

*Learning and Growing with God by our Side*



# St Alban & St Stephen Catholic Primary School & Nursery Weekly Newsletter



18th November 2022

## Anti-Bullying Week at SSAS

“Love is patient; love is kind; love is not envious or boastful or arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice in wrongdoing, but rejoices in the truth ”

*1 Corinthians 13: 4-6*

This week, we have been celebrating Anti-Bullying Week at our school. In every class, we have been thinking about how we can live out our school values of friendship, respect and unity by being kind to others and speaking out when we see other people being treated unkindly or unfairly.

Why not pray St Francis of Assis’ famous prayer together with your family this week as we think about how we can live in peace together?



Lord, make me an instrument of your peace:  
where there is hatred, let me sow love;  
where there is injury, pardon;  
where there is doubt, faith;  
where there is despair, hope;  
where there is darkness, light;  
where there is sadness, joy.

O divine Master, grant that I may not so much seek  
to be consoled as to console,  
to be understood as to understand,  
to be loved as to love.

For it is in giving that we receive,  
it is in pardoning that we are pardoned,  
and it is in dying that we are born to eternal life.

# Reach Out!

The theme of National Anti-Bullying week was 'Reach Out'. Our brilliant team of Year 6 peer mediators, the Squabble Squashers, led an assembly for KS1 and KS2 to explain the theme of the week. They wore blue clothes because blue is the symbolic colour of Anti-Bullying Week. Blue is a colour which represents the sadness people Everyone wore their odd socks to show that we are all different and unique, which is a good thing! Other activities throughout the week included making blue friendship bracelet with a partner out in the playground, creating beautiful collaborative art pieces, and trying hard to carry out 1,000 acts of kindness.



Anti-bullying Week is a good time to make new friends and show teamwork with others.

*Eirin*

I think that we managed to reach out to children across the school and show kindness to one another.

*Amirah*

Anti-bullying Week is important because bullying can affect people's mental health and we want to make sure that everyone in our school gets a chance to make friends and feel safe and happy. *Elizabeth*



## Eco Warriors



The Eco Warriors have had a busy and exciting week! This Tuesday, both children from the Lower and Upper sites were able to meet together for the first time and get started on their Eco Warriors journey!

Our school is extremely fortunate to have the opportunity to work with an environmental tutor, Miss Sophia, and she met with our new Eco Team on Tuesday.



A huge thank you to our parent volunteers who also worked so hard with Miss Sophia on Tuesday. Despite the torrential downpour, our determined volunteers tended to the garden areas on the Upper Site and helped to remove the weeds. The garden is now looking so much neater! One soaking wet parent commented, "We had really good fun doing it!" Thank you all- you are truly amazing!

# Our Amazing Eco-Warriors' Team!

*Reported by Amelie and Mia, Year 6*

This week, we met our amazing Environmental Tutor called Miss Sophia. She is really passionate about the environment and saving the planet. Our School Eco-Team consists of nature and wildlife lovers from Years 1-6.

We all loved being with Miss Sophia and talked about why we wanted to become an Eco warrior. One Eco-team member said, "I love being outside and around trees. Additionally, I want to help to reduce the plastic pollution the world is currently experiencing." Another commented, "I like gardening because it is relaxing and I know that I am helping the planet by doing it!"

In the afternoon, we were extremely fortunate that the sun came out as this meant that we were able to use trowels to dig a hole in the softened soil to plant some bluebells. We had a fantastic time gardening with Miss Sophia. Amelie, George, Rocco and Robyn in Years 1 and 2 also had an amazing time planting bluebells with Miss Sophia. They said it was 'fun' and 'like gardening at home'.

We all enjoyed planting the bluebells knowing that we would see the flowers' real beauty in Spring and in years to come. We love thinking of the next generation of children knowing and understanding why flowers and trees are so important for the environment. We had a fantastic afternoon with Miss Sophia and look forward to working with her in the future to help us to look after and protect God's amazing creation!



## School Superstar Sleeps Out!



Last weekend, Samuel went to Oaklands College to take part in the St Albans City sleep-out, organised by the charity Herts Young Homeless.

Samuel said, “I did it to raise money for young homeless people. I learnt that people think that there are not many homeless people in Hertfordshire, but there actually are a lot because lots of young people don’t sleep in a public place and instead, they hide. This is called ‘hidden homelessness’. I wanted to help because my mum and aunt have been doing the sleep-out for a few years now and I have been looking forward to being old enough to help. I’ve read a lot of books about people being homeless or losing all their money like ‘Danny Champion of the World’ and that made me think that even though the book was funny, I don’t want that to happen to people in real life. It wasn’t as cold as I thought it would be but luckily I had a bag with hand-warmers so I didn’t suffer too much! You could also use cardboard to fence off your small area and make it more private. We weren’t allowed tents, but we did have sleeping bags and bivvy bags to keep us from getting wet. Luckily it wasn’t raining although it was very moist in the air. I would do it again next year although it was also quite scary.”

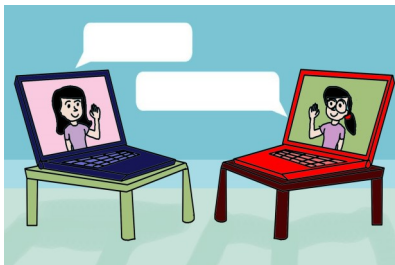
Samuel raised an incredible £600 for the HYH charity—he is a real example of living out our school values of showing friendship and respect for everyone and trying to help those in need.

## Online Safety

Teaching children how to stay safe online is a vital part of our Computing and PSHE curriculum. However, the majority of children's online activity takes place while they are at home. In order to support parents and carers to keep their children safe in the digital world, we will be including regular online safety articles in our weekly newsletters in addition to our e-safety workshops which will be running next year. Our article this week is adapted from the Anti-Bullying Alliance and follows on from last week's cyber-bullying article.

Read the full article here: <https://anti-bullyingalliance.org.uk/sites/default/files/uploads/>

### ONLINE RELATIONSHIPS -A GUIDE FOR PARENTS AND CARERS



Adults can easily forget how much friends matter to children. It is a normal part of a child's development to want to 'belong' and to have lots of friends. This is equally true for relationships online – there is pressure to be seen as popular, and this can mean that children 'friend' as many people as possible on social networking sites. To your child these relationships matter.

As a parent or carer, you can help protect your child by talking together about online relationships. If you feel you don't have technical know-how, don't worry. The main thing is to have the confidence to start talking. We believe that it is never too early to talk to your child about relationships online. So here are some tips.

- ⇒ Talk to your child about what it is to be a friend and the values of true friendship – trust, respect and kindness. Show them the value of their friendship to others. Help them to recognise when other people may be bullying them online.
- ⇒ Don't be afraid of technology....let your child be in control by showing you the sorts of sites they like to visit to make friends, or to link up with their peers. Ask them to show you how you set the privacy settings or how you would block someone that is upsetting you. If they don't know, then make time to learn together.
- ⇒ It's natural for a child or teenager to moderate their behaviour and language around their parents, but it is important that you talk to them about what the effect of using violent or offensive language can be – particularly if that language is used online where there is a permanent record.
- ⇒ Talk to your child about bullying behaviour online and why it's wrong. Explain that this includes passing on hurtful comments, photos or videos that someone else has sent to you. Ask 'would you say that or show that to someone in the same room as you...' and 'if not, why not'. Talk to your child about your values as a family, what matters to you, and how you would expect to see these values modelled both face-to-face and online, whether you are there or not.

## Dates for your Diary

- Thursday 8th December 9.15 am Key Stage 1 Nativity assembly, Lower Hall- *Year 1 and 2 parents are welcome to attend.*
- Friday 9th December 9.15 am Key Stage 1 Grandparents' Carol Concert, Lower Hall- *Year 1 and 2 Grandparents and older relatives are welcome to attend.*
- Thursday 15th December 1.40 pm Key Stage 2 Carol Service at Ss Alban & Stephen Catholic Church- *all parents are welcome to attend.*
- Friday 16th December Time TBC EYFS Nativity play, Lower Hall- *Nursery & Reception parents are welcome to attend.*

We were delighted to hear that Dr. David Miveld, one of our School Governors, has won the St Alban & District Beekeepers' Association 2022 annual honey tasting competition with his delicious 'Betty Boo's Honey'. Most impressive is the fact that his award-winning honey was voted for by all beekeepers in the association. Congratulations to Dr. Miveld!

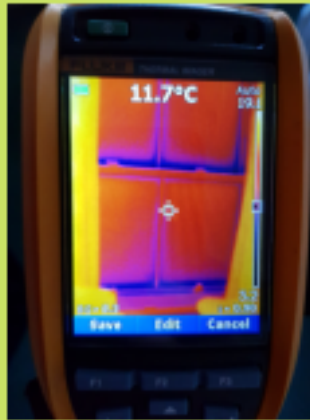


Please remember that the school day begins at **8.55 am**. The children will be able to enter their classrooms between 8.45 and 8.55. After this time, your child will be marked late.



## A Message from sustainablestalbens.org

### Is your house leaking heat & money?



Use the Thermal Imaging Camera for **FREE** to:

- Identify draughts and cold spots.
  - Review radiator efficiency
  - Check insulation
  - Save energy
- Learn how to use the camera in an online information session
  - Pay refundable deposit
  - Borrow the camera for 24 hours for **FREE**



**FIND OUT MORE**

[www.sustainablestalbens.org](http://www.sustainablestalbens.org)



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*St Albans*  
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One of our volunteers, a local author Judith Leary-Joyce, has also written a booklet "Stay Warm for Less" which is free for anyone to download from her website: <https://ecorenovationhome.com/wp-content/uploads/2022/10/Stay-warm-for-less-Print.pdf>. There is no copyright; it can be shared in any form

## A Message from St Albans City & District Council

# St Albans Home Energy Support Service



In partnership with Better Housing Better Health.

### Free impartial home energy efficiency advice



Our experts will help you understand what you can do to save energy at home no matter what type of property you live in. This might involve small steps such as adjusting your thermostats and timers as well as other refurbishments such as insulation, heating systems and renewable technology.

### Financial support



We will seek out any energy efficiency grants, funding or benefits you may be eligible for. We will also refer you to other organisations who can support you if you are having trouble paying your bills.

### Finding your extra help

We're here to help and know that home energy might not be the only cause for concern. If someone in the home is struggling with their mental health, debt or has further needs – we're part of a network and will direct you to other charities and local services.



### Energy bill advice and switching



We can look at your bills and make sure you are on the best tariff and receiving the support you are entitled to from your energy supplier.



**St Albans**  
City & District Council

To speak to one of the team at Better Housing Better Health, please call 0800 107 0044 weekdays between 9:00am and 5:00pm or visit [www.bhbh.org.uk](http://www.bhbh.org.uk)