



*"Man does not live on bread alone but on every word that comes from the mouth of God."
(Matt 4:4)*

This half term's virtues are:

Friday 03.03.23

Learned

and

Wise

Catholic Social Teaching Focus
Stewardship of God's Creation (links to World Wildlife Day 03.03)

The earth and all life on it is God's creation. We are called to take care of it because it is a holy gift from God and the only place we can live. When we make bad or thoughtless use of the world's resources, many people suffer. When we make good choices about how we treat other living things (people, animals, plants) we help all living things to live as God intends. Making wise choices about the care of God's creation is called good stewardship.

Focus Hymns – 'All Things Bright and Beautiful' and 'From the Highest of Heights'

WORLD
BOOK
DAY

World Book Day Celebrations

WORLD
BOOK
DAY

The Children (and staff) had a great day celebrating World Book Day yesterday! As usual it was a fabulous turn out with some extremely creative and colourful costumes! A big 'thank you' to those staff who also got creative, making 'Little Miss' and 'Mr Men' costumes for staff to wear, they looked amazing with all staff wearing their designated costumes with pride and joining the children in getting into the spirit of the day!



Class Activities - KS2

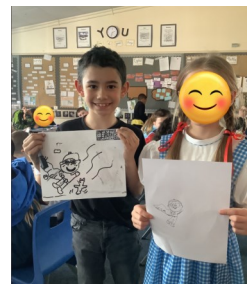
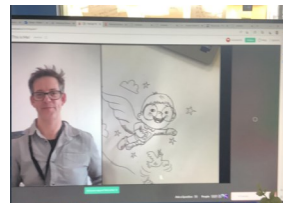
Year 4 had a fantastic day celebrating World Book Day this week. We played book bingo in the library, we listened to our favourite author interviews online. We also designed and created our own book cover designs!



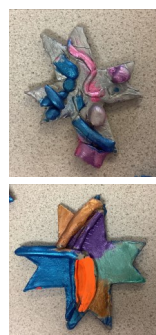
Year 4 also took part in a live drawing session with illustrator Tim Budgen.

They were inspired to draw and create their own book characters.

Well done Year 4!



Year 5 have had a great time celebrating World Book Day 2023! We enjoyed talking about our favourite characters, and listening to an online assembly from Helen Rutter.



We have also now completed our art topic based around Islamic artwork. We used our slip and score skills to create our final pieces. I think you'll agree they look fantastic!

Brilliant work Year 5!

Parents' Evening - Correction to date

Apologies, we are aware that the date published for Parents' Evening was incorrect. To clarify, Parents' Evening will be held on Wednesday 22nd March.

Ready to learn Award



Congratulations, our most punctual classes this week were Reception.

Attendance



Our school strives for 100% attendance. This week the class with the highest attendance was Year 2 with 98.2% *Well done!*



Birthdays

Happy Birthday this week to: Conor McS, Ava-Rose L and Harvey-James M



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Attendance

School attendance is important for your child, both in terms of their education as well as for their well-being and life opportunities.

You must provide the school with a reason if your child cannot attend school. If no reason is provided your child's absence will be marked as unauthorised.

Morning register closes at **8:55am**, please ensure your child is in class by this time. Any child who arrives later than this time will be given a late mark.



School Menu w/c 6th March



WEEK TWO

Week Commencing: 12 September, 03 October, 31 October, 21 November, 12 December, 16 January, 06 February, 6 March, 27 March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Oven Baked Sausages	 Beef Bolognaise	Roast Chicken Breast and Gravy	Pork & Carrot Meatballs with Pasta	Oven Baked Fish Fingers
Vegetarian Sausage (V)	Vegetable Nuggets (V)	 Macaroni Cheese (V)	 Mexican Vegetable Fajitas (V)	Cheese & Tomato Pizza (V)
Mashed Potato Spaghetti Carrot Batons Peas Mixed Salad of the Season Garlic Bread	Oven Baked Potato Wedges Savoury Rice, Oven Roasted Vegetables Broccoli Florets Mixed Salad of the Season Herb Bread	Roast Potatoes Creamy Mashed Potato Chunky Carrots Vegetable Medley Mixed Salad of the Season Wholemeal Bread	Boiled Potatoes Herb Diced Potatoes Sweetcorn Peas Mixed Salad of the Season Twin Bread	Chunky Chips Crushed Potatoes Baked Beans Fruity Summer Coleslaw Mixed Salad of the Season White Bread
 Cinnamon Cake with Custard Fruit Yoghurt Seasonal Fresh Fruit Platter	Jelly and Ice Cream Fruit Yoghurt Seasonal Fresh Fruit Platter	 Chocolate Sponge With chocolate Sauce Fruit Yoghurt Seasonal Fresh fruit Platter	 Apple Flapjack Fruit Yoghurt Seasonal Fresh Fruit Platter	Chocolate & Vanilla Mousse Fruit Yoghurt Seasonal Fresh Fruit Platter

AVAILABLE DAILY

Baked Potato Bar/Cold Sandwiches and Baguettes
Seasonal Fruit Platter, Fresh Salad Bar, Home Baked Breads and Freshly Made Yoghurts available daily in addition to the above Menu offering.



Denotes freshly prepared dishes.

Menus may change to meet customers' preferences, a promotional event and seasonal variation.

A range of locally sourced products are used when available and seafood with this mark comes from an MSC certified sustainable fishery. www.msc.org

Allergies - please contact your school cook for more information about the content of menu items.

MSC-C-54995



Fresh Cook



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National Online Safety

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 apps 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

NGL

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

INFLATED ENGAGEMENT

1K

In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating 'NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried.' This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – enabling all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

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 seeing behaviour of young people in the UK, USA and Australia.



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NOS National Online Safety®
#WakeUpWednesday



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Dates for your Diary

Wednesday 22nd March 2023

Parent/ Carer consultation evening

Thursday 30th March

Easter Bonnet Parade (EYFS & KS1)

Decorate an egg competition (KS2)

Friday 31st March 2023

3.15pm - Break up for Easter Holiday

Monday 17th April 2023

8.55am - Children return to school

Friday 26th May 2023

3.15pm - Break up for May Half Term

Tuesday 6th June 2023

8.55am - Children return to school

Inset days 2022 - 2023

Monday 5th June 2023



Here is the LINK to the March/April issue of Families Birmingham magazine

https://issuu.com/familiesonline/docs/fambham_marapr23_digital?fr=sZGYyNDU4MzMzMyNzQ



Our Pope's Prayer Intentions

March - For victims of abuse

We pray for those who have suffered harm from members of the Church; may they find within the Church herself a concrete response to their pain and suffering.



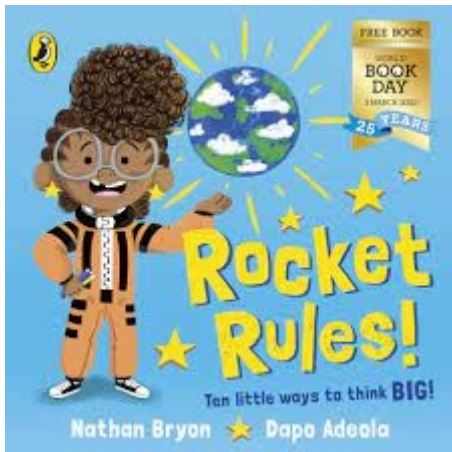
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Mr G's Recommended Reads

To celebrate World Book Day, I've chosen two books that can be purchased online, discounted by £1. They also share a common theme; a theme of ambition and success.

For our younger readers...

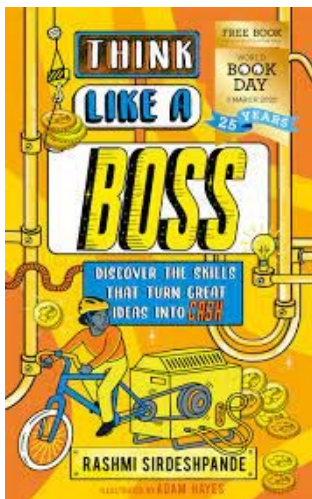
'Rocket Rules' by Nathan Bryon and Dapo Adeola



From always being curious to standing up for what you believe in, this mini guide to changing the world - one small step at a time - this book contains empowering and engaging ways for little ones to make a big difference.

For our older readers...

'Think Like a Boss...' by Rashmi Sirdeshpande



Though this book may be small, it's bursting with BIG ideas for budding entrepreneurs. From understanding money and looking after it, to the nuts and bolts of setting up a business, making your big ideas a reality and using your cash for good. Being a boss isn't just about making money. It's about building confidence, thinking outside of the box, problem solving and being fearless. This book is packed with tips and tricks from real businesses and fantastic role models.



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Second Sunday of Lent

God of light and power, you sent your Son Jesus to show us how to live our lives. Help us to recognise him in all people that we meet and to take action so that the lives of all people may change for the better.

In this Sunday's gospel, we hear about something very special that happened to Jesus while he was on a mountain with three of his friends. His appearance changed as his face and clothes shone like the sun. This also changed the lives of his friends as they realised that Jesus was the Son of God. We can change people's lives through our actions, let's think about how today.

Gospel: Matthew 17:1-9

Six days later Jesus took with him Peter and the brothers James and John and led them up a high mountain where they were alone. As they looked on, a change came over Jesus: his face was shining like the sun, and his clothes were dazzling white. Then the three disciples saw Moses and Elijah talking with Jesus. So Peter spoke up and said to Jesus, "Lord, how good it is that we are here! If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah."

While he was talking, a shining cloud came over them, and a voice from the cloud said, "This is my own dear Son, with whom I am pleased—listen to him!"

When the disciples heard the voice, they were so terrified that they threw themselves face downwards on the ground. Jesus came to them and touched them. "Get up," he said. "Don't be afraid!" So they looked up and saw no one there but Jesus.

As they came down the mountain, Jesus ordered them, "Don't tell anyone about this vision you have seen until the Son of Man has been raised from death."

The disciples' lives were changed by what happened on the mountain. They now knew just how special Jesus really was – that he is God's Son.

Our lives are changed by Jesus too. Jesus lives in all of us. He asks us to always try to do what is right, to stand up for what we believe in and to help other people. Jesus calls us to show God's love to others.

Our love for one another can also shine out like the sun, as we treat all people as we would like to be treated by others.

What will you do this Lent to listen to God and to make sure your love for other people shines out too?



God of love, help us to be like your Son, and make a real difference to the lives of our global family. Amen.

Have a lovely weekend.