St Lewis' Catholic Primary School

Friday 13th March 2026

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

Congratulations to Frank Bejeck-Castillo for achieving the St. Lewis Award this week. Frank always demonstrates fantastic listening and always recognises how actions affect others. He is always ready to help others and is a wonderful role model to everyone around him. Thank you Frank.

Malaika Chaudhry **Georgiana Woodford**

Aurelia Farrugia **Luca Farrugia**

Polly Morgan **Hugo Wells**

Huw Barker **Tilly Woodyer**

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Athletics Victory

On Tuesday, pupils from Y5/6 competed in the Cheshire and Warrington Indoor Athletics small schools' final. The children showed great determination and team work and came away with silver medals! We are all incredibly proud of all of the children who competed in the final but also those who were instrumental in getting us there during

Mother's Day Afternoon Tea

Thank you for all of the generous donations of cakes that were brought in today and for all of those who came along.

Massive thanks must also go to the PTA for organising and running the event—it was a lovely afternoon !

CAFOD Visit

On Wednesday morning, Sheehnagh from CAFOD visited school to talk to the children about how we can each make a difference and help our global family. All of the children should have brought home details of 'The Big Lent Walk' which will take place on Friday 27th March to raise money for CAFOD's amazing work that helps those in need.

ATTENDANCE MATTERS!

Week ending: Friday 13th March

Congratulations Y5/6 for the best attendance!

Year Group	Attendance
Foundation	95.95%
Year 1/2	97.73%
Year 3/4	98.06%
Year 5/6	98.48%

Weekly Roundup

Foundation - Foundation have been full of enthusiasm this week preparing houses for the three little pigs as part of their contribution to the PAN display. In R.E .they have made palms to wave as they recalled the events of Palm Sunday.

Year 1/2 - In R.E. this week, Y1/2 have been reflecting on the choices they have made and how their choices have affected others. They have also been busy printing, collaging and creating castle silhouettes for our PAN art display.

Year 3/4 - Have been writing diary entries in English from the point of view of the silent seeker from their text. In geography, they have been investigating how eco-friendly our school is!

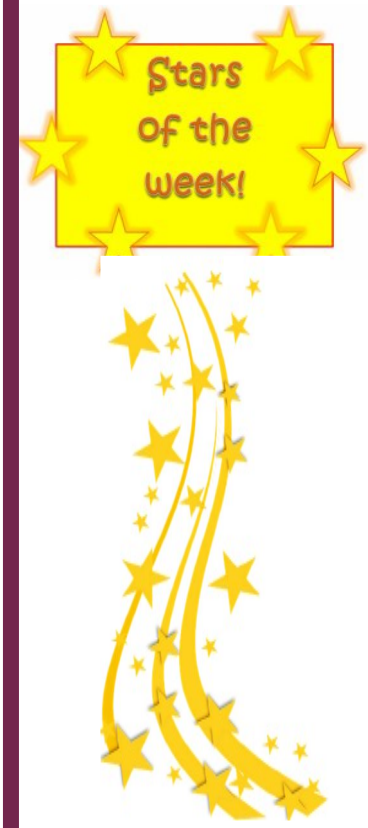
Year 5/6 - In maths this week, Y6 have been converting between decimals, fractions and percentages and solving some very challenging word problems, whilst Y5 have been getting to grips with interpreting data presented in different ways. In history they have been researching the significance of the Burtonwood Air Base during World War Two.

Parents' evening appointments are now available to book on 'Teacher to Parents' This is an important opportunity to find out about the

progress your child is making.

Following in the footsteps of St Lewis..

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



Matthew	Mark	Luke	John
104	178	112	116

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

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 for further guides, hints and tips for adults.

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 10-15-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 hurtful 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.

PUSH DISTRACTIONS AWAY

Notifications to 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.

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.

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.

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.

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 Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – after by considering some of the more hidden aspects of the various realms.

National Online Safety
#WakeUpWednesday

Sources: https://www.childrenscommissioner.gov.uk/report/the-digital-childhood/ https://www.nhs.uk/conditions/anxiety/ https://www.gov.uk/guidance/children-and-mental-health-and-wellbeing-a-guide-for-parents-and-carers

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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, soreen 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

Vanila Ice Cream

Tuesday

V 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

V 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

V Spaghetti Bolognaise
Served with Garden Peas

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

Arctic or Chocolate Ice Cream

Thursday

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

V Meatball Sub
served with Diced Potatoes and Salad

V 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

V Chicken Katsu Curry served with Rice

Cheese or Cheese and Ham Panini served with Sweetcorn and Salad

Fresh Fruit Segments or
Yoghurt

Wednesday

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

Sweet and Sour Chicken/Quorn Served with Rice/Noodles

V Jelly and Fruit

Thursday

V 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, 26th 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 V = 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		