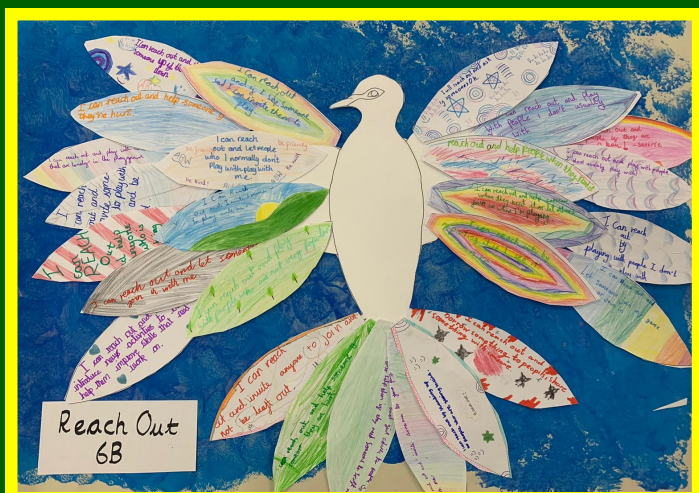
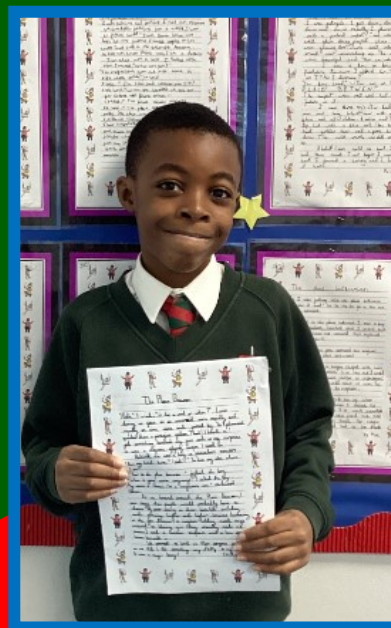
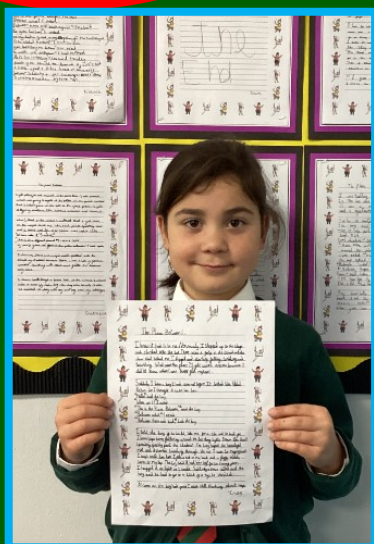


Learning and Growing with God by our Side



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



25th November 2022

Food Waste Assembly

"Everyone's talents and involvement are needed to redress the damage caused by human abuse of God's creation."

(Laudato Si,14)



An important part of Catholic Social Teaching is learning to care for, respect and protect God's creation. This week, Herts Catering led an assembly on the theme of reducing food waste. Our school cook has been measuring the food tipped into our waste bins each lunchtime and on average, we are wasting 10kg of food each day- equivalent to 28 school meals! Unbelievably, across the world, humans throw away around 1/3 of all food produced. This food has taken lots of time, fresh water, land and energy to grow. The average UK household wastes £2 worth of food every single day, with a staggering total of 10 million tonnes of food wasted across the UK every year. At SSAS, we are determined to reduce our food waste to carry out our task of stewardship of God's creation and help the environment. All of us are going to make a big effort not to waste food at home and at school.

We hope that when Herts Catering come back in January, we can show them that we have reduced our food waste by a large amount.

A Prayer for the Protection of Creation

Powerful God,

You hold us and everything you have made in your loving care.

You are in the whole universe and in every tiny creature.

Teach us to care for life and for beauty.

Change us so that we protect your world, not destroy it.

Change the hearts of people who only care about themselves and money, instead of caring about people and the Earth.

Show us how even small things matter, and that we can make a difference.

Help us see that we are all connected to each other and to the earth.

Amen.

Food Waste Campaign

The children learnt lots of important information and statistics about food waste, which shocked us all. We can already see the impact of the assembly, as the amount of food wasted has started to be reduced. *Miss Noonan, Eco Teams Coordinator*

It shocked me to learn how much edible food is wasted and thrown away when many people in the world are going hungry. I think we all need to take action and try and eat a bit more of our school lunches and packed lunches instead of rushing out to play. We could also get a compost bin for the food waste which is left. *Mia, Eco Team Member*



We are wasting too much food. I don't want children to start feeling hungry in the afternoon because they didn't eat their lunch. It makes all the kitchen staff sad to see how much good food is wasted. Yesterday, the daily food waste was down to 8.6 kg, but this included lots of wasted ham sandwiches and jacket potatoes. We must all try a bit harder!

Mrs Ertan, School Cook

How much of each of these are wasted every day in the UK?



24 million slices of bread or 1 million loaves daily, which is 9 billion slices a year



983.5 tonnes of potatoes daily, which is about 5.8 million potatoes each year.



3.1 million glasses are wasted every day. This over a year is 490 million pints of milk.

No Such Thing as 'Normal'!



On Thursday during Anti-Bullying Week, we had a special assembly for years 3, 4 and 5 with Electric Umbrella, a local charity who create amazing, live interactive music experiences with learning-disabled people. The theme of the assembly was 'There's no such thing as normal' and we were encouraged to sing like no one was listening, dance like no one was watching, laugh like no one listening and give like no one was counting, which involved a world record attempt for the most high fives in 1 minute. We're not sure whether we officially broke the record, but we had lots of fun trying!

The children thoroughly enjoyed the whole experience and although there is no photographic evidence of the teachers doing an Irish Jig, I can assure you it was a sight to behold! Tobenna wowed us all with his rendition of Dance Monkey, Azariah amazed us with his dance moves, while Orlaith, Nico, and Emerald told us all some funny jokes. Have you heard this one? "Two fish in a tank - one says to the other "How do you drive this thing?"

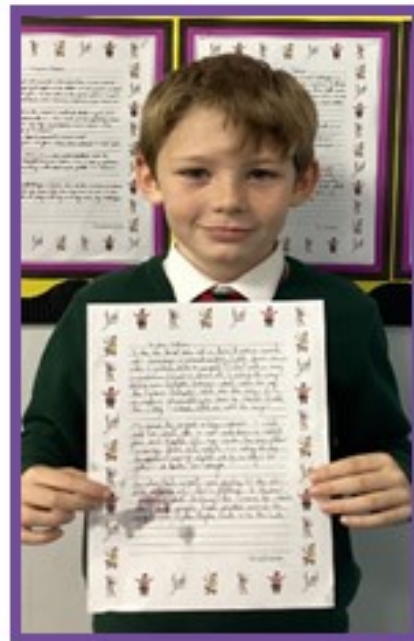
It was such a privilege to host Electric Umbrella - they brought so much life, joy and fun to the morning. If you'd like to find out more about them, then please have a look at their website. <https://www.electricumbrella.co.uk/>



Year 4 Fantastic Learning

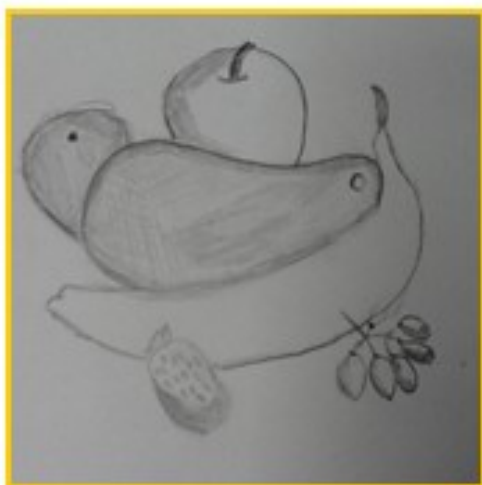
Leon and The Place Between

To complete our English unit, based on the book 'Leon and The Place Between', we wrote our own portal stories about falling through a magic box and describing what we saw, heard and felt using incredible, imaginative vocabulary. We practised the challenging skill of punctuating dialogue and used our neatest handwriting. We were very proud of the final results!



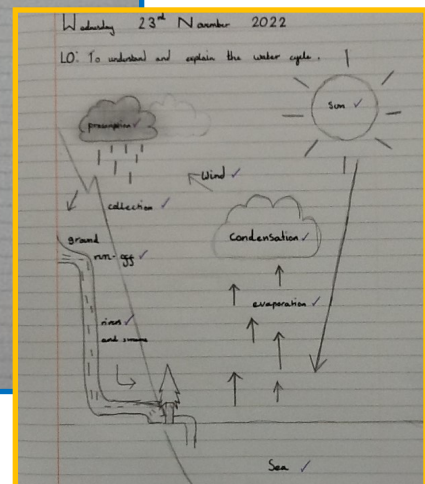
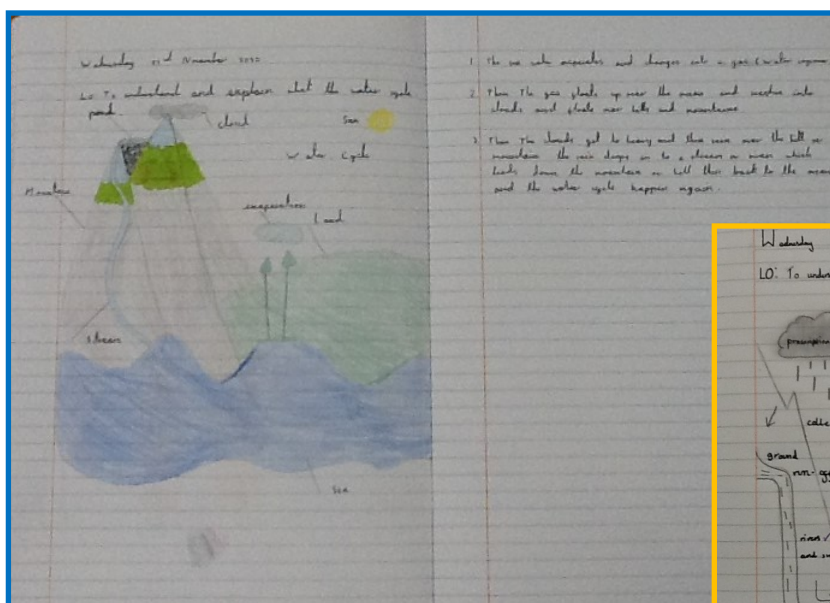
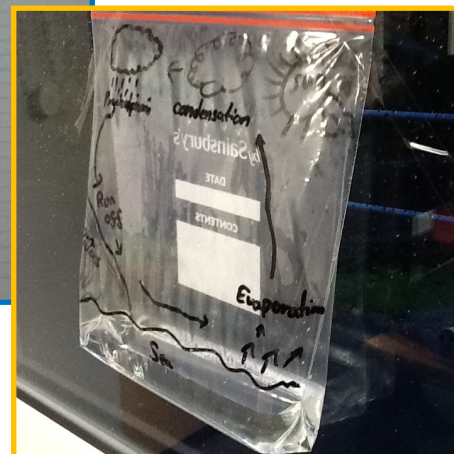
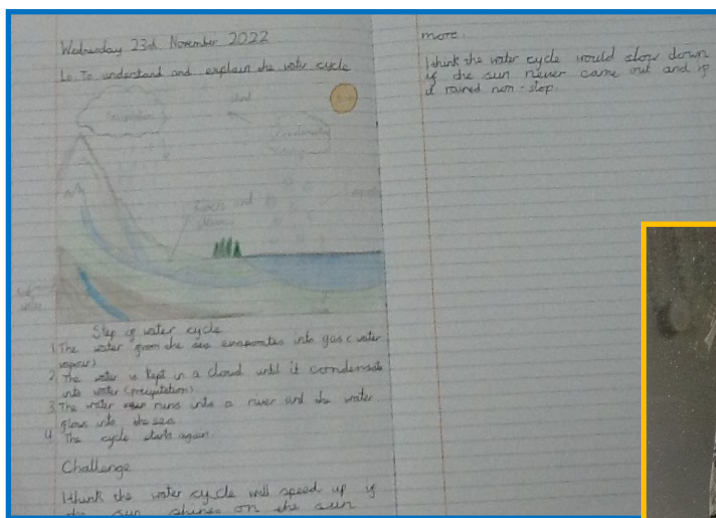
Year 4 Amazing Artwork

In Art & Design, we practised our sketching skills, culminating in still life sketches of fruit, linked to our Geography topic 'World Kitchen'. We were really focussed, concentrating on the shapes, shadows and tones we could see. Look at our amazing creations!



Year 4 Fantastic Learning

In Science, we have been learning about changing states. We have drawn labelled diagrams showing each stage in the water cycle and explaining the process. We have even created our own water cycles in plastic bags which we are excitedly checking for any changes.



Anti-Bullying Artwork

Here are some examples of the wonderful collaborative artwork and acts of kindness that each class produced during Anti-Bullying Week. We had to use our teamwork skills and live out our School values of Friendship and Unity.



Anti-Bullying Artwork



5A

3A



4T

1C



Online Safety

Teaching children how to stay safe online is a vital part of our Computing and PSHE curriculum. Our article is from saferinternet.org.uk and discusses WhatsApp, a hugely popular messaging platform. WhatsApp requires a minimum age of 16 but many of primary-aged children still use it. If you have decided together with your child that they can begin to use it, then it is important that you support them to do so safely.



What are the risks of WhatsApp?

- Bullying, particularly in group chats
- Seeing content of a sexual nature, or showing violence and hate speech
- Settings that allow messages to disappear after 24 hours or 7 days. This could make it harder to track bullying.
- Sharing their live location, particularly with people they don't know in person
- Spam or hoax messages
- Being exposed to strangers through group chats

Keeping your child safe on WhatsApp

- Keep their personal information and location private. By default, WhatsApp shows profile photos, status and when you last used it to all users. Encourage your child to only share this information with their contacts, and be careful about who they talk to on the app, as anyone could pretend to be a child online. You can check and change these settings by opening settings using (the cog icon/ 3 dots in the top-right of the home screen), then Account > Privacy or Location. WhatsApp also has a feature that you can use to share your 'live location' with others. Tell your child to keep this turned off, or to only share their location with people they trust.
- Remind your child to be careful about what they share. Even if your child sets a message to automatically disappear or deletes it after sharing it, the person they send it to could still screenshot it, forward it to someone else, or save it. So before they share anything, tell them to ask themselves: "Would I want others to see what I'm about to send?"
- Remind your child they can leave group chats. If they see something they're not comfortable with, they should leave the group.
- Make sure your child knows how to report and block people. When they first receive a message from an unknown number, they'll have the option to **report it**.

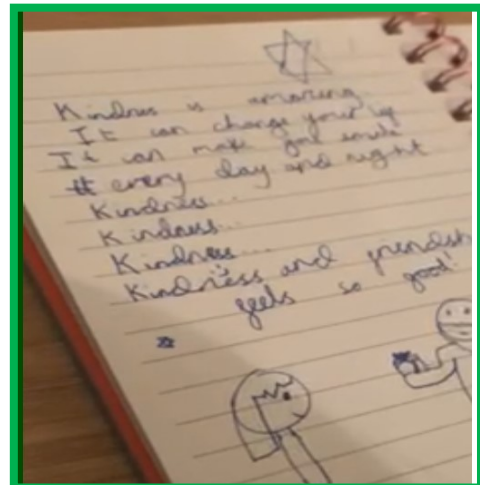
Dates for your Diary

- Thursday 8th December Key Stage 1 Nativity assembly, Lower Hall- *Year 1 and 2 parents are welcome to attend. Please return the slip to book your seat at the performance.*
- 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.*
- Tuesday 20th December Christmas Jumper/Hat day and School Christmas Lunch

School Superstar

It was fantastic to see how much effort the children put into their work during Anti-Bullying Week. Daisy in Year 4 even wrote her own song at home for anti-bullying week, which you will be able to see in our Anti-Bullying News on the website!

Daisy said, "I wrote a poem for Anti-Bullying week. I think learning about Anti-Bullying week in school is really good because if someone was getting bullied and you didn't want to say, then you could learn how to reach out and ask for help."



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.

Study approved by the UCL REC: 22885/001
Researchers: Ellie Bennett, Dr Janet Feigenbaum, Dr Jill Domoney



Are you currently pregnant?
OR
Have you been pregnant in the past 3 years?



Were you referred for mental health support during your pregnancy and/or the first year after giving birth?

If you answered 'YES' to the questions above, we would like to hear from you.

What is this research about?

We want to explore people's experiences of Mental Health Services during pregnancy and the first year after giving birth (*Perinatal Mental Health Services*). Little is known about how helpful people find these services, and why some people access these services and others don't.

What would I have to do?

A 20-minute online survey which asks you questions about you, your mental health, your pregnancy, and whether or not you used Mental Health Services during pregnancy.

This survey is **anonymous and confidential**.

This highly valuable research aims to inform the development of Perinatal Mental Health Services to better support mothers in times of need.

Prize draw
of up to
£100

For more information

1. VISIT <https://tinyurl.com/supporting-mums>
2. Contact via email: eleonor.bennett.13@ucl.ac.uk
3. Contact via Twitter: [@Supporting_mums](https://twitter.com/Supporting_mums)

