



St Lewis' Catholic Primary School

Friday 6th March 2026

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

Well done!

Congratulations to Louisa Howcroft on being awarded the St. Lewis award this week. Louisa always shows such kindness and thoughtfulness towards others. In class, she works hard to always give her best and ensures she follows our school rules at all times.

Thank you Louisa for such an amazing attitude!



Atticus Rushbrook

Harry Dos-Santos

Lukass Bernots

Gracie Dalton

Jack Baguley

Carter-Lee McCallister

Leo Rog

Artem Prokopenko

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www.stlewiscroft.co.uk

Mother's Day

Afternoon Tea

Next Friday, between 2-4pm, our fabulous PTA will host an afternoon tea in the school hall. Please do come along and enjoy a cuppa and cake if you can. Children should be collected from school at the normal time. After collecting children, you are welcome to take them along for a cake too! This will be a non-uniform day with donations of cakes appreciated.



ATTENDANCE MATTERS!

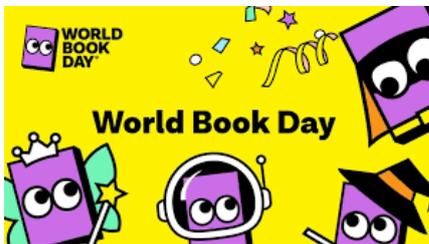
Week ending: Friday 27th February

Congratulations **Foundation** for the best attendance!

Year Group	Attendance
Foundation	100%
Year 1/2	98.64%
Year 3/4	96.45%
Year 5/6	99.09%

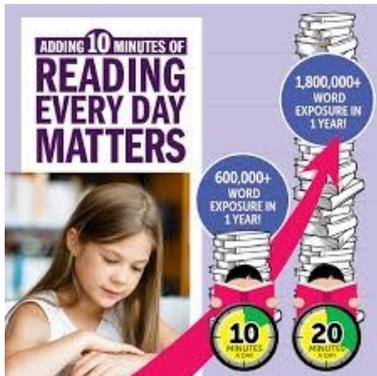


World Book Day



Thank you to all children and staff for making such a super effort to dress up for World Book Day. During the afternoon, the children enjoyed reading and sharing lots of stories and trying to guess who the masked readers were. Many, also created some wonderful art work linked to traditional tales in readiness for the Primary Arts Network Exhibition in the Golden Square, later this month.

Each child, should today have brought home a book token today - these can be used at most retailers.



Please do encourage and support your child to read every day .

Foundation - This week, Foundation class have been doing lots of work on sequencing to develop their mathematical understanding, including ordering days of the week,. They have also been thinking about animals and their young.

Year 1/2 - In science, Y1/2 have been learning about polar habitats and why certain animals are suited to those environments, whilst in DT this week they have been investigating what makes a strong structure.

Year 3/4 - In maths this week, Y3/4 have been busy comparing and ordering mixed numbers and in spelling have been working on the spelling of contractions. In their swimming lesson this week, they have been working hard to develop their back stroke and front crawl.

Year 5/6 - In RE this week, Y5/6 have been deepening their understanding of key events in Holy Week through reading John's Gospel. In their history lesson, they have been researching more about how the local area was affected during World War 2.



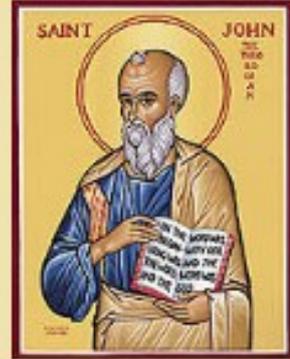
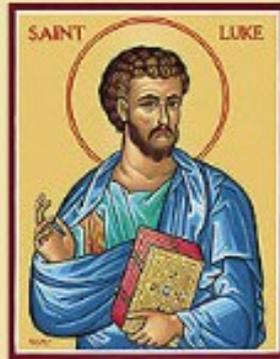
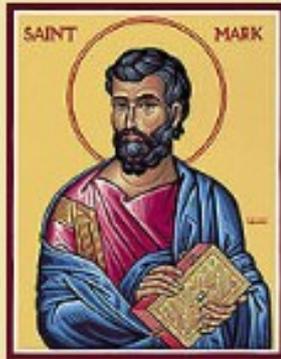
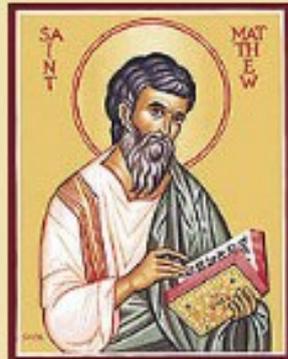
Next Wednesday, we will welcome representatives from CAFOD for a special assembly and workshops about how we can help others during Lent.

Following in the footsteps of St Lewis..

“Reading is to the mind, what exercise is to the body.” Richard Steele



Stars
of the
week!



Matthew

Mark

Luke

John

1245

1251

1157

1177

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

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

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.

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 effective 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 ecosystem.



Source: <https://www.childrensminds.org.uk/news/the-why-why-why-creator/>
<https://www.ons.gov.uk/people/population/digital-communications/articles/what-is-a-social-media-creator> and <https://www.ons.gov.uk/people/population/digital-communications/articles/what-is-a-social-media-creator>



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NationalOnlineSafety



@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

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
12/3/26	First Holy Communion Children's Session 2 3:15-4:15pm		
13/3/26	Mother's Day afternoon Tea (2-4pm)		
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		
2/4/26	School closes for Easter		