

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	30	31

"We love, learn and succeed following Jesus"

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 19.02.24

Well done to class 2LG with the highest rate of attendance!!



FSAR	1DD	2LG	3NC	3AW	4CG	4GS	5JS	6CH	6KL
92.2	96.2	97.2	91.8	94.7	95.2	96.1	96	95.6	94.4

DATES FOR YOUR DIARY



Year 3 Collective Worship - Wednesday 6th March

Y6 trip to Liverpool Philharmonic - Thursday 7th March

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

World Book Day - Friday 8th March

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

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

Y5 St Basil's at Night - Thursday 14th March

Inset Day - Monday 8th April

School closes for the Easter holidays on Thursday 28th March at 3.20pm and will reopen on Tuesday 9th April.

Please check for updates on future newsletters

Thank you!

School Meal Menu W/C 04.03.24 is Week 3

NUTRITIONIST APPROVED		WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH			Quorn chicken pasta bake	Beef burger on a bun	Roast of the day with roast potatoes and gravy	Pasta Bolognese & garlic bread	Fish of the day with chips
VEGETARIAN MAIN DISH			Quorn pinwheels & potato wedges	Vegetable curry with 50/50 rice	Cauliflower and broccoli bake	BBQ and bean wrap	Veggie nuggets with chips
ACCOMPANIMENTS			Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS			Rice pudding	Jelly	Chocolate biscuits	Apple Flapjack	Oaty Biscuits
FRESH FRUIT OR YOGHURT			Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO			Cheese	Tuna	Beans	Tuna	Cheese and Beans

MENU

Quench your thirst with free fresh drinking water available daily

- MEAT FREE MONDAY
- 5 OF YOUR 5 A DAY
- CHEF'S CHOICE



Measles is an unpleasant illness, and most people who catch measles become very unwell, with many people admitted to hospital. Measles can be serious, and babies and young children, pregnant women, and people with weakened immunity are at increased risk of complications such as pneumonia, ear infections and seizures. In rare cases, people infected with measles will die. In the West Midlands, half of the people who have had measles have had to be admitted to hospital.

Measles is very infectious, and spreads easily among people who are unvaccinated. Spending 15 minutes or more in direct contact with someone who has measles is enough to catch the infection. A child who has measles will infect nearly all of the unprotected children they come into contact with. This means that if an unvaccinated child spends time with someone who has measles, it is highly likely that they will catch measles.

It's really important that if you think you have symptoms of measles that you stay at home and phone your GP or NHS 111 for advice.

Although most children who live in Halton have been vaccinated against measles, there are still many children who have not had two doses of MMR vaccine and remain unprotected.

Measles is not just a childhood disease. Many adults are also at risk if they are not vaccinated, particularly pregnant women, and people with weakened immunity, are at increased risk of complications from measles.

Protect against measles with MMR vaccination

MMR vaccination is the best way to protect children and adults from measles. It is extremely effective, and has been proven to be safe - with millions of doses given in the UK. It is really important that children receive two doses of MMR vaccine to ensure that they are protected.

Children should have their first dose of MMR vaccine when they are 1 year old, and the second dose when they are 3 years and 4 months old. If you are a parent or carer please check your child's red book, or contact your GP if you are unsure whether your child has had their MMR vaccinations.

If your child has not had two doses of MMR vaccination, it is really important to contact your GP practice as soon as possible to arrange for them to be vaccinated.

Children and adults of any age can have free MMR vaccinations. If you have any questions about MMR, the nurse will be happy to answer these at your appointment before your child has the vaccine. If you are an adult who has not been vaccinated, you can also arrange this with your GP.

Measles symptoms

Measles usually starts with cold or flu symptoms, including a high temperature, a runny or blocked nose, sneezing and a cough. People may have conjunctivitis or red, sore eyes.

The measles rash usually appears a few days later. The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and may join together to form blotchy patches. Some people may also get small spots in their mouth.

If you or your child have a rash which could be measles, you must not attend work or school, and you must contact your GP as soon as possible. It is really important to phone ahead, and not just turn up at the GP practice, so that the GP can make arrangements to protect their other patients.

People with measles are infectious for four days before the rash appears, and for four days afterwards. People with measles must stay at home during this period.

Living Well Bus

The Living Well bus is visiting the borough to offer MMR vaccination, as well as other routine UK immunisations on these dates:

Friday 1 March 2024	Brookvale Family Hub (Runcorn)	11:30am-5:00pm
Saturday 9 March 2024	Jellybeans Play Centre (Widnes)	10:30am-4:00pm
Friday 15 March 2024	Halton Lodge Family Hub (Runcorn)	10:30am-4:00pm
Thursday 21 March 2024	Kingsway Children's Centre (Widnes)	10:30am-4:00pm
Tuesday 26 March 2024	Windmill Hill Family Hub (Runcorn)	10:30am-4:00pm

Halton Family Hubs / Children's Centres survey



Children's Centre Activities	Birth Registration	Debt & Welfare Advice	Domestic Abuse Support	Speech, Language and Communication	Families Information Service	Health Visitor
Housing Support or Advice	Infant Feeding Support	Locality Team for Family Support	Mental Health Services	Midwife / Maternity Services	Nutrition & Weight Management	Oral Health Improvement
Peri Natal Mental Health & Parent Infant Relationship	Parenting Programme or Intervention	SEND Support	Stop Smoking Support	Substance Misuse & Drug and Alcohol Support	Support for separating & seperated parents	Youth Support Services

Halton's Family Hubs / Children's Centres support children and young people from birth until they reach the age of 19 (or up to 25 for young people with special educational needs and disabilities).

They bring council, health and community services together so that families can access the right support at the right time.

Halton's Family Hubs will provide a mix of physical and virtual spaces, as well as outreach, where families can easily access non-judgmental support for the challenges they may be facing.
All the services shown above would all fall under the family hub umbrella.

Healthwatch Halton are currently working with the Family Hubs to gather people's views on the services offered. If you are a current user of any of the services shown above, we'd like to hear your views.

If you've not yet used a Family Hub / Children's Centre, we'd like to find out some of the reasons why.

To take part in the survey click the link below or use the QR code

<https://online1.snapsurveys.com/hfh23>



WORLD BOOK DAY

Friday 8th March

Join your child's class 14:15-15:00 for a Parents Reading Workshop!

Celebrate with us by dressing up as your favourite book character.



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Bebecca Jennings has more than 30 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety
#WakeUpWednesday



**Does your child
suffer with
sleep issues?**

**Do you struggle
with your child's
bedtime?**

**Will your child
not sleep in
their own bed?**

WE CAN HELP



03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



Around 50% of children will have a sleep issue at some point*

WHAT IS THE NATIONAL SLEEP HELPLINE?

In partnership with Furniture Village, The Sleep Charity has launched a brand new National Sleep Helpline to ensure that everyone has access to high quality, evidence-based advice.

HOW CAN THE NATIONAL SLEEP HELPLINE HELP YOU?

- Run by a team of specialist trained sleep advisors
- Offer you some practical strategies and recommend services that could help
- Ensuring you understand how sleep plays an important part in your child's mental health and wellbeing
- Listen without judgement and help you decide what next steps are right for you
- Empower you with sleep knowledge so you can understand why your child might not be sleeping well and how that can change

03303 530 541

Monday, Tuesday & Thursday 7pm - 9pm
Monday & Wednesday 9am - 11am



IN PARTNERSHIP WITH

Furniture
Village



Childcare
Choices

Supporting families
with childcare costs

childcarechoices.gov.uk



ATTENTION PARENTS OF 3 AND 4 YEAR OLDS

All 3 and 4 year olds are entitled to 15 hours funded childcare from the term **after** their 3rd birthday

Children of Working Parents may also be entitled to 30 hours funded childcare per week

To find out if you qualify and apply for an eligibility code, go on-line to:

www.childcarechoices.gov.uk



IMPORTANT

Parents need to apply for their 30 hour eligibility code **THE TERM BEFORE** they want to claim 30 hours

To ensure you can claim 30 funded hours childcare from **April 2024**, Childcare Choices advise parents to **apply for their code NOW**.

Any applications received after 31st March 2024 will not be eligible to claim the additional hours in the summer term

To be eligible for 30 hours from April 2024, both parts of the criteria below must be met:

- The child must be 3 or 4 years old **before 31st March 2024**; and
- Working parents must have applied and been issued with an eligibility code with a start date **before 31st March 2024**

DON'T FORGET

Parents who have already applied and are eligible for 30 hours are reminded that they **MUST RE-CONFIRM ELIGIBILITY EVERY 3 MONTHS**, by logging into their Government Gateway account, otherwise the code will expire and become ineligible.

If you have any questions, speak to your childcare provider



Donations are welcome all year round and can be left in the entrance hall donations box

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
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