



# St. Thomas of Canterbury Catholic Primary School

Friday, 13th March 2026



### **This week's Gospel theme: Healing**

*"Tell me who he is so that I may believe in him."*

*John 9:1-38"*

### **A message from Mrs. Rawlinson**

It's been another busy week of learning and activities in school, making the time go so quickly. I can't believe we are already half way through the second half term of spring!

Well done to Years 3 and 4 for their wonderful Celebrations of the Word they shared with parents and family members (Stay and Pray). The children were wonderful in delivering and sharing their themes, messages and Word of God in such creative ways. Well done to you all.

Thank you to the parents who attended the year 6 information evening on Wednesday.

The Conway residential and SATs preparation were discussed. If anyone has any questions about Year 6 please don't hesitate to contact me (lyn.rawlinson@sthelens.org.uk) and I will be more than happy to help.

### **London Marathon**

As you will know by now, I will be attempting to run the London Marathon on Sunday 26th April. As this is a once-in-a-lifetime opportunity, I have decided to use my place in the marathon to raise money for Alder Hey Children's Hospital.

Throughout my teaching career, in the many schools I have worked in, Alder Hey has supported and cared for many wonderful children I have been lucky enough to teach and know.

They continue to provide the most wonderful level of care, compassion, and support for children and families, including those from our own St Thomas of Canterbury community.

Their work makes a real difference to so many lives.

If you would like to support this amazing charity, please consider making a donation using the link below. Thank you.



**Many thanks to all those who have already donated. Your generosity has blown me away!**

<https://2026tcs londonmarathon.enthuse.com/pf/lyn-rawlinson/post/21694587>

**Easter Bingo**

PTFA are hosting a family 'Easter Bingo' on Thursday, 26th March in the school hall.  
More information regarding the event and how to order tickets will be sent home on Monday.

There will be an own clothes day on Friday, **20th March** in return  
for Easter Eggs or Easter themed treats to be used for Bingo prizes.

**CAFOD Lent Walk**

A total of £397.57 was raised by the children completing their Lenten walks over the last couple of  
weeks, which we will send onto CAFOD.

Thank you for your generous donations.

**Nursery Admissions for September 2026**

We are now allocating 30 hour and 15 hour funded places in our Nursery for September 2026  
for children who turn three before

**31st August 2026**

If you would like any further information regarding nursery places, funding entitlements or to  
pick up application forms, please contact the school office on telephone number

01744 621380

**EYFS phonics workshop**

Parents and carers of children in reception are invited to a phonics workshop on  
Wednesday, 18th March in the school hall at 2.45pm.

Mrs Woodward will be explaining exactly how we teach reading in school.  
She will give information and show the online resources that can be accessed at home.

Reading is the key to future success and has high priority in the school.

We hope you can join us.

**Rock Steady**

The children who have music with Rock  
Steady will  
be performing for parents on Tuesday, 17th  
March  
at 2.30pm

**End of spring term**

Please be aware that the last day of the spring term  
is

Thursday, 2nd April 2026

Children will finish school at 1.30pm.

Please note there will be no after school club on this  
day.

Thank you.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

# What Parents & Educators Need to Know about STREAMING SERVICES

## WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

### COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2023.

### ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

### AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

### EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

### BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

### HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

## Advice for Parents & Educators

### SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

### TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

### MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

### SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



See full reference list on our website

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# Growing Together in God's Love

## Important Dates for your Diary

### March

- 17th - Rock Steady Concert (2.30pm)
- 20th - Non-uniform day in return for Chocolate donations for Easter Bingo
- 23rd - Year 6 Residential - Conway Centre (leave school at 10am)
- 25th - Year 6 return from Residential (back at school around 3pm)
- 26th - PTFA Easter Bingo
- 27th - KS2 Easter Service (11am)
- 27th - Year 5 final swim session
- 30th - Parents afternoon/evening (starts 1.30pm)

### April

- 1st - EYFS (Nursery & Reception) - Easter Bonnet Parade with Stay & Pray (9am)
- 2nd - End of Spring Term: break for Easter holiday at 1.30pm
- 13th - Return to school start of Summer Term 1
- 14th - Acorn Farm visiting school for Nursery & Reception
- 24th - PTFA Quiz Night - LSH Rugby Club
- 28th - Year 3 visit to World Museum Liverpool
- 28th - Personal Awareness Session for Year 6 delivered by Carl Finney (Judo Education)

### May

- 1st - Year 5 visiting Tatton Park
- 4th - May Day Bank Holiday - school closed
- 16th - Year 4 First Holy Communion
- 22nd - May Procession (11am)
- 22nd - Break for Whit Half-term (3.20pm)

## **Attendance**

Good attendance at school is not just valuable —  
it is essential.

- ◆ Friendships
- ◆ Social skills
- ◆ Team and school values
- ◆ Cultural awareness
- ◆ Life skills etc



For week ending Friday, 13th March 2026 the whole school attendance 96.3%

Reception = 96.3%

Year 1 = 96.7%

Year 2 = 97.7%

Year 3 = 96.5%

Year 4 = 94.8%

Year 5 = 93.9%

Year 6 = 95.7%