

Dates for your diary – Spring 1 – St Mary's Catholic Junior School

Tues 17th January	5.30: Y5 London residential meeting in Junior School hall
Wed 18th January	5.30: RE parent workshop in Junior School hall
Thurs 19th January	Y4 Forest Schools – dress appropriately.
Thurs 19th January	Y5R Swimming
Mon 23rd January	9.15: 5HQ Prayer and liturgy in hall. Families welcome to attend.
Tues 24th January	3.30 – 4.30: 4M With You Always session in school
Wed 25th January	3.30 – 4.30: 4W With You Always session in school
Thurs 26th January	Y5HQ Swimming
Thurs 2nd February	Y5HQ Swimming
Fri 3rd February	NSPCC Number Day – wear something with a number on or a badge or sticker. *Information to follow
WB Mon 6th February	Children's Mental Health Week
Thurs 9th February	Swimming for some Y5 – separate letter to follow.
Fri 10th February	Finish for half term. Return to school on Tuesday 21 st February.



Dodgeball Dynamos!

A huge well done to our Y5 and Y6 dodgeball team who came 2nd out of 12 at a competition this week. They fought off fierce competition to win the silver medals.

Well done Team St Mary's!

Dates for your diary – Spring Term – St Mary's Catholic Infant School

Wb 16.1.23	After school clubs begin
27.1.23	Y10 Collective Worship at 9.10am- Families welcome to attend
31.1.23	Year 2 SATs meeting for parents at 5.15pm
3.2.23	NSPCC Number day Children to wear school uniform but replace or add an item with a number on it eg birthday badge, football top etc
Wb 6.2.23	Children's Mental Health Week
7.2.23	Safer Internet Day Year 2 dance performance at 2.45pm in the school hall. Families welcome to attend.
9.2.23	Reception dance performance at 2.45pm in the school hall. Families welcome to attend.
10.2.23	Art Exhibition-all children's art work will be displayed in the school hall. All families are invited to attend from 8.40am-9.15am. EYFS-Superhero Day. All children are invited to wear a superhero costume. School closes at 3.15pm for half term

NO PARKING



Please refrain from using the Infant car park when **dropping off** and **collecting** children from **school** and **breakfast/ afterschool Club**. To ensure the safety of our children this is to be used by **staff** only. Thank for your co-operation.

Nursery and Reception are in desperate need of spare underwear and if possible pairs of small pumps. We are so very grateful for any donations.



Please remember to slice your grapes!



STARS OF THE WEEK AND BEE AWARDS

	Star of the Week	Kindness Award
Nursery	Arlo	Leo
RM	Arya	Ella
RB	Alex I-M	Archie
Y1O	Charlie	Angelo
Y1G	Harry	Devontae
Y2M	Freya	Thomas
Y2T	Luna	Kalum

	Star of the Week	Bee Award
3Ri	Payton	Mila
3Ro	Lexi	Lyra
4W	Clemency	Thea
4M	Lucy	Dylan
5R	Christopher	Lola B
5HQ	Arlo	Hettie
6W	Ethan	Mia
6D	William P	Charlie

Respect & Manners Award

Infants: Hardy and Esme

Juniors: Gracie W



School Dinners

If your child wishes to change from packed lunches to school dinners or vice versa, please inform the school office before changing.

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school the jun-



Especially if you child as we have to inform iors.

Sharing the Gospel

Let's do this



a heavenly voice calls him God's beloved Son.

In this week's gospel, Matthew 3:13-17, we see Jesus comes to the river Jordan and is baptized by John, who is reluctant because he thinks Jesus should baptize him. The Spirit descends on Jesus and



It's time to go, please bless us, Lord,
Positive attitude, all the way!

Like a mighty river flows,
We know your love, will always stay.

Let's go, let's go, let's go!

Song of the week: Promises by Crossroad Kids

<https://www.youtube.com/watch?v=yY3EogFlkCY>

BRITISH VALUES

This week's British Value we have been looking at is:



British Values

Mutual Respect and Tolerance

We are all different so the way we respond to the demands or pressures we may face will be different too.

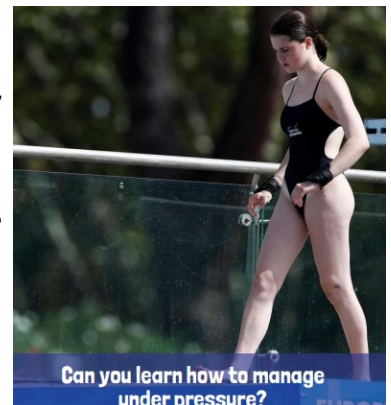
We understand and respect that not everyone is the same and everyone needs to be treated as an individual.

The story it links to in the news is:

18-year-old Andrea Spendolini-Sirieix has been named as a BBC Young Sports Personality of the Year finalist.

She is one-time National Champion, two-time Commonwealth Champion, and two-time European Champion across 10 metre diving and 10 metre synchronised diving. Skateboarder, Sky Brown, and gymnast, Jessica Gadirova, were nominated alongside Spendolini-Sirieix.

Andrea is continuing with her A-Levels, attending school 3 days a week.



Can you learn how to manage under pressure?

RELIGIOUS EDUCATION

SPRING TERM 2023

COME AND SEE AT HOME

Dear Parent(s)/Carer(s),

This term we will be studying the three themes of Local Church (Community), Eucharist (Relating) and Lent/Easter (Giving). Each class will approach the themes through different topics.

LOCAL CHURCH - COMMUNITY (4th January – 28th January)

Early Years	CELEBRATING - People celebrate in Church
Year 1	SPECIAL PEOPLE - People in the parish family
Year 2	BOOKS - The books used in Church
Year 3	JOURNEYS - Christian family's journey with Christ
Year 4	COMMUNITY - Life in the local Christian community and ministries in the parish
Year 5	MISSION - Continuing Jesus' mission in diocese (ecumenism)
Year 6	SOURCES - The Bible, the special book for the Church

SUGGESTIONS FOR HOME ACTIVITIES

Explore the Diocesan website, looking at the number of churches, and finding out about our bishop.
Read Bible stories together or encourage older children to read a child's Bible.

EUCHARIST - RELATING (30th January – 3rd March)

Early Years	GATHERING - Parish family gathers to celebrate Eucharist
Year 1	MEALS - Mass, Jesus' special meal
Year 2	THANKSGIVING - Mass, a special time to thank God
Year 3	LISTENING & SHARING - Jesus gives himself to us
Year 4	GIVING & RECEIVING - Living in communion
Year 5	MEMORIAL SACRIFICE - Eucharist as the living memorial of Christ's sacrifice
Year 6	UNITY - Eucharist enabling people to live in communion

SUGGESTIONS FOR HOME ACTIVITIES

Look through the family photograph album to help the children remember important events and special people in their lives.
Discuss how we come together for special celebrations.

LENT/EASTER - GIVING (6th March – 31st March)

Early Year	GROWING - Looking forward to Easter
Year 1	CHANGE - Lent: a time for change
Year 2	OPPORTUNITIES - Lent: an opportunity to start anew
Year 3	GIVING ALL - Lent: remembering Jesus' total giving
Year 4	SELF DISCIPLINE - Celebrating growth to new life
Year 5	SACRIFICE - Lent: a time of aligning with the sacrifice made by Jesus
Year 6	DEATH & NEW LIFE - Celebrating Jesus' death and resurrection

SUGGESTIONS FOR HOME ACTIVITIES

As a family talk about how you are going to practice self-control and self-giving for the rest of the season of Lent. You may decide to give up biscuits or cakes and donate the money to a charity. If you have an older child provide him/her with an opportunity to take part in The Stations of the Cross. Ask your child/ren how the school is focusing on Lent and self-giving.

IMPORTANT DATES THIS TERM

MARY, THE HOLY MOTHER OF GOD

1 January

THE EPIPHANY OF THE LORD

6 January

THE BAPTISM OF THE LORD

8 January

THE PRESENTATION OF THE LORD

2 February

ASH WEDNESDAY

22 February

ST JOSEPH, SPOUSE OF THE BLESSED VIRGIN MARY

20 March

THE ANNUNCIATION OF THE LORD

25 March

PALM SUNDAY OF THE PASSION OF THE LORD

2 April

MAUNDY THURSDAY

6 April

GOOD FRIDAY

7 April

EASTER SUNDAY

9 April



**NEW
YEAR
NEW
YOU**

Make 2023 your year to shine!

- Learn that new skill • Improve your wellbeing
- Become digital • Change your career • Volunteer

Take your step into 2023 with ACL. **FREE** courses include:
Wellbeing | Mental Health Awareness | Volunteer Training
iPads & Tablets | Caring for Children | English and Maths

Join us at one of our coffee afternoons for an informal chat

Tuesday 10th January

1.00pm - 3.00pm

United Reformed Church,
King St, St Helens WA10 2JZ

Wednesday 11th January

1.00pm - 3.00pm

Park Road Centre, Park Rd,
St Helens WA9 1HE

Tel: 01744 676671, 01744 677328

Visit: www.sthelens.gov.uk/adultlearning

Email: adultlearning@sthelens.gov.uk



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What Parents & Carers Need to Know about OF WORLD WARCRAFT

AGE RESTRICTION
12+

WHAT ARE THE RISKS?

World of Warcraft originally launched way back in 2004, and since then the game has blossomed into a major entertainment property. It's spawned spin-off novels, merchandise and even a Hollywood movie adaptation... but why are we still talking about it in 2023? World of Warcraft's most recent iteration, Dragonflight, launched last November and marks the game's ninth major expansion. This latest addition has attracted a whole host of lapsed players back to the game – as well as newcomers jumping into the realm of Azeroth for the first time.

ALWAYS ONLINE

World of Warcraft is an MMORPG, which stands for Massively Multiplayer Online Role-Playing Game. Players create a character and head off on mythical quests to earn rewards and become more powerful. The game's environment is absolutely vast, and it can only be played online on PC or Mac – so there's a high probability of young Warcraft fans wanting to monopolise the family computer.

REGULAR EXPANSIONS

As is common with many MMORPGs, World of Warcraft's developers, Blizzard, release regular expansions for the game (usually every 18 months to two years). So although there's still plenty of content for young players to experience right now, there will almost inevitably be a requirement to continue buying future expansion packs, which tend to cost around £50.

IN-GAME PURCHASES AND SUBSCRIPTIONS

Just like its genre contemporary Final Fantasy XIV, World of Warcraft requires a monthly subscription fee to play. It's currently £9.99 per month (although you can get it cheaper by signing up to a longer subscription). There are also many items which can be purchased from the in-game store that don't affect gameplay, but instead offer cosmetic alterations to a player's character.

VOICE AND TEXT CHAT

Because World of Warcraft is played exclusively on PCs and Macs, it's easy for users to type out text messages if they aren't comfortable using voice chat. If you'll forgive the pun, that's a double-edged sword because – although there's less chance of them being harassed verbally – it puts young players at increased risk of being trolled or receiving spam through the in-game messaging function.

SIMULATED VIOLENCE

The fact that World of Warcraft is almost 20 years old means that even its most violent battles look slightly cartoonish compared with the level of authenticity in many more modern games. The exception tends to be Warcraft's in-game cutscenes: animated sections which move the plot onto the next stage. These offer more realistic visuals, but they still aren't overly gory or scary.

POTENTIAL FOR ADDICTION

World of Warcraft can trigger a powerful "just one more quest" mentality in players (especially young ones) as they rush to secure the next dopamine hit from levelling their character up or earning a new item or weapon. It's also a game that doesn't have a definite end – because as soon as a player finishes levelling up one character, they can start afresh with another one.

Advice for Parents & Carers

MANAGE PLAYTIME

World of Warcraft can be an extremely enjoyable game to play with friends, but it's important that your child doesn't let their adventures crowd out school work, socialising or anything else they also enjoy. You could, for example, consider imposing playtime limits – such as a set number of hours to play Warcraft per week, or restricting it to particular days or just weekends.

MAKE IT A REWARD

If your child is excited about getting the next World of Warcraft expansion, you could consider using it as a reward for completing their weekly tasks (you could even call them "quests") like tidying their room or doing their homework. This will demonstrate that you're happy for them to play the game but will also help them to build good, productive habits, reinforcing that hard work earns rewards.

SIGN UP FOR THE FREE TRIAL

Warcraft's monthly subscription effectively "pays" for the regular new content, but there's also a sizeable free trial that lets new players explore the world of Azeroth without paying a penny. Players can play up until Level 20 for free, which is easily several hours' worth of gameplay. If your child does take this option, we'd suggest minimising in-game spending by not linking a bank card to their account.

REMEMBER THE AGE RATING

Due to mild violence and the occasional use of offensive language, World of Warcraft has been rated as appropriate for players aged 12 and over by PEGI (the Pan-European Game Information system, which gives games their age certificate). It isn't really suitable for anyone below that age, so you may potentially have to explain this reasoning to your younger children if they want to play it.

ADVENTURE TOGETHER

Warcraft can certainly be addictive, but playing it together is also a great way to spend time with your child. The game's focus on cooperative questing and battling enemies can make it feel like you've accomplished something as a team, and you'll also be in a prime position to spot any early signs of addiction. Just remember to apply gaming time limits to yourself as well as your young ones!

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time gaming enthusiast, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Source: <https://www.theguardian.com/technology/2011/aug/29/world-of-warcraft-video-game-addict> | <https://worldofwarcraft.com/en-us/start>



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