

# St John Vianney Catholic School

## School Newsletter

Edition: 227 11<sup>th</sup> November 2022

*"Everything we can be, with Christ in our hearts."*

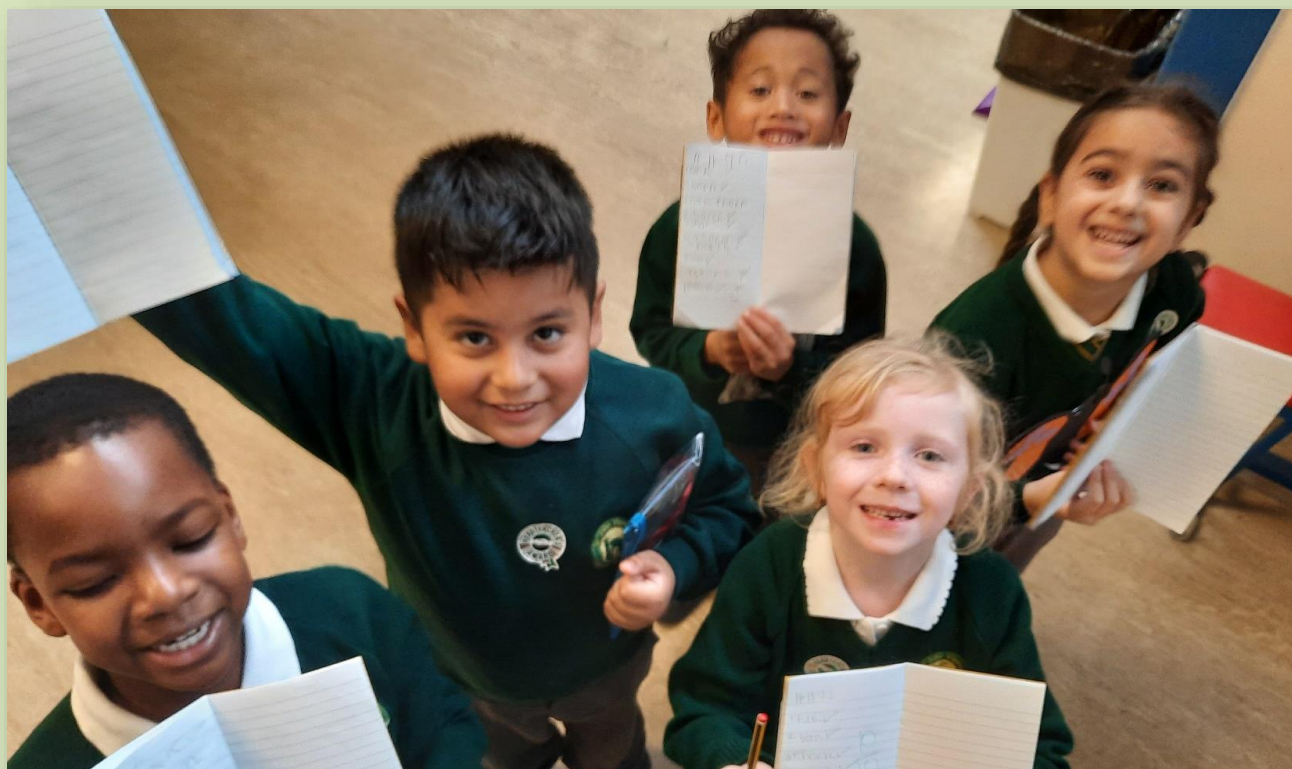


## Pockets of Pride!

I'm always amazed about what I come across as I wander around the school...take this little group of super-proud stars for example. They were 'quite eager' to tell me about their spelling scores this week! Rightly so – they absolutely smashed it! Another boy told me on the way out of the gate this week the whole class had cracked the Computing lesson – they can all use the software to record sound! "Now we're ready to have fun in next week's lesson!" Such enthusiasm and pride in their work is a wonderful thing...

Suffice to say, another glorious week here at SJV, trips, class assemblies and the usual mix of hard work and good fun.

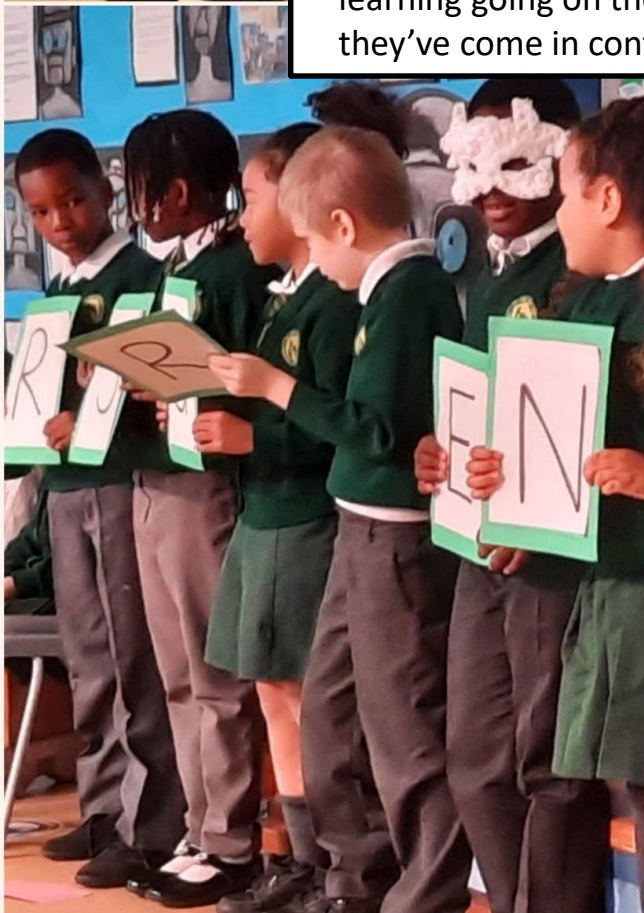
*God bless, Mr. McNicholas.*



# School Life



Year 2's Assembly, all about animals and their habitats and it was a hoot! Clearly great learning going on there, but what a long way they've come in confidence!



# School Life



# School Life



# Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guidance, hints and tips for adults.

## What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

OSCAR

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

### 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

### 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

### 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

### 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

### 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

### FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

### 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

### 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

### 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

### 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

### 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

### 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.



**NOS**  
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#WakeUpWednesday



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# Anti-Bullying Week

**14<sup>th</sup> to 18<sup>th</sup> November**

Next week, schools across the country will mark Anti-Bullying Week, an opportunity to shine a light on a vital subject and to ensure that all of us – teachers, children and parents, all understand:

- a) what bullying is,
- b) how to be vigilant about it and
- c) how to STOP IT!

## Parent Briefing & Coffee

Thursday 17<sup>th</sup> November, 2:45pm. Come along to the hall, have a cup of tea or coffee and hear about the school's Anti-Bullying policies and procedures; what you need to know to help keep SJV a proud 'Bully-Free Zone'!

So we can get a feel for numbers interested, [CLICK HERE to register](#). If you can't make this session, an online version will be available by the end of the week.

## Odd Socks Day – Friday 18<sup>th</sup>!

Wear Odd Socks on Friday to highlight that we are all different, but very special! £1 suggested voluntary donation. Proceeds going to the Anti-Bullying Alliance, who do great work keeping children safe.



Come to school  
wearing your odd  
socks to celebrate  
what makes us all  
unique!

## Dates for your Diary

- **Friday Celebration Assembly:** Every Friday, straight after drop-off; enter via the main school entrance. Everyone welcome, always!
- **Mon-Fri** – Anti-Bullying Week
- **Tue 15<sup>th</sup> Nov** – Y5 Football Vs West Green 3:30pm to 4:30pm
- **Wed 16<sup>th</sup>** – Y4 Cinema
- **Thu 17<sup>th</sup>** – Y3 Cinema
- **Thu 17<sup>th</sup>** – Parent Anti-Bullying Briefing 2:45pm in the hall
- **Fri 18<sup>th</sup> Nov** – Odd Socks Day (Anti-Bullying Alliance)
- **Fri 18<sup>th</sup> Nov** – Year 6 Class Assembly
- **Fri 25<sup>th</sup> Nov** – Year 4 / YR Buddy Assembly
- **Fri 2<sup>nd</sup> Dec** – Year 1 Class Assembly
- **Fri 9<sup>th</sup> Dec** – Year 5 Class Assembly

## Notes & Reminders

- Water Safety week next week for **Year 4 swimming** - please bring an additional T shirt for this
- Next Friday 18<sup>th</sup> is **Odd Socks Day** - suggested donations of £1 - all donations go to the Anti Bullying Alliance.
- **SJV Culture Day - Friday 25th November:** make a note in your diary of this date. More details to follow next week.



Excellence in Education Catering

## The Benefits of School Lunch

As your child's **School Lunch Provider**, HCL takes great pride in delivering tasty and nutritional meals at every lunchtime service.

There are so many **benefits** to having a cooked school lunch, such as:

- **Nutritious** meals full of **energy-fueling** ingredients, lead to a **better learning environment**.
- **Convenient** for Parents and Carers.
- At least one portion of **fruit** and **vegetables** in every serving.
- Confidence that **all** meals meet **nutritional** standards.

As **experts** in nutrition and catering, providing a service that parents can **trust**, with menus that prioritise your children's **health and well-being**, is at the forefront of our operation. We're all leading busy lives, so let our menu provide your child with a **hot, healthy and balanced meal**.



## Sustainability

We take our responsibility to implement **sustainable practices** that **positively** impact our customers, communities and the health of our planet very seriously. This ethos is embedded in our values and policies and is reflected in our entire supply chain. HCL is taking multiple steps to reduce our environmental impact by:

- Proactively **educating** and **raising awareness** of how all ages can **support sustainability**.
- **Encouraging** all staff across the business to be environmentally responsible through regular **training**. Ensuring we all adhere to **environmental laws, policies and procedures**.
- Working with our suppliers to replace any **negative** environmental impacts with **positive** ones. Meeting these requirements is **mandatory** for all our suppliers.

**WE'RE COMMITTED TO ACHIEVING  
NET ZERO BY 2030!**

**FRESH FRUIT AND A CHOICE OF  
DESSERTS ARE AVAILABLE DAILY**



## Social Value

Social value is important to us, demonstrated in part by our **Community Support Team** who deliver workshops in schools such as **Cookery clubs, Gardening clubs, Healthy Eating workshops and Assemblies**. All our clubs are highly inclusive, we have parents, grandparents and siblings signing up to enjoy them!



## Accreditations

We're incredibly proud that we:

- Comply with **Government Food Standards**.
- Have achieved **Food For Life Silver Award** for 8 years.
- Prepare 75% of dishes freshly from **unprocessed** ingredients containing no **undesirable additives or trans fats**.
- Provide the **Platinum Sugarwise** catering mark for all Primary Schools; giving you peace of mind that our menu consists of low amounts of 'free sugars'.



## Recruitment

Join our catering team, working part time and term time preparing and serving delicious, nutritious school meals!

Working for HCL, we will provide you with **full training, personal development**, part time and term time only working (so you can have the holidays off to fit in with your family life), pension, on the job support and discounts that can save you **£100s** each year!

Positions are available in both Primary & Secondary Schools and our recruitment team is waiting to hear from you right now!



**TO FIND OUT MORE AND APPLY FOR ANY OF  
OUR LATEST VACANCIES, JUST SCAN HERE**

HCL Registered Office: Mundells · Welwyn Garden City · Herts · AL7 1FT Tel: 01707 938625 · Email: hcl.info@hcl.co.uk · www.hcl.co.uk

Twitter: @HCLcatering

Facebook: HCLcatering

LinkedIn: HCLcatering



## WEEK ONE

Served Week Commencing:

• 2022: 31 October, 21 November, 12 December • 2023: 5 January, 23 January, 20 February, 13 March

### MONDAY

BBQ Dusted Chicken with Rice  
Italian Pasta Bake (Ve)  
with Crusty Bread

**CHILLED OPTION:**  
Cheese Baguette (V)  
Jacket Potato  
with various toppings

### TUESDAY

Mediterranean Roll  
with Potato Wedges (Ve)  
Macaroni Cheese (V)  
with Crusty Bread

**CHILLED OPTION:**  
Egg Roll (V)  
Jacket Potato  
with various toppings

### WEDNESDAY

Roast Chicken  
with Sage and Onion Stuffing  
Sausages in Yorkshire Pudding (V)  
with Roast Potatoes  
or Wholemeal Pasta

**CHILLED OPTION:**  
Chicken Mayo Wrap  
Jacket Potato  
with various toppings

### THURSDAY

Cottage Pie  
Quorn Burger in a Bun (V)  
with Diced Potatoes

**CHILLED OPTION:**  
Ham Roll  
Jacket Potato  
with various toppings

### FRIDAY

Battered Fish  
Cheese and Tomato Pizza (V)  
with Oven Chips or Pasta

**CHILLED OPTION:**  
Tuna Sandwich  
Jacket Potato  
with various toppings

**WINTER/  
SPRING  
2021/23**

## WEEK TWO

Served Week Commencing:

• 2022: 7 November, 28 November, 19 December • 2023: 9 January, 30 January, 27 February, 20 March

### MONDAY

Pork Sausages in Gravy  
with Creamed Potatoes  
Cheese & Veg Pasties  
with Diced Potatoes (V)

**CHILLED OPTION:**  
Tuna Sandwich  
Jacket Potato  
with various toppings

### TUESDAY

Chicken Pie  
with Herby Potatoes  
Mild Vegetable Curry (Ve)  
with Rice

**CHILLED OPTION:**  
Ham Roll  
Jacket Potato  
with various toppings

### WEDNESDAY

Roast Beef and Yorkshire Pudding  
Lentil Roast (V)  
with Roast Potatoes  
or Wholemeal Pasta

**CHILLED OPTION:**  
Chicken Mayo Wrap  
Jacket Potato  
with various toppings

### THURSDAY

Quorn Hot Dog (V)  
Roasted Vegetable Lasagne (V)  
with Garlic Bread  
with Potato Wedges or Pasta

**CHILLED OPTION:**  
Cheese Baguette (V)  
Jacket Potato  
with various toppings

### FRIDAY

Crispy Coated Salmon  
Cheese and Tomato Pizza (V)  
with Oven Chips or Pasta

**CHILLED OPTION:**  
Egg Roll (V)  
Jacket Potato  
with various toppings

## WEEK THREE

Served Week Commencing:

• 2022: 14 November, 5 December • 2023: 16 January, 6 February, 6 March, 27 March

### MONDAY

Vegballs in Homemade  
Tomato Sauce (Ve) with Pasta  
Cheese Pinwheel (V)  
with Diced Potatoes

**CHILLED OPTION:**  
Egg Roll (V)  
Jacket Potato  
with various toppings

### TUESDAY

Mild Chicken Curry with Rice  
Omelette, Grilled Tomatoes  
and Baked Beans (V)  
with Potato Wedges

**CHILLED OPTION:**  
Ham Roll  
Jacket Potato  
with various toppings

### WEDNESDAY

Roast Pork  
with Sage and Onion Stuffing  
Tomato Bolognese (Ve)  
with Roast Potatoes  
or Wholemeal Pasta

**CHILLED OPTION:**  
Cheese Baguette (V)  
Jacket Potato  
with various toppings

### THURSDAY

Beef Burger in a Bun  
with Potato Wedges  
Cheese, Potato  
and Broccoli Bake (V)

**CHILLED OPTION:**  
Chicken Mayo Wrap  
Jacket Potato  
with various toppings

### FRIDAY

Fish Fillet Fingers  
Cheese and Tomato Pizza (V)  
with Oven Chips or Pasta

**CHILLED OPTION:**  
Tuna Sandwich  
Jacket Potato  
with various toppings

Freshly baked bread, seasonal vegetables and bowl salads are available daily • Gravy and Custard are always available separately when on the menu • All our milk is organic - fresh from the dairy (V) = Vegetarian (Ve) = Vegan

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# The SJV Daily News

Friday 11<sup>th</sup> November 2022 *Everything we can be, with Christ in Our Hearts*

Free

## 17 Years of Dedication!

**Long standing governor takes a bow!**

**Thank you and best wishes from all at SJV!**

The whole school community this week said goodbye to Susan Goddard, who has been a Governor at our school for 17 years! When we talk about being here to serve others, this is what we mean. A school governor is an incredibly important and responsible role; they are part of the leadership team of the school and provide the all important challenge and support that every school needs.

Susan made sure that we didn't become complacent; made sure that we put the welfare of the children first and made sure that, when we needed wisdom, empathy or a champion, she was there. Always.

Susan was Chair of Governors for most of my time here and I will always be grateful that she and the other governors put their trust in me.

In thanking her for her time here, we'd all like to wish her the very best for the future and for all those 'free' Wednesday evenings she now has back!



# School Life



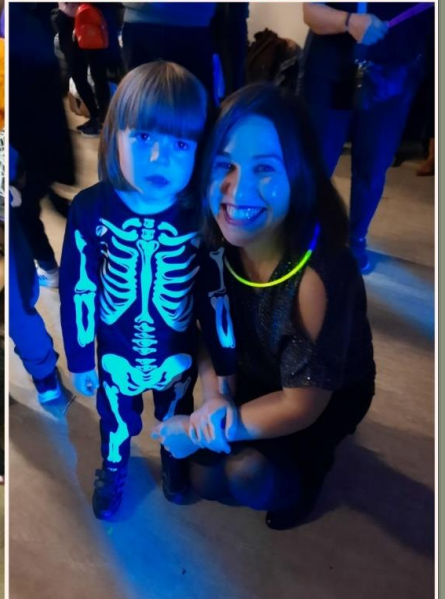
The children turned out in force last week for the return of an old favourite – the Spooky Disco! Bundles of fun, and great to see the hall full of children and parents again having a great time! Huge thanks to the Friends of SJV for their organisation and drive!



# School Life



# School Life



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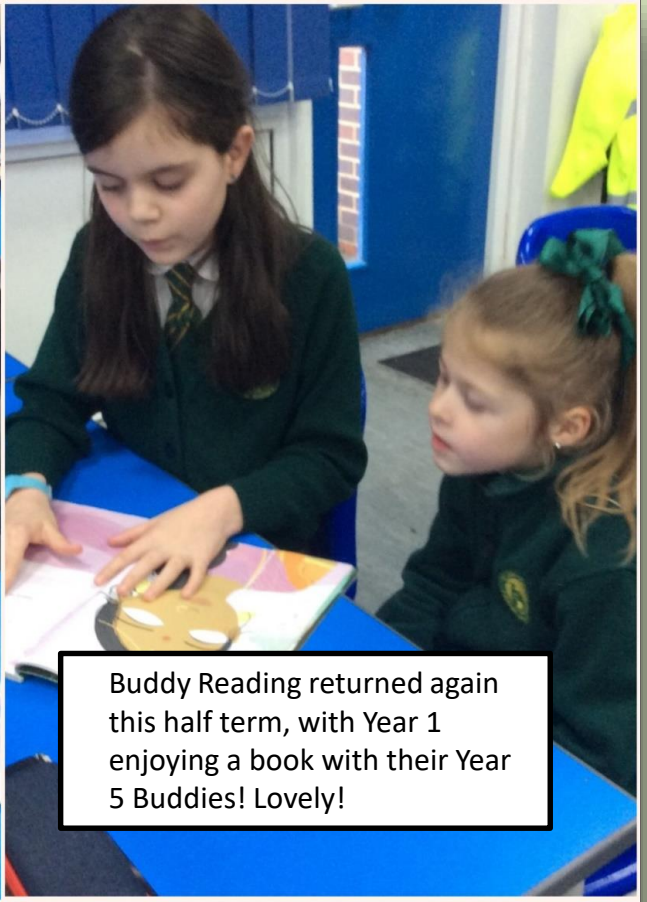
National  
Literacy  
Trust



KS2 joined into the national Royal British Legion's online assembly this morning to mark Armistice Day. A fascinating and moving reflection.



# School Life



Buddy Reading returned again this half term, with Year 1 enjoying a book with their Year 5 Buddies! Lovely!



# Nursery Places

- Nursery application forms are now ready. Please email the [admin@st-johnvianney.Haringey.sch.uk](mailto:admin@st-johnvianney.Haringey.sch.uk) to make an appointment to collect a form.



# Donate as you shop!

Shop&Give is an easy way of supporting the school with 'free donations' every time you shop online. Powered by the Giving Machine, every little raised can help us to keep providing the best we can in these difficult times.

Fast sign up to support St John Vianney RC School:

- Please register via this link (and share with as many people as you can!)
- <https://www.shopandgive.thegivingmachine.co.uk/causes/st-john-vianney-rc-school/support>



**Shop&Give**  
Powered by TheGivingMachine

## BE A HERO

**Raise free donations  
for us each time you  
shop online.**

**Simply shop via  
[shopandgive.thegivingmachine.co.uk](https://www.shopandgive.thegivingmachine.co.uk)**



# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

11<sup>th</sup> Nov 2022



## Reception:

I would like to give my star of the week to C this week. She continues to work very hard and always shows such kindness to others she is so helpful, helping her friends if they are struggling to put their jackets on. She always listens to instructions and is willing and eager to learn. I am extremely impressed that she never gives up she perseveres when she finds tasks tricky and is always willing to have a go! Well done for this week, keep it up!.

My other star of the week goes to J. I have been so impressed with your enthusiasm to learn all your phonic sounds. This week we learnt our brand new sound and I was so impressed that you used your phonic sounds that you have learnt so far in class to write words that begin with this sound. You always answer class questions to the best of your ability sharing all of your lovely ideas giving in depth answers and reasons. I am also impressed that for your self-registration you are remembering the special sounds in your name and surname and writing these sounds in your name all by yourself now! Fantastic trying this week!

# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

11<sup>th</sup> Nov 2022



## Class 1:

This week my stars are going to be two children who always work so hard and so quietly in the classroom.

D, it is clear to see that you are really trying your best to focus and listen during our learning time. Even when you are finding it a bit tricky to understand you still try your best to have a go at the activity. I like the way you persevere with the tasks. I have also seen a massive improvement in you working independently in maths which is fantastic!

My next star is for O, you do try your hardest to listen during learning time and when you are working at the table you listen carefully to the teacher that is helping you to make sure that you try to do the best that you can. You work quietly in your group and you listen to your partner when we do any partner work activities. Well done to you!



# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...



11<sup>th</sup> Nov 2022



## Class 2:

For a brilliant week and the most fantastic assembly this morning, Class2 are ALL stars! Their learning in Science was brought clearly to life with enthusiasm, talent, acting, smiles and (let's not forget)....some top dance moves! The hall was rocking and smiling along with them this morning! Thank you to Ms. Swan, 'Team 2' and all of the stars from Class this week!

# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

11<sup>th</sup> Nov 2022

Star  
of the  
WEEK

## Class 3:

Well done to all of Class 3 for a hard-working week! This week I'm going to choose, first of all, E. She always shows such a positive attitude to her learning and joins in every lesson with the same enthusiasm and effort, working so supportively with her partner too. This week she has also made a special effort with her spellings so she should be extra proud of herself! My second star is J. In all subjects, he always thinks about what he is going to say and says it clearly with a full sentence which is really impressive - but on top of that, he brings an extra level of insight into what he is saying. Ms Griffin was particularly impressed with his contributions in the RE lesson this week. Congratulations to both our Class 3 stars!

# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

11<sup>th</sup> Nov 2022



## Class 4:

This week I would like to give S a star. She is so hard working and determined to do her best. I can always rely on her to be doing the right thing and subtly guide others to do so also. She has a strong sense of what is moral justice and is a very important member of our class.

I would also like P to have a star this week for his wonderful work on Julius Caesar's biography. He has impressed me with his ability to make comprehensive research notes, think like a historian, and write with flair. Well done!

# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

11<sup>th</sup> Nov 2022



## Class 5:

Well done to Year 5 for another great week and for all of their hard work! Keep it up!

The stars of the week this week go to the chaplaincy team, who led us in prayer for the whole of October. They all took on their role with respect, dedication and enthusiasm and by doing so set an excellent example to others. Well done to E, H, P, P, A, A and T.

# STARS OF THE WEEK

THE FORCE IS STRONG IN THESE ONES...

4th Nov 2022



## Class 6:

Both M and A showed this week (and before this week, I must add!) that they are kind hearted, caring individuals who put the needs of others before their own. Selfless acts of kindness should not and do not go unnoticed. Thank you so much for all of your generosity and for being so empathetic to others. A real example to us all! Well done!

celebrate!

HAPPY  
BIRTHDAY



Celebrate!



HAPPY BIRTHDAY

celebrate!



HAPPY  
BIRTHDAY