Mentally scan your body and notice what it is feeling	31 Discover the joy in the simple things of life		

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Autastic
charity begins at home

autastic charity autasticcharity
autasticcharity

theautasticcharity@gmail.com
07984085194

1ST SUNDAY
of every month

11:00AM - 12:00 NOON

@ Gorton Community Centre
543 Abbey Hey Ln, Abbey Hey
Manchester M18 8PF

- Accessible Dance sessions
- Games/Team building
- Sensory trial
- Meditation

£2 Donation
non for profit charity

Autastic charity 1180325



Enjoy your
Weekend!

Credits:

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