

25th March 2022

St Mary's C of E School



An Baya

TOGETHER WE CAN MAKE A DIFFERENCE

Across both St Mary's and Madron Daniel we held a Wear Blue and Yellow for Ukraine Day on Wednesday 16th March.

We asked to donate what you can and we raised a grand total of £400 from St Mary's and £50 from Madron Daniel. *An amazing total of £450!*

We thank you for your amazing generosity and have paid this into the DEC fund for Ukraine Refugees, [Home | Disasters Emergency Committee \(dec.org.uk\)](https://www.dec.org.uk)

At St Mary's we made sunflowers of hope thinking about how we could welcome refugees to our school. We also used a prayer ribbon for thinking about those in need. At Madron we have learnt a Ukrainian Lullaby and written prayers. This week both schools have planted sunflowers.



Children Flourishing at St Mary's

Week Ending 18th March

Stars of the Week

Reception class Phoebe

Class 1 Charlie

Class 2 Sophie

Class 4 Eliza

Class 5 Matilda

Class 6 Elisie

Golden Tokens

Reception Noah

Class 1 Ezra

Class 2 Harper

Class 3 Jesse

Class 4 Cody

Class 5 Ella

Class 6 Joanna

*Well done to all these
children!*

Children Flourishing at St Mary's

Week Ending 25th March

Stars of the Week

Reception class Eva

Class 1 Casey

Class 2 Isla K

Class 3 Evie

Class 4 Kensa

Class 5 Violet

Class 6 Bre

Golden Tokens

Reception Mia

Class 1 Leah

Class 2 Harley

Class 3 Aubrey

Class 4 Saayah

Class 5 ~~~~

Class 6 Joanna

*Well done to all these
children!*

Class 3 trip to St Ives

Yesterday we went to the Barabara Hepworth Museum in St.Ives. It was very cool, we got to see a cast of her handprint as well as getting to walk through her famous 'Foursquare' sculpture. We also went to the beach to create stone stacks and sand sculptures. Greyson and Rocco had this to say about the trip "We built a sculpture six stones high. We liked Barbara's hand best because it was bit scary yet fun, we wish we had our own.

Goodbye!

Mrs Alison Vernon last day of working at St Mary's was today. She is leaving to take up an admin post in the NHS. This is new venture for Mrs Vernon. We will miss her as she has worked at the school for eight years. I am sure you will want to thank Mrs Vernon for always being cheerful and we all wish her very best for the future! St Mary's will miss you!

Cross County

This week two children took part in the County Cross Country Finals in Newquay. Both Eva (Year 5) and Theo (Year 6) persevered in strong winds and ran exceptionally well.

Girls Football report

We had planned to take part in a Girls' Football Festival at MBA yesterday but unfortunately this was cancelled. The team were disappointed, so Mrs Murley and Mrs Morse kindly sorted out a friendly festival against Madron Daniel instead! Well done to Seren, Lena, Eva, Bella, Issy, Kerris, Rose, Ella, Violet, Matilda, Loveday, Jessica, Darcie and Joanna.

All of the children have enjoyed representing the school this week and have displayed excellent skills and sporting values.

We look forward to the Year 5/6 Tag Rugby Festival at the Pirates Rugby Club next week.

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### **Book Fair Monday 28th March**

Next week the school will host a Scholastic Book Fair, after school from Monday to Wednesday.

A percentage of the money raised come back to the school to spend on books. Please come along with your children and buy some books!



### **Dates for your Diary**

**Thursday 31st March** Songfest @ St John's Hall 7pm

**Friday 1st April**—FOSM Cinema evening

**Thursday 7th March** - FOSMS Duck race 3:30pm @ Larrigan River, The Boating Pool

**Friday 8th March** An Baya Easter Experience 10-2pm

**Friday 8th April** – End of Spring Term

**Monday 11th April– Friday 22nd April** – Easter Holidays

**Monday 2nd May** – Bank Holiday

**Wednesday 25th May—27th May—** Carnyorth Camp Yr 4

**Monday 30th May – Friday 3rd June** Half Term

**Monday 6th June INSET day** – School closed

**Tuesday 7th June** – All children back to school

**Wednesday 6th July—8th July—** London Trip Yr 6

**Friday 22nd July** – End of the summer Term.

**INSET DAYS School closed to children**

***Monday 6th June Monday 25th July Tuesday 26th July***

### **FOSMS**

FOSM events coming up:

**Film Night** 5-7pm Friday 1st April  
forms out soon **£5 per child**

***PLEASE BUY YOUR TICKETS BY  
TUESDAY 29TH MARCH***

**FOSM Duck Race** Thursday 7th  
April 3:30pm @ Lariggan River

**We will be selling ducks at the  
start of school at the gates from  
Monday.**



# COVID 19 Updates

## Main symptoms of Covid



Other symptoms may be present, however, **testing and isolation are based on these three symptoms.**  
The three key symptoms have not changed.

If your child or you has these symptoms then please isolate and test with a lateral flow test.

Also please watch out for sore throats, fatigue, head aches, runny nose and diarrhea in children as these can be early signs of COVID

## Five key principles

2. Wash your hands!  
Catch your coughs!

3. Clean and Ventilate!

4. Promote routine  
asymptomatic testing

5. Identification of close contacts

1. Stay at home if ill  
and get tested

All of these measures remain effective in  
preventing the spread of infections

If you have not been vaccinated then these can still be booked:

[Book or manage your coronavirus \(COVID-19\) vaccination - NHS](#)



# 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

## WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

### 1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

### 2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

### 3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

### 4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

### 5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

### 6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

### 7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

### 8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

### 9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

### 10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.onis.gov.uk/people/population-and-community/criminology-and-justice/outlets/online-safety/england-and-wales/year-ending-march-2020>  
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**NOS** National Online Safety®  
#WakeUpWednesday