

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Safeguarding:

At St. Basil's Catholic Primary School we are committed to providing a nurturing, caring and safe learning environment where pupils thrive, are confident, happy and secure. **If you have any safeguarding concerns, then please speak to one of our Designated Safeguarding Leads.**

For further information about Safeguarding at St Basils please see the following documents by either clicking the link or scanning the QR code;

Safeguarding Parents Leaflet

Child Friendly Leaflets

[20097821 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/20097821) [23754581 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/23754581) [23754584 \(stbasilsprimary.halton.sch.uk\)](https://stbasilsprimary.halton.sch.uk/23754584)



Foundation stage
to Year 4



Years 5 & 6

Designated Leads for Safeguarding at St Basils:

Mrs Sheppard (HT)

Mrs O'Donnell (DHT)

Mrs Bond/Miss Yearley (Family Liaison & Welfare Officers)

Miss Abbot/Mrs Jones (SENCO)

Mrs McCabe (Attendance)

Mr Duffy (Pupil Welfare Governor)

Attendance update

Please be aware that students who have an attendance of below 90% will not have their absences authorised unless medical evidence is provided.

You can view your child's absence record via the School Gateway App. You access this via the reporting tab and then Attendance, it will give you your child's attendance rating.

Thank you for your co-operation.

WEEKLY ATTENDANCE (Colour coded in line with the traffic light system)

Week commencing 29.01.24

Well done to class 3NC with an amazing 100% followed closely by 4GS with 99.1%!!!!



FSAR	1DD	2LG	3NC	3AW	4CG	4GS	5JS	6CH	6KL
92.1	95.4	95.1	100	85.3	91.4	99.1	88.7	94.4	92.8

FSAR and Year 6

We have recently sent emails with information about the upcoming NHS height and weight checks for children in year 6 and reception and vision and hearing checks for the children in reception.

Please check your emails and if you want to opt your child out of these checks, you will need to follow the instructions provided in those emails.

Thank you



Welcome to the early Spring edition of the **Healthy Schools Newsletter**.

News for parents/carers, can be found here: <https://padlet.com/HaltonHIT/kxkmsfbkonytivbs>

School Trips

If your child has recently brought home a school trip letter please ensure you return the consent form to your child's class teacher and pay for the trip via school gateway. If unable to pay via school gateway, please contact the school office who can print a pay point voucher.

The trips include a range of activities and will be a fun and valuable learning experience for the children.

School heavily subsidise all trips to try to keep cost to parents as low as possible. Although school can only ask for a voluntary contribution from parents toward the cost of school trips unfortunately without sufficient contributions they will not be able to go ahead.

Thank you for your understanding and support.

School Meals Menu Week Commencing 19th February 2024

(We would normally be on week 1 menu, however, due to deliveries the following menu will be in place)

Monday - Vegetarian chicken curry and naan bread or pasta bake with chocolate pudding for dessert

Tuesday - Chicken goujons with herby potatoes or vegetarian meatballs with flapjack for dessert

Wednesday - Pepperoni pizza or cheese and tomato pizza with wedges and shortbread biscuits for dessert.

Thursday - Roast dinner day with vegetarian option and carrot cake for dessert

Friday - Fish fingers or vegetarian nuggets with chips and jam coconut sponge for dessert

Thank you for your understanding and the normal week 2 menu will be back in place week commencing 26th February.

DATES FOR YOUR DIARY



School reopens - Monday 19th February

Classes 3AW, 3NC and 5JS swimming - daily from Tuesday 20th February - Friday 23rd February

Classes 3AW, 3NC and 5JS swimming - daily from Tuesday 27th February - Friday 1st March

Year 4 Collective Worship - Friday 1st March

Y6 trip to Liverpool Philharmonic - Thursday 7th March

FSAR Mother's Day Collective Worship - Friday 8th March

Year 4 Collective Worship - Friday 8th March

Reception - Y4 trip to Chester Zoo - Tuesday 12th March

World Book Day - Friday 8th March

Scholastic Book Fair - Monday 11th to Wednesday 13th March

Please check for updates on future newsletters

Thank you!

NSPCC Number Day

We just wanted to say a huge thank you to all the children for taking part in NSPCC Number Day. It was fantastic to see all your creativity with your number outfits and accessories. It was also a great experience to have our parent/carers join us in class for some maths activities.

An amazing £146.22 was raised for NSPCC on the day!



Thank you to all for your support and donations.

We would like to wish all of our families a lovely half term break and look forward to welcoming the children back to school on Monday 19th February.

Take care and enjoy!

Family Fast Day

This Lent, Family Fast Day is on **Friday 23 February**.

James told us that when his family had no food, he faced a terrible choice: stay home and stay hungry or put everything on the line to go out onto the water in his small canoe. Five fishermen a month – many he called 'brothers' – were dying in storms at sea. Just like him, they couldn't afford the life jackets, compasses and other equipment they needed to stay safe at sea and get a good catch.

Your support for CAFOD this Fast Day helps hardworking people like James to return home safely and feed their families for good.

Thank you for all your support!

YEAR 5 AND YEAR 6 COMMUNITY LUNCH ON

FAMILY FAST DAY - FRIDAY 23RD FEBRUARY

Children of year 5 and year 6 are invited to join in with staff and governors on a Family Fast Day lunch to raise money for CAFOD.

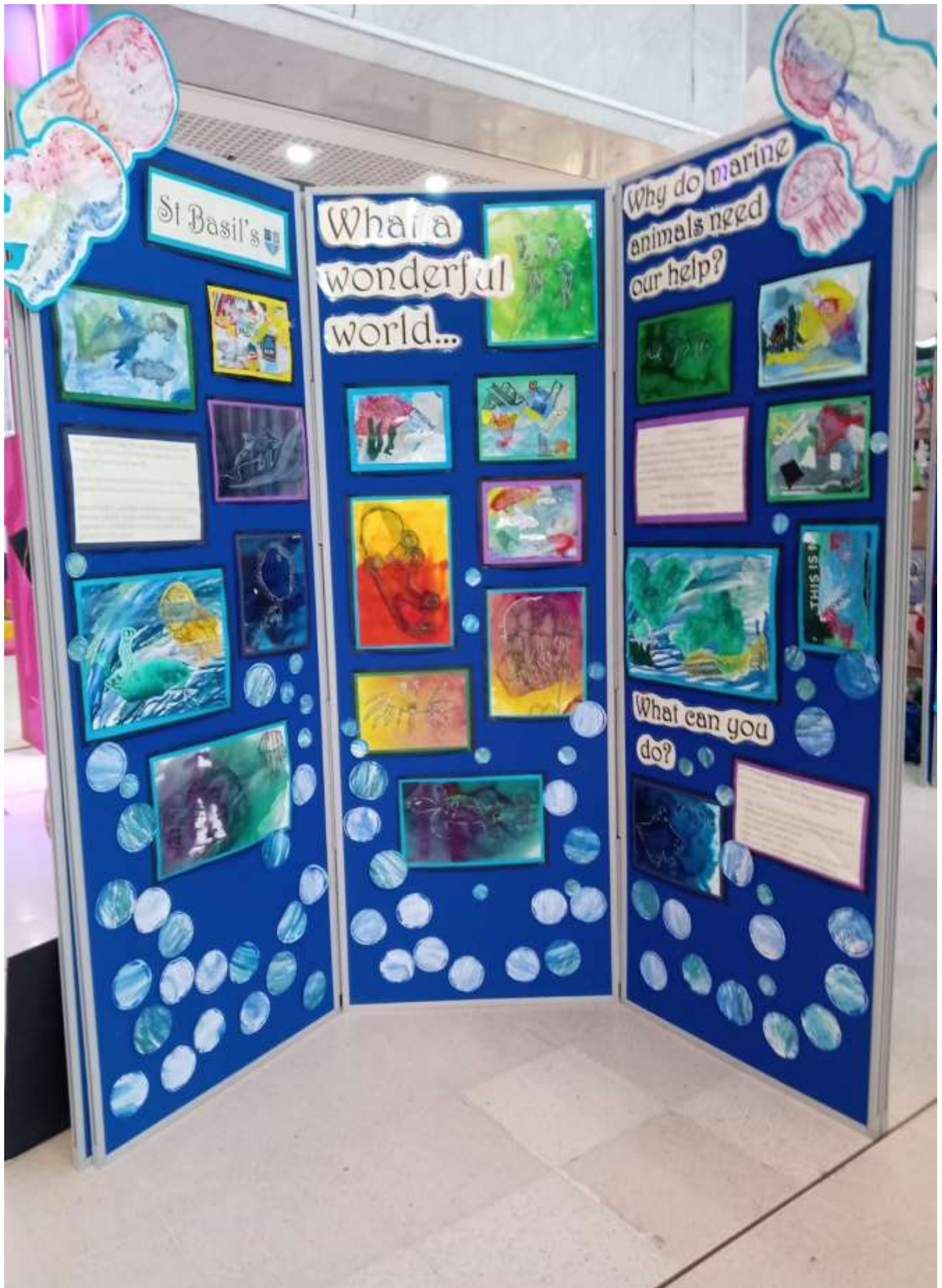
The lunch will be at a cost of a normal school meal of £2.40 plus a donation of your choice on the day.

Lunch on the day will be a choice of leek and potato or tomato soup, bread and fruit.

If your child would like to take part in this community lunch then please let the school office know by Monday 19th February.

Thank you for your support!

St Basil's Art Display at Runcorn Shopping City!



HALTON HEALTH IMPROVEMENT

Fit 4 Life Bite Size Sessions



START WELL

Join us for our online parent/carer workshops:

SLEEP & SCREENS

Did your children sleep well last night? In this session we will explore how the length and quality of sleep can affect us and our children. Pick up new tips and ideas to promote good quality, restful sleep. We will also look at how screens affect our children, and share ideas for managing screen time better.

45 Minute - Online Workshop

Sleep & Screens

Tuesday 20th February

6:00pm – 7:00pm

(Session is 45 minutes plus 15 minutes for Q&A)

To book your place please click the link -> [Eventbrite](#)

Or email HIT@halton.gov.uk

These workshops are for parents and carers.

For more information call the team on:

0300 029 0029

or visit www.haltonhealthimprovement.co.uk



@HaltonBC



Halton BC

HALTON
BOROUGH COUNCIL

The logo for Halton Borough Council, featuring a stylized 'h' above the text 'HALTON BOROUGH COUNCIL'.

DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?

If so, read on!



Here are some brilliant tips from children just like you*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.



DO YOU SOMETIMES FEEL A BIT WORRIED ABOUT HOW SOMEONE ELSE IS FEELING?

If so, read on!

Things you can say to help support someone else:



*With thanks to the pupils at Seascope Primary School and Ark Globe Primary School.

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BEANO

Primary's
CHILDREN'S
MENTAL HEALTH
WEEK



My VOICE MATTERS

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school – because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGi8](https://bit.ly/3PzCGi8)

[For secondary children: bit.ly/3LBD2wk](https://bit.ly/3LBD2wk)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?



WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as an social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <http://bit.ly/www.chitdown.com/intergov.uk/inset-the-big-data-explosion>
<http://www.org.gov.uk/people/online-and-digital-communications/justice/justice-research-and-evidence/online-and-digital-communications-research-and-evidence>



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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: 29.03.2023



0151 422 0031

INFO@WIDNES.FOODBANK.ORG.UK

WWW.WIDNES.FOODBANK.ORG.UK

MONTHLY SHOPPING LIST

February 2024



Every food item generously donated to our foodbank will help to save a life. This month, we're asking if you could especially donate...

TOP THREE ITEMS

- UHT Juice 1l
- Tinned Mince/Steak
- Jam

-
- Tinned fish
 - Rice 500g
 - Chocolate/Treats
 - Coffee
 - Size 5/5+/6 nappies



Family Breakfast

Every Morning
8:15am-8:40am



St Basil's welcomes all parents/carers to join their children for breakfast from 8:15 every morning in the Key Stage 1 Hall.

- All children must be accompanied by an adult
- No advance booking needed.



BASIL TOTS PLAYGROUP

WEDNESDAY MORNINGS
9AM - 10.30AM

EVERYBODY WELCOME

£1 ENTRY - REFRESHMENTS PROVIDED



St. Basil's
Catholic Primary School

St Basil's Catholic Primary School
Hough Green Road, Widnes, Cheshire, WA8 4SZ

Telephone: 0151 424 7887



St. Basil's
Catholic Primary School

PRE-SCHOOL

at St Basil's Catholic Primary School

3-4 Year Old Places

Available Now

Ofsted
Good School



Offering morning,
afternoon and full days
for 15 and 30 hour
funded places.

**BOOK NOW PLACES
ARE AVAILABLE**

Please contact the School Office on
0151 424 7887
to book an appointment

St Basil's Catholic Primary School
Hough Green Road, Widnes, Cheshire, WAB 4SZ
Telephone: 0151 424 7887

*We love, learn and succeed
following Jesus*

You are always welcome to any mass within St Wilfrid's Parish, timetable is below

Mass & Service Times

Sunday Mass Times

Saturday Vigil	St Bede	5.00pm
	St Basil	5.00pm
Sunday	St Bede	9.00am
	St Michael	9.30am
	St John Fisher	10.30am
	St Bede	11.15am
	St Bede	4.00pm

Weekday Mass Times (see parish newsletter for weekday variations)

<p>Monday</p> <p>St Basil</p> <p>9.00am Exposition & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Tuesday</p> <p>St Bede</p> <p>11.30am Exposition & Holy Rosary</p> <p>12 Noon Holy Mass</p>
<p>Wednesday</p> <p>St Bede</p> <p>6.30pm Exposition & Evening Prayer</p> <p>7.00pm Holy Mass</p>
<p>Thursday</p> <p>St Michael</p> <p>11.30am Exposition & Holy Rosary</p> <p>12 Noon Holy Mass</p>
<p>Friday</p> <p>St John Fisher</p> <p>9.00am Exposition & Morning Prayer</p> <p>9.30am Holy Mass</p>
<p>Saturday</p> <p>10.00am Holy Mass</p> <p>10.30am Confessions and Holy Rosary</p>

St Bede's Church is open for private prayer Monday to Friday 10.00am - 13:00pm