

St Paul's Catholic Primary School Newsletter



Friday 14th November 2025

'Our school is a place of learning, a place of love'

Dear parents, carers and children,



This week, on Tuesday, we had a lovely Remembrance Day service and took time out of the school day to reflect and honour the bravery and sacrifice of our armed forces. It has also been lovely to see the remembrance hearts in our front entrance and the remembrance work on display around the school to remind us of our loved ones that are no longer with us. We do still have some spare hearts in our front office so if you would like to add a loved one to our tree of remembrance, please pop in and add it on so we can remember them in our prayers.

Today the children took part in odd sock day as part of our Just Talk and Anti-bullying week. This week our school council planned activities for the children to do in school to raise awareness of these important themes. They have also been sharing the five ways to wellbeing which you can find a copy of below.

Last week we welcomed in some of our KS1 and EYFS parents to our open phonics lessons. We hope you have found these useful, we do have further resources and support on our website [St Paul's Catholic Primary School - Phonics & Reading](#)






Finally just a reminder that our year 2 – 6 children are now all using seesaw to document their learning and so they can then share this with you at home. If you have not yet activated your parent Seesaw account, please speak to your child's class teacher. We will be holding Seesaw open events in spring term for parents, details to follow in January.

Wishing you a lovely weekend. God bless,
Mrs Worton-Geer
Headteacher

The Five Ways To Wellbeing  

Wellbeing means feeling happy and healthy in your body and mind.

Here are 5 things you can do every day to look after your wellbeing:

-  1. Give to others - support a charity, or smile at someone in the street.
-  2. Do exercise that you enjoy.
-  3. Speak to people you care about. Talk to someone you know and trust.
-  4. Learn new things.
-  5. Check on your emotions and think about how you are feeling.

For more information visit www.justtalkherts.org



Autumn Term Dates 2025

November 2025	
Week commencing 17 th November 2025	Road safety week
Week commencing 17 th November 2025	Topic celebration afternoons (KS2 classes) at 2:40pm Year 3- Wednesday Year 4- Friday Year 5 and Year 6- Thursday
Tuesday 18 th November 2025	Year 3 and 4 to attend Mass at St Paul's church 9am
Wednesday 19 th November 2025	Year 6 parents SATs meeting and workshop (maths) 9am
Friday 21 st November 2025	Toy Donations - own clothes day
Week commencing 24 th November 2025	Topic celebration afternoons (KS1 and EYFS classes) Days/ times to be confirmed
Monday 24 th November 2025	Flu vaccinations (in school for any children who missed the 1 st session)
Thursday 27 th November 2025	4pm – Choir concert at The Crocodile for our community
Friday 28 th November 2025	Bring a bottle donations - own clothes day
December 2025	
Monday 1 st December 2025	10:30am – Start of Advent Mass – parents invited
Week commencing 1 st December 2025	Year 4/5/6 reconciliation in school with Fr Clement
Wednesday 3 rd December 2025	9:30-11 - Choir singing at Waltham Cross Pavilion
Friday 5 th December 2025	Santa funrun for Carers in Herts and Herts Young Homeless
Monday 8 th December 2025	9am Rocksteady concert for parents
Wednesday 10 th December 2025	Whole School Pantomime
Thursday 11 th December 2025	Trust Carol service by choir (2pm performance to Parish and families)-St Augustine's Parish Church
Friday 12 th December 2025	Christmas Fair after school
Monday 15 th December 2025	End of term awards 9:00am (by invite)
Monday 15 th December 2025	2:40pm – Parent and Parish Advent Service led by Chaplaincy Team
Tuesday 16 th December 2025	9:30am– EYFS nativity to parents
Wednesday 17 th December 2025	9:30am– KS1 nativity to parents
Thursday 18 th December 2025	Christmas Dinner
Friday 19 th December 2025	Class Christmas Parties
Friday 19 th December 2025	Last Day of the Autumn Term school finishes at 1.15pm, non- uniform day for a donation towards our building fund

Operation Encompass Update

Operation Encompass is the reporting to schools / nurseries, prior to the start of the next school day, when a child or young person has experienced domestic abuse. As an educational setting we have ensured that all members of the safeguarding team have been trained in the Operation Encompass procedures allowing us to then use the information that has been shared, in confidence, to support the child/ren in our care. We are keen to offer the best support possible to all our pupils and through Operation Encompass we will be able to provide the best possible support to our children. More information can be found here [St Paul's Catholic Primary School - Operation Encompass](#)

More news and information...

Online Safety

Please find online safety support for managing screen time. If you need any further support, please ask or visit our online safety webpage via our website.

School Council Spotlight

Next week our school council are supporting the 'Be Bright Be Seen' campaign particularly as the darker days are drawing near.



Here is a list of helpful sites that you may be interested in.

- [CEOP Online Safety](#)
- [Net Aware](#) - find out about the games your child is playing online
- [National Literacy Trust](#) - ideas for helping your child's literacy
- [Think! Road Safety](#) - Road Safety information site
- [Barnados](#)
- [ChildLine](#)
- [Rainbow Trust](#) - provides support for children with a life threatening or terminal illness
- [NSPCC](#)
- [NHS Oral Health Advice](#) - oral health and tooth brushing
- [Catholic Church in England and Wales - Catholic Bishops' Conference \(cbcew.org.uk\)](#) - Catholic Bishops website

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.



Our Parish Church – St Paul's Mass times

Saturday – 5pm

Sunday – 9am and 11am

<https://parish.redow.org.uk/cheshunt/>



MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

