



Christ at the Centre : Children at the Heart

Loving to Learn : Learning to Love



# St Louis Catholic Academy News

**We have spaces! Please tell your friends.** We have spaces in classes across our school.

Our nursery has wrap around care and can accommodate your child during your working day. We are an inclusive Catholic school, welcoming of all children.

Please enquire now & tell others.

## JUNE EDITION

Dear Families,

Summer 1 term has been very busy for staff and children as we continue to help them to progress in their learning. We are very grateful for all the support that you give to school and we ask for your help in reading with your child every day, supporting them with their catch up homework and bringing children to school on time. We prefer them to be alert after a good night's sleep and ready to learn.



This is a very important time of year for our Year 6 children and we plan to make it special for them. We are working closely with families to help every year 6 child to make a great transition to their new schools. Many of them will be taking part in a two day outdoor camp in the woodland, use of an amazing climbing wall, an overnight camp and cooking outdoors. This is being delivered with Abbeycoft Outdoors and UKS2 teachers.

This year, we are excited to welcome all the Nursery children who applied to join us gaining a place in Foundation. It will be great to see them move up through our school. Recently, we have seen some families move to new homes and jobs as Covid rules relax and this has created spaces for new children to join us. Please let family and friends know that we are continuing to have spaces across many year groups and we have 3 spaces yet to fill in Foundation for September.

FOSL continue to support school and I am so excited to announce that our family grounds day will finally take place on **Saturday 26th June**. Please try to spare an hour or two to help paint fences and plant shrubs. Enjoy your half term break,

Best wishes

Sue Blakeley



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We're working towards Artsmark Awarded by Arts Council England



## Bid to buy this beauty



Please make a bid to buy our small horse. From now to the end of June, to support Friends of St Louis (FOSL) fundraising in school, we are auctioning our small fibre glass horse that is currently in the school grounds. Further details on page 5.

## We are recruiting MDSAs and a Catering Assistant

Please contact the school office for an application form. We need additional staff Monday to Friday.

Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



# Year 6 Tiny Plays

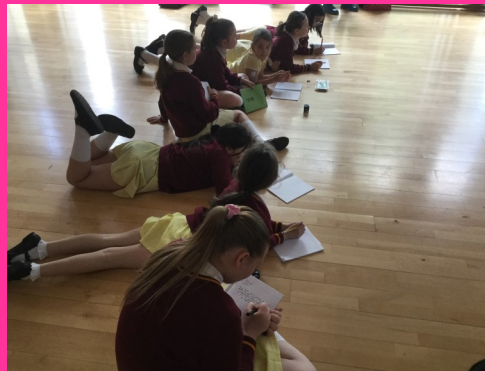
Our Year 6 pupils worked with professional play writers in school during May. The first part of the Arts Council funded project was participation in writing workshops. Professional playwrights have delivered two workshops in our school, a week apart, exploring the art of playwriting. Children learned about plot, character, storytelling, drafting and staging. By the end of the second workshop, all students had drafted a 5 minute play.



Children are invited to this event at Theatre Royale in Bury St Edmunds.

This has come about because of our work towards becoming an Artsmark Silver School. Fantastically, this is opening up so many new creative opportunities across the school.

The whole process will be filmed by Suffolk film company Allegro Creative who will document the project in a short behind-the-scenes film which can be shared with friends, family and the rest of the school community. We have secured photo permissions from participating children. We hope that the experience will help our children to develop their writing skills and provide them with the opportunity to see live theatre



"I really liked the first session. It was helpful because we were taught how to write the play script by breaking it down into the different elements: characters, setting, props and stage direction. Plus, Rachel explained the different jargon used in play-writing."

"We were encouraged to think more creatively about the differences between narrative writing and playwriting, especially how the writer needs to involve the audience more in playwriting."



**Huge congratulations** to Mrs Lebbon. She has completed her NQT Training and is now fully qualified. We are all very proud of her!

# Healthy Packed Lunch Box

## The aim of our policy is...

To keep up our success of being a Healthy School, we think all children should enjoy a healthy lunch. This guidance is to help packed lunches be as healthy as school meals which meet the School Food Standards.

[www.schoolfoodplan.com/standards](http://www.schoolfoodplan.com/standards)

## How we will support the policy ...

- We will ensure that free, fresh drinking water is available at all times and we strongly encourage a water only policy. It is not essential to include a drink in packed lunches as water is provided.
- We will provide menu ideas and practical advice for healthy, affordable packed lunches.
- We will reward pupils who bring in healthy packed lunches with praise, prizes and/or certificates.
- We will allow pupils who bring a packed lunch and pupils who have a school dinner to sit and eat together.
- We will ensure we listen to our pupils' and parents' views and ensure that this policy is fair and meets everyone's needs.
- Our traffic light system is in line with the School Food Standards for school meals.

## Why have a policy for packed lunches?

Eating a healthy packed lunch or school meal is important to help children stay healthy, feel good and improve their ability to learn.

Our packed lunch guidance has been developed in response to parent surveys and observations of children's packed lunches, that found some less healthy foods that can affect energy levels, concentration, behaviour and health.

A healthier packed lunch focuses on the four main food groups of the Eatwell Guide, foods in purple the small section are not allowed to be eaten in school.



We see some incredibly tasty and varied packed lunches prepared by families and many are filled with healthy choices. We are working with OneLife Suffolk to help children understand the benefits of having a healthy packed lunch. All children in Foundation and KS1 can order a free school meal that provides a healthy midday option. Where your child chooses a packed lunch, please follow the guidance adopted by school. Anyone needing help to encourage their child to eat healthily: Contact Number: 01473 718193

Families & Young people

## Red foods

These foods are not allowed in school lunch boxes.

- Chocolate bars or sweets



- Crisps



- Cereal bars (these can be high in fat and sugar).



- Chocolate biscuits and cake bars



- Processed fruit products such as winders (these can be high in sugar).



- Sugary drinks such as Caprisun, Ribena, squash, fizzy drinks and energy drinks.



## Amber foods

These types of foods could be included occasionally as part of a balanced packed lunch.

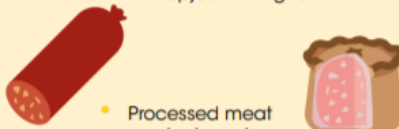
- High salt or fat snacks such as, snack-a-jacks, crackers, bread sticks.



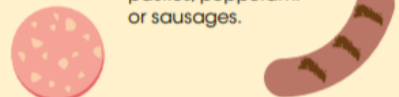
- Small plain or fruit cakes such as scones, tea cakes or malt loaf.



- Plain biscuits, flapjacks or fig rolls



- Processed meat products such as sausage rolls, pies, corned beef, pasties, pepperami or sausages.



## Green foods

You can put these in lunch boxes everyday or as often as you like.

- 1 portion of fruit and 1 portion of vegetables. This could include fresh, tinned or dried.



- A type of starchy food such as bread, pasta, pittas, bagels, wraps etc. Try to include wholegrain varieties.

- Meat, fish or other sources of non-dairy protein (e.g. lentils, kidney beans, quorn, chickpeas, houmous, eggs).



- Dairy food such as milk, cheese, yoghurt or fromage frais.

- Oily fish such as salmon or sardines at least once every three weeks (tinned tuna doesn't count).



- Only water as we provide all pupils with free fresh drinking water throughout the day and at lunchtimes.

# We Love Water

**HEALTHY HYDRATION**  
for children aged 5-11

**Water**  
Is a good choice throughout the day because it hydrates without providing extra energy (calories/kilojoules) or harming teeth  
**Drink plenty**

**Milk**  
Is a useful source of nutrients, especially protein, B vitamins, iodine and calcium. Most children can have lower-fat milks such as skimmed, 1% or semi-skimmed. Unsweetened, calcium-fortified dairy alternatives can also be included. Milky drinks containing added sugars such as milkshakes, hot chocolate and malted drinks should be limited.  
**Have regularly**

**Fruit and vegetable juices and smoothies**  
Can provide some vitamins and minerals. However, they also contain sugars and can be acidic which is harmful to teeth so it's recommended to limit them to one small glass (150ml) a day and keep them to mealtimes. 150ml counts as a maximum 1 portion of your 5 A DAY. They can be diluted with water to reduce the acidity and sugars content.  
**Can have once a day**

**Sugar-free drinks**  
Hydrate without adding extra sugars but it's a good idea for most drinks to be milk or water. Fizzy drinks may contain acids that can be harmful to teeth. Be aware that some of these drinks contain caffeine.  
**Occasionally**

**Tea and coffee**  
Caffeine is naturally present in tea and coffee. Small amounts are harmless but high intakes should be avoided, especially for young children. It's best for children to drink decaffeinated tea and coffee with reduced-fat milks and no added sugars.  
**Occasionally (and in small amounts if caffeinated)**

**Sugary drinks**  
Are best avoided as they provide sugars, but few other nutrients. Fizzy drinks may contain acids that can also be harmful to teeth and some soft drinks contain caffeine.  
**Avoid**

**Sports and energy drinks**  
Can be high in sugars and energy drinks may contain high levels of caffeine or other stimulants. These drinks are not suitable for young children.  
**Not suitable for children**

**This guide is intended to help parents, teachers and carers choose a balance of drinks for children aged 5-11 years.**  
The amount of fluid a child needs depends on many factors but generally they should aim to drink about 6-8 glasses of fluid a day, using smaller glasses (150-200ml) for younger children. This is based on recommendations on fluid intakes for children from the European Food Safety Authority.

July 2018. Next review due July 2021. For more information on the sources used in this text please contact: postbox@nutrition.org.uk ©British Nutrition Foundation www.nutrition.org.uk

The Information Standard Certified Member



**TESCO**  
Every little helps

## Tesco are Donating Fresh Fruit

We are delighted that Tesco are providing us with fruit snacks again. This allows more children across the school to access free fruit at break times.

We are encouraging all children to regularly drink water throughout the day. Please send in their water bottle to allow them to access a drink indoors and in the playground.

Working with OneLife Suffolk, we are helping our children to understand the importance of taking regular drinks.

**One  
Life  
Suffolk**

## What can One Life Suffolk Offer our Families?

Their club offers 12 months' worth of support for children and young people from the age of 5 to 18 years, alongside their families, who would like to achieve a healthier lifestyle. The initial phase of the programme runs for 10 weeks, inviting the whole family to attend the weekly 90-minute sessions to learn together about the importance of leading a healthy lifestyle whilst getting free physical activity for those who attend.

### What to expect:

Each week, families start the first 45 minutes of the club together to enjoy a fun, interactive session discussing a healthy lifestyle topic with the OneLife Suffolk team. Following this, the children and young people will go to their 30 to 45 minute activity session where they will be able to play team games, complete activity challenges and learn new skills. During that time, parents and guardians will remain with their OneLife Practitioner to discuss the weekly topic in more detail and to explore what further support is needed for the family to achieve their goals. Weekly topics:

**Week 1:** Why make a change? **Week 2:** Energy balance and healthy eating **Week 3:** Portion control and snacks **Week 4:** Approaching activity **Week 5:** Halfway checkpoint and cookery session **Week 6:** Making informed choices **Week 7:** Food labelling **Week 8:** What's in my drink? **Week 9:** Sleep and healthy breakfasts **Week 10:** Next steps and moving on.

OneLife Suffolk are writing to all our families as part of their work in school.

## Make us an offer

### As part of FOSL's fundraising

To support Friends of St Louis (FOSL) fundraising in school, we are auctioning our small fibre glass horse that is currently in the school grounds. From now to the end of June, you are invited to send in your bids for the small horse in a sealed envelope marked with your child's name and class. Do not send any money, just your pledge to purchase at your named price.

We will invite friends and their families to make bids. FOSL will be invited to open the bids and identify the highest bidder for each horse.

The money will go directly towards FOSL funds and will be used for the benefit of children in our school. Thank you.

We have received a very generous donation of £12,000 from Mr Bill Gredley towards our new teaching kitchen and as a gesture, we have donated the large horse currently in our grounds to Newmarket Town Council. The horse will be mounted in the Memorial Hall Gardens for all to see and enjoy.



## NSPCC Talk Pants

We are working with our youngest children using the NSPCC resources to teach them how to stay safe. There are some great support materials for families to use at home too. <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

This will mean that children will come home and share their thoughts about discussions taking place in school. It is important that our youngest children are provided with support to help them to understand the 5 important PANTS rules.



CAN YOU SPARE A FEW HOURS TO HELP PAINT OUR FENCES OR HELP WITH CARING FOR OUR PRAYER GARDEN PLEASE?



**TALK**  
**PANTS**  
**AND STAY SAFE, LIKE PANTOSAURUS**

**P** PRIVATES ARE PRIVATE  
**A** ALWAYS REMEMBER YOUR BODY BELONGS TO YOU  
**N** O MEANS NO  
**T**ALK ABOUT SECRETS THAT UPSET YOU  
**S**PEAK UP, SOMEONE CAN HELP

**NSPCC**  
EVERY CHILDHOOD IS WORTH FIGHTING FOR

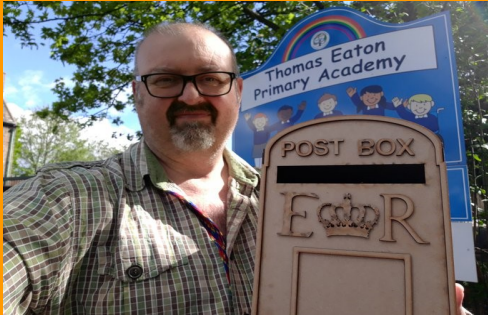
# Writing with Purpose

## Our Postcards to a Fenland School



We were invited by West Suffolk Council to take part in a postcard exchange with a Fenland school. All our year 5 and 6 children were given postcards designed by professional artist, Penny Sobr. The cards celebrated coming out of lockdown and children were invited to share their experiences of new freedoms with children in another school. On 13th May, an exchange of cards took place and it was exciting to hear from our partner school. Our postcards arrived in a wonderful postbox to encourage our children to post a further reply back. It was great to read the cards and to look at the many questions that the other students had about us. Mrs Blakeley was very impressed with the handwriting presentation skills shown by St Louis card writers!

Following on, Penny Sobr delivered an art class to our children who were tutored in developing their own postcards. These were amazing and will form part of an exhibition of artwork. This opportunity was funded by Arts Council England.



### Penny Sobr

After getting a degree in Illustration and Graphic Design, Penny became a freelance fashion illustrator in her native New Zealand before making the move to the UK. She then spent the next 20 years working as a freelance illustrator for clients such as Vogue, Elle, Marie Claire, Elizabeth Arden, recognised shops such as Boots and WH Smith, international hotel chains and newspapers. Locally, she has worked for many organisations such as Cambridge Council, Cambridge University Botanic Garden and for festivals such as Latitude.

Penny also teaches and facilitates art workshops in the community with Oblique Arts. This has included young people at Abbey Cambridge, and Roma children with Compas Charity in Peterborough, Cambridge Folk Festival, Kettle's Yard, Cambridge Museum & Tate Modern Exchange and the highly acclaimed Women of Strength Art Exhibition.



### Working with Penny



**Colin Stevens, Creative Agent**

colin@cpmarketplace.co.uk T: 07508 404 960

A Creative People and Places project celebrating the arts and creative communities across Fenland and West Suffolk



# FAIR TRADE FACTS

<b>1 OPPORTUNITIES FOR DISADVANTAGED PRODUCERS</b> 	<b>2 TRANSPARENCY &amp; ACCOUNTABILITY</b> 	<b>3 FAIR TRADE PRACTICES</b> 	<b>4 FAIR PAYMENT</b> 
<b>5 NO CHILD LABOUR, NO FORCED LABOUR</b> 	<b>6 NO DISCRIMINATION, GENDER EQUITY, FREEDOM OF ASSOCIATION</b> 	<b>7 GOOD WORKING CONDITIONS</b> 	<b>8 CAPACITY BUILDING</b> 
<b>9 PROMOTE FAIR TRADE</b> 	<b>10 RESPECT FOR THE ENVIRONMENT</b> 	<b>TEN PRINCIPLES OF FAIR TRADE</b>	

WORLD FAIR TRADE ORGANIZATION



INDEPENDENT  
FOOD AID  
NETWORK

**FOOD BANK  
COLLECTION DAY**

Thank you—your help is brilliant

**Our next trolley collection for this school year is Thursday 10th June**



## Eco-Schools



St Louis Roman Catholic Academy

has been given this award to recognise their achievement in working towards a sustainable lifestyle.



School Council have been busy developing their Eco School Action Plan. Members sit on our Eco-School Committee and meet each half term. We are Eco-School

Bronze! Well done to all the children who worked to achieve this.

Date: June 2021

## Action Plan



Eco-Schools Topic:  
Conservation

Aim:  
To be resourceful with rain conservation and increase our 'green thumb'

Action(s):

- Hold a non-uniform day to raise money
- Buy a locally sourced plant for each class
- Use rainwater to water plants

How long will it take?  
Achieved by end of ~~Autumn~~ term

Who is responsible?  
Brittney Haines and whole school and grounds staff

How we will monitor progress:  
Set non-uniform day, arrange plant supplier,

Evaluation:

Eco-Schools Topic:  
Recycling and compost

Aim:  
To provide resources for sustainable recycling and composting

Action(s):

- Purchase recycling bins for the campus playground and sports area
- Purchase composting bins for the school kitchen and key phases

How long will it take?  
Achieved by end of ~~Autumn~~ term

Who is responsible?  
Sue Blakeley and grounds staff

How we will monitor progress:  
'Litter bug' monitors to evaluate playground after each break.

Evaluation:

Eco-Schools Topic:  
Awareness

Aim:  
To promote awareness of sustainable practices around the school

Action(s):

- Send out school email to announce holiday poster competition
- Collect posters by end of week 1 Summer term 2

How long will it take?  
Achieved before end of ~~Summer~~ term

Who is responsible?  
Alice Lebbon and whole school

How we will monitor progress:  
Assess posters handed in. Allocate winners per phase. Copy and display around the school. Have each teacher monitor sustainable practices.

Evaluation:



## Raising Awareness for Families in West Suffolk—Drug Awareness Training

As part of Suffolk's collaborative response to addressing Criminal Exploitation, a number of Free Drug Awareness Webinars for Parents and Carers living across West Suffolk, Babergh & Mid Suffolk

The webinars are delivered by Renato Masetti Training Co-ordinator - Drugs and Alcohol Health Outreach NHS.

### Sessions will cover the following:

- Knowing the signs
- Experimental use in young adults
- Paraphernalia
- Street/slang names for substances
- Use of media platforms to obtain drugs
- Encourage parents and carers not to be afraid to have conversations with children and young people
- Where to get help. The June event is: 15th June 2021 - 6.30pm - 8pm

### Venue:

Microsoft Teams - You will be sent a Teams invite for the webinar nearer the date you have booked **To Book A Place**

Please Click On This Link: <https://forms.office.com/r/ph1tyeqdYQ>

Claire Prosser

Resilient Communities Officer



## Let's Play Hockey

As we come out of Lockdown, Junior Hockey is back!

Join us on Tuesdays at  
Newmarket Leisure Centre  
18:00 to 19:00.



- Fun
- Fitness
- Teamwork
- Discipline
- Friendship
- Socials

For more information see the website below or email us at [info@newmarkethockeyclub.com](mailto:info@newmarkethockeyclub.com)



**Newmarket Hockey Club**

[www.newmarkethockeyclub.com](http://www.newmarkethockeyclub.com)

## Year 4 Art Club

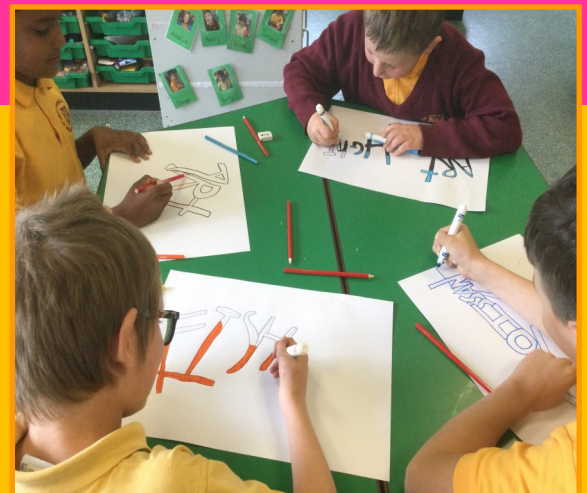


Art Club, led by Mrs Baldwin, explored graffiti and sign making. They all loved it and were very enthusiastic. She reports that they are a great group of children. They didn't quite finish their work in these photos but were experimenting and trying a new technique. The following week they used what they had learnt to create a piece of work that we are hoping to share with each class...watch this space!

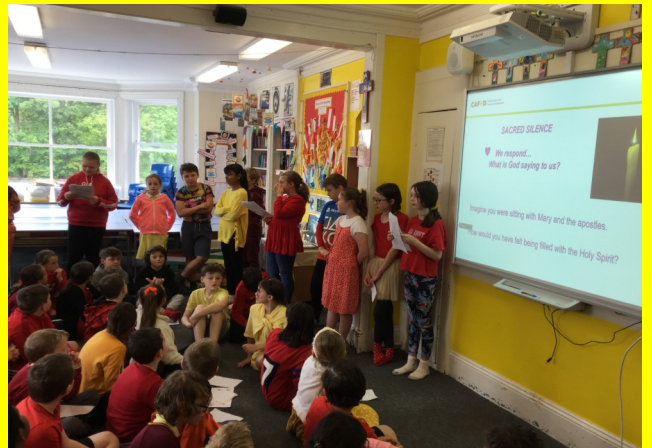
St John the Baptist Cathedral Norwich, is looking for a part-time Cathedral Co-ordinator for 20 hours per week.

Details can be found on the Cathedral website at: <https://www.sjbcathedral.org.uk/job-vacancy-cathedral-co-ordinator/>

The closing date is Friday 4<sup>th</sup> June.







**Gallery of Learning**  
**We had a wonderful Pentecost celebration on**  
**Monday 24th May**





# Our Catholic Faith in School



We were visited by Cafod representative, Jane Crone, in May and we were delighted to present her with a cheque for £1259.

This article will be published by Cafod following the visit.

St Louis Academy in Newmarket are good neighbours locally and globally!

Catholic social teaching asks us to work for the Common Good, putting the needs of the most vulnerable members of society first. St Louis Academy school community are putting this into practice giving everyone a chance to suggest ideas and take part. Reports Jane Crone from CAFOD in East Anglia; Despite the challenges of the pandemic, St Louis Academy raised an incredible £1259.64 to support [CAFOD's Lent appeal](#) which focused on water poverty. Working through the local Catholic Church and partner agencies CAFOD's local experts can reach needy people in some of the remotest parts of the world. Working within COVID guidelines, I visited the school to talk to the Head, Mrs Sue Blakeley and the year 5 and 6 [Mini Vinnies](#) group about how the whole school community got involved in fundraising.

The team enthusiastically explained how different year groups were able to have a say in how they supported the appeal by organising their fundraising in ways that they could all enjoy and take part in. For example, lower key stage 2 decided to have a pyjama day while key stage 1 organised a games morning.

Whole school fundraising activities included second-hand goods sales of toys and books, a cake sale and a non-uniform day. School staff got involved in fundraising too; kitchen staff marked Fairtrade fortnight by making and selling biscuits made from Fairtrade ingredients and Mrs Blakeley supported the fundraising through making and selling midweek milkshakes. As well as responding to the needs of their sisters and brothers overseas, the group told me about what they do to support the local community in Newmarket. The school has a monthly collection for [Open Door foodbank](#), run by Churches Together in Newmarket. Before COVID they visited elderly people in care homes, as that's not possible now they have been writing to local parishioners and school neighbours, sending them homemade Easter cards. They have also chosen to support child mental health projects through [Young Minds](#) and the anti-racism charity Show Racism the Red Card.

Mrs Blakeley said, 'At St Louis, we all recognise our responsibility in helping others both locally and internationally. I am so proud of the way that all the children took responsibility for acting positively and contributing towards fundraising throughout Lent.'



The article is now live on the Diocese of East Anglia Website

<https://www.rcdea.org.uk/st-louis-academy-pupils-excel-in-cafod-water-appeal/>



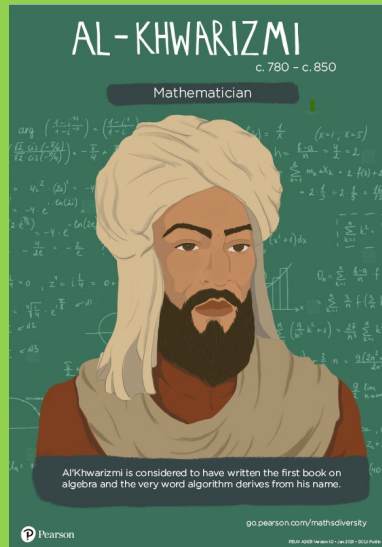
# Vocations Fortnight 7- 18

Mrs Muscionico is busy co-ordinating our exciting vocations fortnight when children will learn about religious vocations and potential careers to follow. If you are able to speak to a class about your job by Microsoft Teams or in person (at a social distance), please let your child's class teacher know. We plan to introduce children to seminarians and people who have chosen other religious vocations as part of raising their awareness.

On Friday 18th June, children are invited to dress as their vocation and to donate £1 towards FOSL fundraising. We hope that children will use the opportunities to listen to guest visitors and recognise the links between school learning and their future careers. We have worked to find a wide range of jobs to introduce children to but we have space for more speakers.



## Dress as your Vocation Friday 18th June





# Online safety at home: parents and carers newsletter

June 2021

We have noticed that children were online far more over the past 12 months and this has increased their skills in using online resources. Sometimes, this has the potential to put them at risk of harm. Thinkuknow provides lots of advice for parents and carers. Please check that you are able to monitor your child's online activities.

## Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

## Watching videos

Children love to watch videos and YouTube is always a firm favourite! But sometimes children can be exposed to videos that are not meant for them.

[YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, primary-age children should be supervised at all times when online.

## More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

## Steps you can take to help keep your child safer online

**Parental controls:** Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

**Supervise their online activity:** Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

**Explore together and chat little and often:** Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

OFFICIAL

## Topics

(to copy and paste into newsletter templates)

### Watching videos

From animals doing funny things, to slime-making and game-tutorials, the internet has lots of fun videos for children to enjoy. But the amount and availability of content online means that children may see something inappropriate.

To understand what type of content might not be suitable and advice on how to help your child watch safely, watch this short [video guide](#).

The internet is a public and open space where anyone can post and share content. This can be fun and entertaining for children, but it does mean your child may see something that is intended for adults.

Find out what to do if [you're worried your child might see something inappropriate online](#) or what to do [if they already have](#).

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[YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, primary-age children should be supervised at all times when online.

### Online gaming

Online games are social activities, and most have features that allow children to chat with others whilst they play.

For information about the positives of gaming, the risks of in-game chat and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#).

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#).

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

## Chatting, being kind and making friends online

Primary-age children may not have previously had much experience with video chatting apps such as zoom, FaceTime and Skype, but may well be using them now for education or to keep in touch with family and friends.

To make sure your child has a positive experience video chatting online, read this [guide for parents and carers](#)

The internet has many positive opportunities for children to learn and play, but it can also be used in negative and unkind ways.

It's really important to speak to your child about being kind online, and how they can get help if they see or hear anything that makes them feel worried, scared or sad. Use these [conversation starters](#) to help your child understand the importance of being kind online.

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

To help children have positive online friendships, read this [handy guide](#).

## Sharing information, pictures and videos

It's harder to stay connected with our friends and family right now, so you may be sharing more images and videos of our children online via social media. But before you do, there are some important things to consider.

Read [sharing pictures of your children](#) for info on how to protect your younger, or older child whilst staying social.

Using devices like phones and tablets to share pictures and videos can be a fun way for children to have fun and stay in touch with friends and family online. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Personal information is any information that can be used to identify your child. Sharing personal information online is easy and sometimes children, like adults, might share more online than they would offline, which can be risky.

Read [your child's personal information and how to protect it online](#) for information and advice.

## OFFICIAL

### Steps you can take to help keep your child safer online

**Parental controls:** Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

**Supervise their online activity:** Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

**Explore together and chat little and often:** Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

**Make sure they know where to go for support:** Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

**Take a look at Thinkuknow:** Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#) .

**Help your child identify trusted adults who can help them if they are worried:** This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

**Talk about how their online actions affect others:** If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

**Use 'SafeSearch':** Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

Visit [Thinkuknow.co.uk/parents](http://Thinkuknow.co.uk/parents) for more information on keeping your child safer online.

## OFFICIAL

# Dates for your diary

7th and 14th June—Vocations Fortnight Dress as your Vocation Fundraiser

10<sup>th</sup> June 2021 Food Bank Collection Day.

14th June 2021 Eggs coming to St Louis for hatching to chicks

18<sup>th</sup> June 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements. Dress as your vocation

26th June (Saturday) Grounds Tidy Up Day

30th June School Photographs—individual photos only (no families due to bubbles mixing)

1<sup>st</sup> July 2021 Food Bank Collection Day.

2nd July 2021—Sports Day (Carousel of Sports to win house points) - parent invite subject to Covid-19 restrictions (contingency day 5th July).

2nd July 2021—Year 6 Leavers Mass and Picnic—parent invite subject to Covid-19 restrictions

9th and 10th July 2021—Year 6 Camping in School— subject to sufficient take up.

9<sup>th</sup> July 2021 non uniform day. A fundraising day towards the Friends of St Louis who support the school in its ongoing improvements.

9th July 2021—School Reports Sent Out

W/C 12th July 2021— Opportunity for parents to discuss reports with teachers.

15th July 2021 St Louis End of Year Mass for whole school or a selected bubble and St Louis Day - parent invites dependent upon Covid-19 restrictions.

24th September MacMillan Coffee Morning

Your child will get free school meals if you receive any of the following:

- Income Support
- Income-based Job Seeker's Allowance
- Income-related Employment and Support Allowance
- Guarantee element of State Pension Credit
- Child Tax Credit but **no element of Working Tax Credit** and have an annual income (as assessed by HM Revenues & Customs) that does not exceed £16,190
- If you are supported under Part VI of the Immigration and Asylum Act 1999
- Working Tax Credit during the four-week period immediately after your employment finishes or after you start to work fewer hours per week
- Universal Credit (provided you have an annual net earned income of no more than £7,400 (£616.67 per month), as assessed by earnings from up to three of your most recent assessment periods).

To check if your child is eligible, apply online for an immediate response or call 0345 606 6067 for advice.

If your child attends a sixth form, you need to contact the school directly to find out if they are eligible and how to apply.

Volunteers needed with gardening, hedge tidying, fence painting, tidying around our grounds and more. We will

**WORLD'S BIGGEST  
COFFEE MORNING**

**A BIG THANK YOU**

You're registered for a Macmillan Coffee Morning

## Induction Dates for Moving up Classes

17th June (am)

24th June (pm)

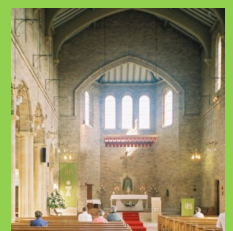
1st July (am)

8th July (am)

**Saturday Friends of St Louis Spring Grounds Tidy- Up Day (in bubbles) 10am to 2pm - supervised children welcome. Saturday 26th June.**

## Our Lady Immaculate and St. Etheldreda Catholic Church, Newmarket

For all church dates and news, check the weekly church bulletin <http://www.olise.co.uk/wordpress/> Link to the latest newsletter from the parish home page



## Theatre Royal Festival Performances in School

Monday 14th June—The House that Jackson Built (LKS2)

Monday 21st June—Paper Aeroplane (Nursery, Reception and KS1)

Tuesday 22nd June—The House that Jackson Built





## Summer Term 2 Clubs

**We still have spaces available—please book via Parentmail**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Lunchtime</b>		<b>Year 2</b> Ukulele Club 8 <sup>th</sup> June to 29 <sup>th</sup> June 12.10pm to 12.40 for 4 sessions  <i>(no longer available to book)</i>			
<b>After School</b>	<b>Years 1 &amp; 2</b> Multisports 7 <sup>th</sup> June to 12 <sup>th</sup> July 3.30pm to 4.15pm £12 For 6 sessions  <i>(no longer available to book)</i>	<b>Years 3 &amp; 4</b> Girls Football 8 <sup>th</sup> June to 13 <sup>th</sup> July 3.30pm to 4.15pm £12 For 6 sessions  <b>Years 5 &amp; 6</b> Basketball 3.30pm to 5.00pm 8 <sup>th</sup> June to 13 <sup>th</sup> July  <i>(no longer available to book)</i>	<b>Years 5 &amp; 6</b> Ukulele Club 9 <sup>th</sup> June to 7 <sup>th</sup> July 3.30pm to 4.15pm £10 For 5 sessions  <b>Year 6</b> Multisports 3.30pm to 4.15pm 9 <sup>th</sup> June to 14 <sup>th</sup> July £12 for 6 sessions  <b>Years 3, 4 &amp; 5</b> Forest School PP & Young Carers – by Invitation only 3.30pm to 4.30pm (alternate Wednesdays)	<b>Years 3 &amp; 4</b> Yoga with Bridget Pooley (External Instructor) 10 <sup>th</sup> June to 8 <sup>th</sup> July 3.30pm to 4.15pm £13.75 for 5 sessions  <b>Reception</b> Forest Club 10 <sup>th</sup> June to 8 <sup>th</sup> July 3.30pm to 4.30pm £15 For 5 sessions  <b>Years 5 &amp; 6</b> Hockey Club 10 <sup>th</sup> June to 8 <sup>th</sup> July 3.30pm to 4.15pm £10 for 5 sessions	<b>Years 3 &amp; 4</b> Multisports 3.30pm to 4.15pm 11 <sup>th</sup> June to 9 <sup>th</sup> July £10 for 5 sessions