



# St Lewis' Catholic Primary School

Friday 6th February 2026

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



Congratulations to Ruby Smith for being the St. Lewis Award winner. Ruby has shown great initiative this week to tidy, organise and utilise sports equipment meaningfully in her role as Sports Leader. Thank you  
**Ruby!**



**Kian O'Neill**

**George Shaw**

**Talia McAllister**

**Walter Blakey**

**Sasha Prokopenko**

**Ava Walker**

**Georgia Connolly**

**Phoebe Smith**

St Lewis' Catholic Primary School, Mustard Lane, Croft, Warrington, WA3 7BD

[office@stlewiscroft.co.uk](mailto:office@stlewiscroft.co.uk)

[www.stlewiscroft.co.uk](http://www.stlewiscroft.co.uk)



### NSPCC—Speak out, stay safe

Children in Year 2 and Y5/6 enjoyed and participated well in their NSPCC workshops on keeping safe this week. During the NSPCC assemblies, all children listened carefully to the messages given and responded with maturity.



### OPAL Play

Thank you for your kind donations to develop our playtime offer as we get ready to launch OPAL play. If you have any items (garden games, dress up costumes, art easels, old pans & utensils, small world toys, Lego) that you could donate please drop them off at school.

### ATTENDANCE MATTERS!

Week ending:

Friday 6th February

Congratulations to Year for having the highest attendance!



<b>Year Group</b>	<b>Attendance</b>
<b>Foundation</b>	<b>91.72%</b>
<b>Year 1/2</b>	<b>92.17%</b>
<b>Year 3/4</b>	<b>95.48%</b>
<b>Year 5/6</b>	<b>98.79%</b>



### PTA Valentine's Disco



Thursday 12th February

Reception—Year 6

3.15 - 5pm after school.

**Children can come to school in non-uniform on this day.**

Tickets are now on sale on ParentPay

£8 Entrance, Hotdog and Drink

£3 additional wristbands for sweets, drinks and games.



### World Book Day



On Thursday 5th March, we will celebrate World Book Day.

Children will be invited to come to school dressed as a book character on this day.

We will continue our celebration of literature on Tuesday 24th March, when we will welcome Poet, Andy Tooze, who will lead poetry workshops in each class. A huge thank you to the PTA who have agreed to fund this experience for all of our children,

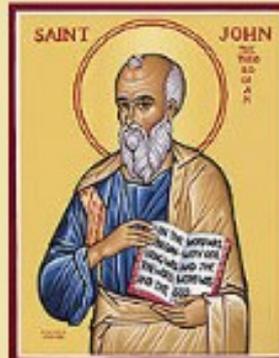
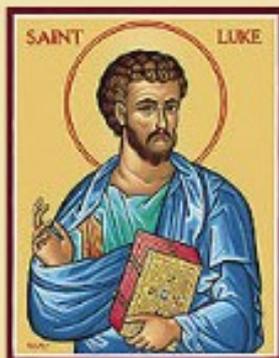
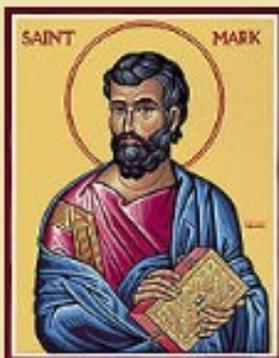
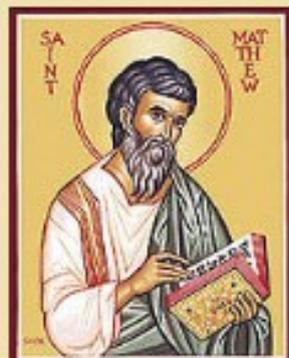
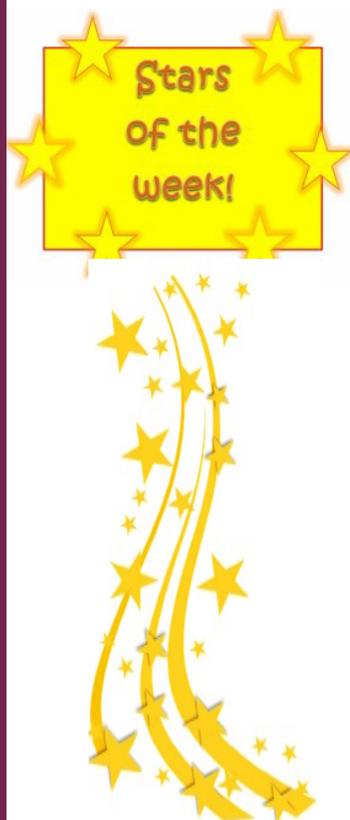


World Book Day

Following in the footsteps of St Lewis..

**“The roots of all goodness lie in the soil of appreciation for goodness” Dalai Lama**





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 parenting advice 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: <http://www.childdevelopmentcenter.gov.uk/news/the-top-10-apps-creators/>  
<http://www.org.gov.uk/people/psa-daniela-donnelly-community-mental-health-justice-but-also-a-teacher-and-educator-at-mental-health-trusts> (you should regard) © 2023



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@nationalonlinesafety



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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

Beef 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 Bolognaise 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 Pizzas (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



## Dates for Spring Term 2026

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