



# Our Lady of Compassion Catholic School

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**To Live As Jesus Taught Us.**

School Newsletter – 10

Date: Friday 24<sup>th</sup> January 2025

Dear Parents, Carers and Children,

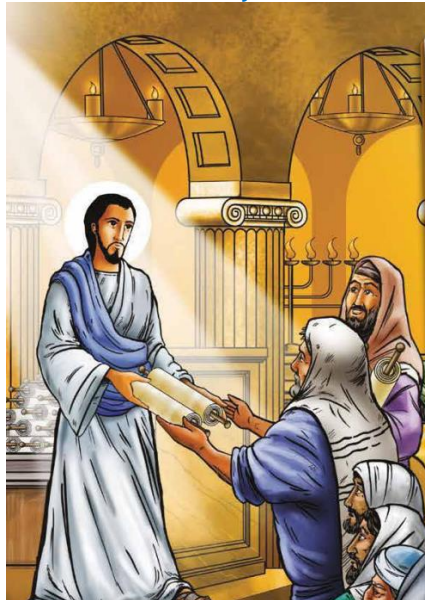
Today, we joined with schools across our Diocese as Archbishop Longley and Bishop Timothy launched the Jubilee Year of Hope. This pilgrimage for us all, will help renew our hope and strengthen the way we live our lives. Now that the Year of Hope has officially been launched in schools, we look forward to events across the year that will help us all to mark this special time within our faith. Children are thoroughly enjoying the new songs they are learning, the art work they are creating and the activities that have been shared with them. We particularly look forward to our MAC Pilgrim day on 12<sup>th</sup> February, where we will be focusing on a 'Pilgrimage to Rome'. Have a great weekend.

Mr N Emery (Headteacher)

## Pharmacy First

Pharmacy First can support families over winter with minor illnesses and seven common conditions. If appropriate, they can also provide treatment without a prescription for seven common conditions and could be accessed quicker than seeing a GP. Community pharmacies are ideally placed to offer a more accessible and convenient choice to access healthcare services. This service takes away the potential delay of having to wait for a GP appointment and may help ensure children and staff get well and back to nursery/school/college as quickly as possible, potentially positively impacting attendance rates.

## Wednesday Word



In this Sunday's Gospel we are reminded that Jesus brings Good News to everyone. We can all at times be blinded by selfishness or jealousy, be prisoners of guilt or worry, or be oppressed by bad habits. But Jesus has come to set us free, to help us renew our relationship with God and to enrich our relationships with each other. Today, our schools and parishes continue Jesus' work, sharing the Good News of the Gospel so that people of the world can know God's love for them. This Good News is for you and me – Here! Now! We need only to be open to God's Spirit.

## Social Media



We have recently take the decision to update our Social Media channels and will no longer be using our Twitter (X) account. All our posts will now be shared via Bluesky. Please do follow us on this platform to see events and activities that take place in school. Our Bluesky feed is [@olcolton.bsky.social](https://bsky.app/profile/@olcolton.bsky.social).

## SUMMARY

- Jubilee Year – Pilgrims of Hope
- Pharmacy First
- Wednesday Word
- Social Media
- Catering Reminder
- Dates for 24/25
- FOLC AGM
- Year 6 Reconciliation
- Snacks
- Online Safety
- Wheel of Fortune – Food Promotion Day
- Children's Mental Health Week
- FOLC 2025 Challenge
- Stay and Pray Lent
- World Book Day
- FunFest
- Start Times

## Y6 Reconciliation

As Year 6 prepare for their Confirmation on Friday 7<sup>th</sup> February, they will receive the sacrament of Reconciliation in school on Friday 31<sup>st</sup> January. Both Father Biju and Father Austin will be in attendance to support the children as they look at ways to continue to grow in their faith and become even better individuals in as the go through their journey of faith.

## Dates for 2024/25

Further dates will be added throughout the term



- 27.1.25 – Holocaust Memorial Day
- 30.1.25 – Chinese New Year – Food Promotion Day
- 31.1.25 – Year 6 Reconciliation
- 2.2.25 – Candlemas
- 3.2.25 – Children’s Mental Health Week – Dress to impress Day
- 7.2.25 – Year 6 Confirmation @ Olton Friary – 7pm
- 11.2.25 – Safer Internet Day – theme “Too good to be true?”
- 13.2.25 – Power Heroes – Food Promotion Day
- 14.2.25 – We Love School Day
- 14.2.25 – Last day of half-term
- 16.2.25 – Racial Justice Day
- 24.2.25 – School Closed – INSET Day
- 25.2.25 – School reopens after half-term
- 25.2.25 – Random Act of Kindness Day
- 27.2.25 – Young Voices Concert for School Choir
- 28.2.25 – St. David’s Day – children to wear a splash of yellow to school
- 1.3.25 – Secondary School Offer Day
- 1.3.25 – Women’s History Month
- 5.3.25 – Ash Wednesday – Start of Lent
- 6.3.25 – World Book Day
- 6.3.25 – World Book Day – Food Promotion Day
- 7.3.25 – World Women’s Day
- 8.3.25 – Sacrament of Reconciliation – Y3
- 12.3.25 – Parents’ Evening
- 13.3.25 – Parents’ Evening
- 13.3.25 – Lent Fast Day
- 14.3.25 – School Closed – INSET Day
- 17.3.25 – St. Patrick’s Day
- 20.3.25 – International Day of Happiness
- 28.3.25 – FS1 Mother’s Day Assembly 9.30am
- 28.3.25 – FS2 Mother’s Day Assembly 2.30pm
- 30.3.25 – Mothering Sunday
- 10.4.25 – FS1 and FS2 Easter Bonnet Parade – 9.30am
- 10.4.25 – KS1 (Y1 and Y2) Easter Bonnet Parade – 10.30am
- 10.4.25 – Food Promotions Day – Delicious Deserts
- 11.4.25 – LKS2 (Y3 and Y4) to lead Stations of the Cross – 9.30am
- 11.4.25 – Last day of term

## FOLC AGM



On Tuesday 21<sup>st</sup> January the FOLC held their annual AGM in the school hall. We are pleased to announce that Mrs Payne will be continuing in her role as Chair and a committee was formed to lead the FOLC throughout the year ahead. Please do let the FOLC reps for your child’s year group know if you can be a ‘helping hand’ as events can only take place through the support of volunteers.

## Snacks

As a reminder, children can have a snack sent with them into school to eat during their playtime. We ask that this snack is a healthy choice such as a piece of fruit rather than chocolate or crisps. Sending a healthy snack is a way of supporting your child in making positive choices regarding food that is good for them.

## Chinese New Year

~ Food Promotion Day ~



If you would like your child to have a hot dinner on the 30<sup>th</sup> January to celebrate Chinese New Year please book this online through Blue Runner by Wednesday 29<sup>th</sup>. All children who are Free School Meals or Universal Free School Meals (FS2, Year 1 and Year 2) will automatically have this promotion.

## Online Safety #Wake Up Wednesday

For further information, please visit the National Online Safety website.

**What Parents & Educators Need to Know about HEALTH & FITNESS APPS**

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

**WHAT ARE THE RISKS?**

- LACK OF PERSONALISATION**  
Many apps take a one-size-fits-all approach, failing to account for the varying ages and weights of children in a year class. For example, will have different physical needs to a child of 10. This can create unrealistic expectations and self-expectations which may be too demanding for some children.
- NOT DEVELOPED BY EXPERTS**  
Some fitness and wellbeing apps are developed by experts in the field – but containing a number of them aren't. As such, these platforms may contain incorrect information. They may present safety concerns by giving incorrect advice regarding physical activities or single, excessive age-inappropriate content which would clearly increase risks to their users.
- REDUCED INTERACTION WITH OTHERS**  
Physical wellbeing apps can remove the social and interactive elements which provide motivation and support. This can lead to isolation, especially if the app is used in a way that is not intended. It may also lead to a lack of motivation to exercise, as the app may not be designed to provide the same level of support and encouragement as a real-life coach or friend.

**EXERCISE AND SOCIALISE**  
Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by exercising with others rather than solely relying on apps to measure their progress. Remind them of the importance of staying active, as well as the benefits of being an active learner.

**PROMOTE POSITIVE BODY IMAGE**  
As with all apps, it's important for parents to familiarise themselves with any content on the app and to use these on a regular basis. The specific settings vary between platforms but it's vital to ensure that the app is not displaying or reporting on body image or weight. Encourage children to focus on their health and wellbeing rather than their appearance. Encourage children to focus on their health and wellbeing rather than their appearance.

**MEET OUR EXPERT**  
Dr Claire Balderson is a family safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety programmes for schools. She has written several documents and conducted research for the Australian Government comparing internet use and safety behaviour of young people in the UK, USA and Australia.

**DATA AND PRIVACY CONCERNS**  
Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, locations, age or birth, details of their physical health and more. It's worth being aware that some of these apps may use this data to target ads. We'd advise you only use apps that have a clear privacy policy and that you read this policy before using the app.- ADDITIONAL COSTS**  
While many fitness apps are free to download, they often contain in-app purchases. Users may receive more features or content, but they may also receive more targeted advertising. Some apps may require a subscription or payment for extra features. This can be a cost which can add up over time.
- DEPENDENCY ON THE APP**  
While physical wellbeing apps can help motivate and encourage users to exercise, there's a growing risk that children may become dependent on the app. This can lead to a lack of motivation to exercise, as the app may not be designed to provide the same level of support and encouragement as a real-life coach or friend.

**REVIEW THE APP FIRST**  
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy. To ensure its suitability for younger users, you could also try it yourself to see if it's appropriate for your child's particular needs and decide if you're comfortable with their using it. Ensure that any data or information generated is secure and that it's not being shared with third parties.

**USE PARENTAL CONTROLS**  
As with all apps, it's important for parents to familiarise themselves with any content on the app and to use these on a regular basis. The specific settings vary between platforms but it's vital to ensure that the app is not displaying or reporting on body image or weight. Encourage children to focus on their health and wellbeing rather than their appearance. Encourage children to focus on their health and wellbeing rather than their appearance.

**Wake Up Wednesday**  
**The National College**

## Children's Mental Health



During Children's Mental Health Week' and through the theme this year: Know Yourself, Grow Yourself we will have been shining a spotlight on children and young people's mental health. Children will participate in many activities throughout the week. We look forward to starting the week off with our annual, 'Dress to impress Day' where children can wear non-uniform to school on Monday 3<sup>rd</sup> February.



# Worried about your child's health?

## Think 'Pharmacy First'...

It's a free and confidential way to get qualified help

**Infected insect bites**

From age 1

1

**Earache**

Ages 1-17

2

**Impetigo**

From age 1

3

**Sinusitis**

From age 12

4

**Sore throat**

From age 5

5

Most community pharmacies across Birmingham and Solihull can provide advice and treatment for your child – for these common conditions – and it can be much quicker than seeing your GP!

Visit the [NHS Birmingham and Solihull website](#) to see what your local community pharmacy can offer.

\*Patients already exempt from prescription charges, i.e. children, will still get their treatment for free, for the listed conditions. Otherwise usual prescription charges will apply.

### FOLC The 2025 Challenge

The FOLC are launching this voluntary challenge which we hope many of you will take part in during the month of January. For more information, please see the letter emailed to you and sponsor form that came home with your child(ren) this week.



# The 2025 CHALLENGE

To Celebrate the beginning of 2025, we are challenging you to get active over the month of January & raise funds for your school.  
 Select a challenge and get your family and friends to sponsor you.  
 Your goal is to raise £20.25.  
 Let's get Active!



Why not create your own challenges?

Name: .....  
 Class: .....  
 Amount Raised: £.....



Scan the QR Code to donate online

\*Please return cash donations in an envelope by 1st February 2025

### Stay and Pray – Lent

During Lent this year we would like to invite parents to join us at our stay and pray sessions with your children. These will take place in our school hall and will be an opportunity for you to join your child and their friends in prayer. For a list of the dates please see below:

- FS (Reception): Tuesday 18<sup>th</sup> March at 2.30pm
- KS1 (Years 1 and 2): Wednesday 19<sup>th</sup> March at 2.30pm
- LKS2 (Years 3 and 4): Thursday 20<sup>th</sup> March at 2.30pm
- UKS2 (Years 5 and 6): Friday 21<sup>st</sup> March at 2.30pm

### World Book Day

On Thursday 6<sup>th</sup> March, we will be celebrating World Book Day. This year, we would like the children to come to school in their pyjamas/dressing gowns. Across the day, the children will engage in bedtime stories read by OLC staff - children from the older classes will also have an opportunity of reading stories to, and engaging in reading activities with, children in the younger classes. We look forward to a lovely day which aims at supporting the children to engage in reading for pleasure.

### Fun Fest



The February half-term timetable is now live on the Fun Fest website: <https://fun-fest.co.uk/oltonview/> and bookings are now being taken for the holiday club during February half-term. If, however, parents from OLC are unable to book due to spaces being full, please contact FunFest via the following email address: [solihulloffice@funfestholidayclub.co.uk](mailto:solihulloffice@funfestholidayclub.co.uk)

### Start times

To ensure a steady flow as the children arrive in school and reduce congestion, the school operates two drop off times during the morning. These are 8.45am for FS1, FS2, Y5 and Y6 and 8.55am for Y1, Y2, Y3 and Y4. Parents with siblings are able to drop off at the earlier times as well as any families where adaptations have been made and agreed with school. However, all other families/children should be adhering to their start time. If you are unable to do so, we also have our breakfast club facility to support with earlier drop offs.

### Catering Reminder



BLUERUNNER SOLUTIONS

Thank you to all parents who have now registered on BlueRunner and are booking meals for their children. Where parents have not pre-booked their child's lunch, we are currently ordering this in class. If you have not yet done so, please register using the link below to get started: <https://olaas.myschoolmealorders.com/login> Please keep topping your accounts – we encourage all to book your child's lunches on BlueRunner by Sunday for the week ahead.