



St Joseph's Catholic Primary School

Rothwell Road, Anderton, Lancashire, PR6 9LZ

Website: www.st-josephs-anderton.lancs.sch.uk

Headteacher: Mrs Kathryn Berry

30th January 2026

HAPPINESS

To be gentle and to mourn means to share the sorrows of others and help them. To hunger and thirst for what is right, and to be prepared to be persecuted for it, needs courage and good judgement. 'Meek' really means un-pompous, genuine. The merciful don't insist on their rights, but have strength to see the point of view of others and to think of the needs of others as well as their own needs.

Dear Lord Jesus, thank you for showing us how to be truly happy. May our family be filled with the happiness which comes from following your ways, so that we can share it with others. Amen.



SPOTLIGHT ON LEARNING

YEAR SIX

Year Six have had a wonderful week of learning. They enjoyed learning about blood - its functions and components- and were able to make Blood Smoothies in the school kitchen. A huge 'Thank you' to our head cook, Pauline, for taking time to help the pupils. They also enjoyed a great music lesson with Mrs Connah and produced some amazing choreography for dance.



We work, learn and grow together in God's Love



Weekly Awards



Congratulations to **Lara Hodgson** for receiving the **Headteacher's Award** this week. Lara has made great effort with her work in class and at home, she has a mature approach to school life and is always thinking of extra things to do for school. **Well Done Lara!**

Year Group	Worker of the week	Reader of the week	Values Award
Reception	Harry Vickers	Libby Ball	Gracie Gibbs
Year One	Isobel Kenyon	Jasper Conway	Spencer Norman
Year Two	Hattie Agar	Leo Richardson	Remy Raby
Year Three	Zach West	Evie Seaton	Joseph Hales
Year Four	Alex Lowe	Harlan Sharples	Archie Conway
Year Five	Ruby Lees	Maya Middlemas	Matilda Speakman
Year Six	Kobey Halliday	Olivia Jones	Summer Kellett

Attendance

Weekly Attendance	
Reception Class	96.57%
Year One	93.81%
Year Two	95.98%
Year Three	97.57%
Year Four	92.52%
Year Five	96.90%
Year Six	95.33%





Notices

MATHS WOW DAY

Thank you very much to Miss Ashton for planning and organising our **Maths Day** next **Friday 6th February**. We are really looking forward to working with children from the different classes and completing a range of Maths activities over the day. The payment of **£1** is set up on School Monday. Own clothes with a Thank you



SCHOOL SPORT

Well done to our Year Three /Four pupils who represented St Joseph's brilliantly with Sportshall athletics. Mrs Brooks said they were great team players and enjoyed It very much.

Well done to our Basketball team who have also work really hard as a team to compete at the basketball tournament for the last two weeks.



SCHOOL LUNCHES

As part of our sustainability plan, we are also monitoring the amount of waste food in school. There is an incredible amount of food wasted daily with some children barely touching their meal. Please speak with your child when choosing their meals to check they like their choice. This will help to reduce our waste and also ensure children are not hungry.



WITH YOU ALWAYS

For those children who are on the **With You Always** programme, the next meeting for families is on Monday February 2nd. The session will take place in the Parish room / Treetops at 5:45pm to start at 6pm.

Please take the Confession prayer sheets that were given out last time.



ECO TEAM LITTER PICK

It was very exciting to welcome Sir Lindsay Hoyle to school this morning. He visited with his private secretary Peter Wilson who attended St Joseph's too. They spent time with the Eco Council who are leading our Sustainability and Climate actions across school. The children then went out for our litter pick in the local area. Well done everyone!



What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-16 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalized symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'PTSD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.



Meet Our Expert

Anna Bateman is Director of Holcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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JOIN THE FUN

There are spaces in bands at your school



iRock

Dear Parents/Guardians,

Exciting News! Rock and Pop band lessons may be starting at your school soon!

What is iRock? At iRock, children experience the thrill of being in a band! Led by our passionate and professional Band Coaches, our weekly in-school band sessions are open to all pupils from Reception to Year 6.

Music for all. iRock aims to create a welcoming and inclusive environment where every child feels they belong. Each week, children develop their musical skills, confidence, and teamwork as they work towards exam-free music qualifications; celebrating progress without the pressure of formal exams.

Feel like a rockstar! The excitement culminates every term in a live concert where children perform as a band for their families and peers. These performances are more than just a showcase; they're an opportunity for children to build self-esteem, enhance their confidence, and experience the joy of accomplishment.

iRock isn't just about music. It's about helping children thrive cognitively, socially, and academically through the power of music.

Key information:

- Hassle-free, rolling **monthly subscription** of £44.49 (no payment taken in July)
- **First lesson money-back guarantee** (and you can cancel at anytime)
- **No experience needed** and all instruments are provided
- Parents/guardians can access our **online portal** for updates, pictures and videos

Head to [our website](#) to check availability and start your child's iRock journey!

Joshua Franklin

Founder

iRock School of Music

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We're here to help!

Call Us: 0330 174 2655

Email Us: info@irockschool.com

Dates for 2025—2026

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Date	Event	Date	Event
2nd Feb	Y6 Gothic Writing	3rd Mar	Y1 Library Visit
3rd Feb	Y2 Library Visit	4th Mar	Reception & Yr 6 Heights & weights check
6th Feb	Maths Wow Day - NSPCC donations	21st Mar	Cross Country
10th Feb	Keyboard Concert @ 2.15pm	23rd—25th Mar	Y6 Residential to Robinwood
13th Feb	EYFS — Police visit	30th Mar—13th April	Easter holidays
16-20th Feb	Half Term	14th April	Summer Term begins