



St Lewis' Catholic Primary School

Friday 13th February 2026

**To belong, to believe and to become all you are
meant to be!**



Congratulations to Reenie Burrowes for being the St. Lewis Award winner. Reenie always follows our school rules, is extremely thoughtful towards others and consistently works hard in all subjects. Thank you, Reenie for being such a supersar !



Charlton Seymour

Theodore Warren



Theodore Bradford

Iriana O'Dell

Lincoln Starkey

Sophia Bishop

Hannah Brindle

Bella Morgan

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www.stlewiscroft.co.uk

Easter Bonnet Parade

The annual Easter bonnet parade will be held on Thursday 2nd April during the afternoon.

Children are invited to create an Easter bonnet at home to bring into school.



The PTA have once again, kindly offered to donate prizes for this competition.



Mother's Day afternoon Tea

To celebrate all of our wonderful Mums and Grandmas, the PTA will host an afternoon tea on Friday 13th March. Parents/Carers and family members are welcome to come into school to enjoy a cake and a cuppa from 2pm. The event will run until 4pm so that if you would like to bring your child along at the end of the school day, you can do.



Weekly Roundup

It's been a very busy last week of half term. On Tuesday afternoon, there was great excitement as the Fire Service visited school with their smoke tent and Fire engine to talk to Y5/6 about how to stay safe if a fire breaks out.



On Wednesday morning, many of the classes joined an online assembly as part of Children's Mental Health week and reflected upon their safe spaces, where they felt most happy and comfortable.

Last night, many of our children danced the night away and did the limbo at our Valentine's disco hosted by the PTA!

In addition to all of this, many of our pupils in Y5/6 have completed a bikeability course this week; developing their understanding of how to stay safe on their bikes.



World Book Day

Don't forget we are dressing on Thursday 5th March as a book character!

ATTENDANCE MATTERS!

Week ending:

Friday 13th February

Congratulations to Foundation for having the highest attendance!

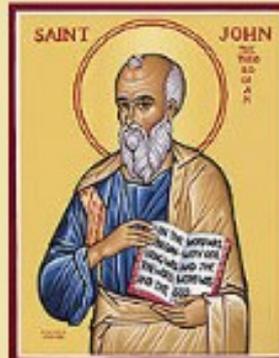
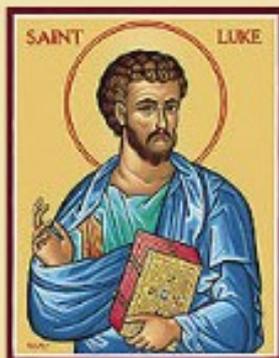
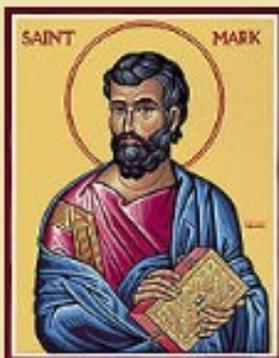
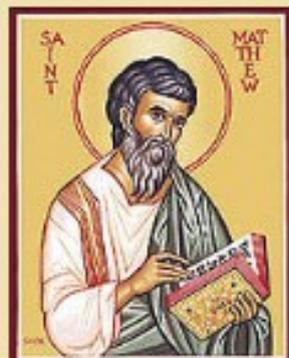
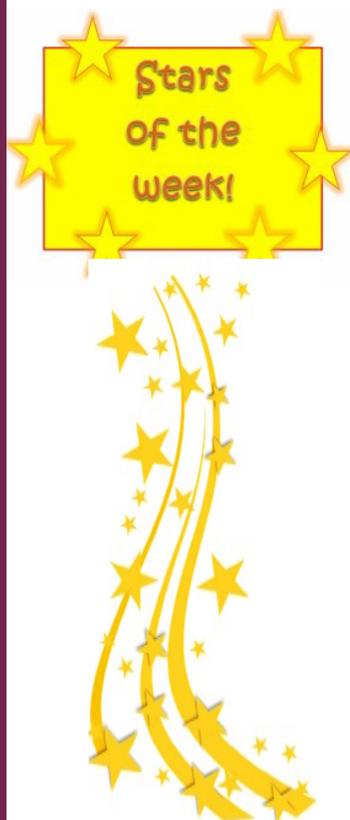


Year Group	Attendance
Foundation	98.63%
Year 1/2	90.78%
Year 3/4	92.58%
Year 5/6	97.58%

Following in the footsteps of St Lewis..

“Peace begins with a smile.” Mother Theresa





Matthew

574

Mark

520

Luke

586

John

581

Well Done to Team Luke with the most house points this week!

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory; creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-16-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem; it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have harmful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications on our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Denise Francis Smith is an experienced counselling psychologist who specialises in protecting safe and ethical online communication. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communication – after by considering some of the more hidden aspects of the media machine.



National
Online
Safety

#WakeUpWednesday

Source: www.childinternetadvisories.gov.uk/news/the-top-10-apps-2019/
<https://www.gov.uk/guidance/protecting-children-in-online-communities-from-misinformation/about-the-children's-trustees-of-national-online-safety> (you and your child)



@nationalonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

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SCHOOL MEALS

Available daily as an alternative: - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soren and cheese & biscuits
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.



Week One

Meat Free Monday

Vegetarian Sausage Roll
Herby Diced Potatoes and Baked Beans

Macaroni Cheese Served with Broccoli

Vanilla Ice Cream

Tuesday

Pork Sausage with Yorkshire pudding Creamed Potatoes, served with Carrots and Peas

Cheese or Cheese and Ham Panini served with Sweetcorn and Salad

Fresh Fruit Segments or Yoghurt

Wednesday

Burger in a Bun served with Herby Diced Potato and Fresh Side Salad

Vegetarian Burger in a Bun served with Herby Diced Potato and Fresh Side Salad

Vegetables Fajitas with Savoury Rice, Sweetcorn

Orange Jelly and Fruit

Thursday

Home Made Beef Chilli served with rice.

BBQ Chicken served with Baked Wedged Potatoes, and Sweetcorn

BBQ Quorn served with Baked Wedged Potatoes, and Sweetcorn

Homemade Blueberry Cake/Muffin

Friday

Crumb Coated Chicken served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans

Oven baked Fish Fingers Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans

Homemade Cooks Choice Biscuits

Week Two

Meat Free Monday

Margarita Pizza Rounds Served with Baked Jacket Wedges and Sweetcorn

Chinese Style Quorn with Rice/Noodles

Doughnut

Tuesday

Roast Turkey with Creamed Potato, Roast Potato, Carrot and Broccoli

Home Made Cheese Pasty, Creamed, Roast Potato and Baked Beans or Vegetables.

Fresh Fruit Salad or Yoghurt

Wednesday

Spaghetti Bolognese Served with Garden Peas

Garlic and Herb Chicken Pitta served with Vegetable Rice and Broccoli.

Arctic or Chocolate Ice Cream

Thursday

Brunch Lunch (Sausage, Beans, Hash Brown, Omelette)

Meatball Sub served with Diced Potatoes and Salad

Raspberry Jelly and Fruit

Friday

Crumb Coated Chicken Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans

Oven baked Battered Salmon served with Chunky Chipped Potatoes Garden Peas or Baked Beans

Homemade Cooks Choice Biscuit

Week Three

Meat Free Monday

Tomato and Mascarpone Pasta Bake Served with Seasonal Vegetables

Omelette with Baked Herby Diced Potatoes and Baked Beans

Strawberry Ice Cream

Tuesday

Chicken Katsu Curry served with Rice

Cheese or Cheese and Ham Panini served with Sweetcorn and Salad

Fresh Fruit Segments or Yoghurt

Wednesday

Selection of Pizza (Pepperoni/Cheese) Served with Jacket Wedges, Salad

Sweet and Sour Chicken/Quorn Served with Rice/Noodles

Jelly and Fruit

Thursday

Pork Meatballs in Tomato and Basil Sauce Served with Pasta and Garden Peas

Cheese Wrap served with Sauté Potatoes Sweetcorn and Salad

Vanilla and Chocolate Marble Muffin/Traybake

Friday

Oven Baked Chicken Poppers Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans

Oven Baked Fish Stars Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans

Homemade Cooks Choice Biscuit

Menu Cycle Week One: 5th Jan, 20th Jan, 16th Feb, 9th Mar, 30th Mar, 20th Apr, 11th May, 1st Jun, 22nd Jun,
Menu Cycle Week Two: 12th Jan, 2nd Feb, 23rd Feb, 16th Mar, 6th Apr, 27th Apr, 18th May, 8th Jun, 29th Jun,
Menu Cycle Week Three: 19th Jan, 9th Feb, 2nd Mar, 23rd Mar, 13th Apr, 4th May, 25th May, 15th Jun, 6th July

Menu: 2026

= Vegetarian = Vegetarian substitute available
Lunch will be served with fresh milk or drinking water.
All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals



WARRINGTON
Borough Council



Dates for Spring Term 2026

Date	Event	Date	Event
10/2/26	Safer Internet Day	2/4/26	School closes for Easter
12/2/26	PTA Valentine's Disco After school (Rec-Y6)		
13/2/26	School closes for half term		
23/2/26	School opens		
4/3/26	First Holy Communion Parents' Meeting 3:15pm		
5/3/26	World Book Day		
25/3/26	Parents' Evening		
26/3/26	Parents' Evening		
31/3/26	First Reconciliation in Church		
1/4/26	Easter Liturgy in school—Y3/4		
2/4/26	Easter Bonnet Parade		