



**A massive St John's well done to all our Silverdale Stars this week.**

**Curlews' Class - Fiadh**

For always trying your best in class and amazing dancing in our Nativity practice!

Well done Fiadh!

**Bitterns' Class – Sam**

For being such a 'dude'! You're a great friend and a great person to be around

**Harriers' Class – Charlie**

For always showing respect and having excellent manners at all times. You are a joy to teach!

## Christmas Markets

There are so many people to thank for this. Last Friday was a lovely evening. A LOT of hard work went into planning, organising, setting up and tidying away. Huge thanks to Silverdale Hotel for having us. Huge thanks to Mia, Kirstie, Emma, Carly, Andy, James and so, so many more of you – for all of your help. We raised a HUGE nearly £1400! There are still raffle prizes in the office for winners to collect. Please get in touch with the school office, if you have been told you have won a prize.

## Mathletics



Here are this week's first 'firsts'!  
Sam and Abigail



## Panto!

Don't forget ALL children need a packed lunch On **Tuesday 17<sup>th</sup> December**. We will be back in school after the production, at 15:30.

## Christmas Lunch

We will be having our Christmas lunch on **Wednesday 11th December**. The menu is Turkey with chipolata sausage or roast quorn fillet with vegetarian sausage served with sage and onion stuffing, roast and mashed potatoes, seasonal vegetables and gravy followed by mince pies. The children can wear their Christmas jumpers on this day.

## Rotary Club

Santa will be at the Silverdale Hotel next Wednesday evening at 6pm. The choir will also be there, singing lovely songs and welcoming that Christmas cheer. Why not come and join us?

## Primary Nursery Admission

Has your child turned 3 this term? We have spaces available in Nursery starting after Christmas. Please come and have a look around our wonderful provision or contact the office for a booking form. The application process for primary school places for September 2025 is now open. Tours are still available during the school day, please ring to book. To apply use this online form, please [click here](#). Primary applications close on 15<sup>th</sup> January 2025..

## Christmas Community Events

The Key Stage 1 nativity 'Twinkly Nativity' will be on **Tuesday 10th December at 13:30 and 17:30**. Please come along and watch our little ones do the performance of their lives.

The Key Stage 2 carol service is on **Wednesday 18<sup>th</sup> December at 18:00**. All welcome.

Please invite members of the community as school blesses you all this Christmas time  
Carols around the Christmas Tree is on Friday 20th December. Starting at The **Royal car park at 13:00** and ending at school  
The Christingle is on Christmas eve at 16:00.



## Victorian Christmas

All the children will be enjoying a Victorian Christmas on the Thursday 19<sup>th</sup> December, at Leighton Hall. We can't wait. Don't forget to pay on scopay asap.

# Newsletter – WC 2<sup>nd</sup> December 2024

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13

## Reading Corner

Here are some GREAT Christmas reads to keep your child happy over the holidays!

**The Dark is Rising** - Susan Cooper  
Suitable for children aged 10 plus

**The Jolly Christmas Postman** - Janet & Allen Ahlberg

Suitable for children 3 – 5 years

**Mog's Christmas** - Judith Kerr

Suitable for children 2 – 5 years

**A Boy Called Christmas** - Matt Haig

Suitable for children aged 6 plus

**A Christmas Carol** - Charles Dickens

Suitable for children aged 9 years plus

## Reindeer Rush

This was awesome! Thanks to all volunteers for cheering the children on and to Mrs Blackburn for helping with drinks and mince pies. Thanks also to Bleasdale too, for letting us use their grounds. Please bring your sponsor money into school asap, so we can send to St John's hospice before Christmas.

## Friday Thought

Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. Romans 12:5

## Holiday Dates 2025/26

[Click here](#) to see our 2025/26 holiday dates. It is vital that you take these into account when booking holidays next year. [DFE guidance](#) has changed. Please see pt181 on p56.

**'National threshold when it is appropriate to issue a penalty notice**

The threshold is 10 sessions of unauthorised absence in a rolling period of 10 school weeks'

## Lunches

Week 2 WC 09.12.24



## Class Blog

It's Bitterns' this week! Click [here](#) for an insight to a week in the life of being a Bittern!

## Next Week...

09.12.24 – KS1 Dress Rehearsal Twinkly Nativity

09.12.24 – Miss S governor catch up

10.12.24 – 13:30 and 17:30 Twinkly Nativity

10.12.24 – Bags2school collection

11.12.24 – Christmas jumper day and Lunch

11.12.24 – Choir at Cove House

11.12.24 – Santa at Silverdale Hotel

13.12.24 – Ian Ellershaw leading worship

## Attendance

A huge 'well done' to Harriers this week.

Curlews	89.3
Bitterns	93.1
Harriers	97.1
Average school	93.7

## Charity of the Year

The results are in!

46% of you chose 'Growing Well'

15% Dogs Trust

38% 'Destiny Africa'.

We will begin raising money for Growing Well and Destiny Africa after Christmas

## Bags2school

Collection of Clothes, Paired Shoes, Handbags, Hats, Rucksacks, Scarfs, Ties, Bras, Jewellery, Socks and Belts. Leave Your bags outside on the bench outside Silverdale St Johns school on the morning of **Tuesday 10th of December**

## Posada

Posada is when small versions of Mary and Joseph travel around different households in the community and stay there for one night. You can sign up in advance, offering to host Mary and Joseph for a night. On Christmas eve, the figures are returned to church.

## End of Term

School finishes at 14:00 on the last day. After school club finishes at 17:00



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

## WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>