

St Paul's Catholic Primary School Newsletter



Friday 30th January 2026

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

Dear parents, carers and children,

This Sunday marks Racial Justice Sunday in which we invite our school community to reflect on God's call to love one another as brothers and sisters, created equally in His image. It is a special opportunity for us to learn about fairness, kindness and respect, and to celebrate the rich diversity within our world. Through prayer and discussion, we are encouraged to stand against racism and to live out the values of Jesus by welcoming, supporting and caring for everyone. This year's theme is 'whoever loves God, must also love his brothers and sisters'. Over the past few weeks, the children have been reflecting on this in class and as a school we have come together to create a display in our entrance.

On Monday, during our assembly, we welcomed a representative from Mary's Meals to share with us the inspiring work they do around the world. The children learned how Mary's Meals provides nutritious meals to some of the poorest children, helping them to attend school and build a brighter future. This visit reminded us of the importance of living out our faith by showing compassion, generosity and care for others in need. During Lent we will be raising money to support the work of Mary's Meals as part of the Trust charity week.

It was lovely to see so many parents and carers attend our Parent Reading Afternoon on Wednesday. The children really enjoyed sharing their books and reading together with their families, and it was wonderful to see such enthusiasm for learning. Thank you to everyone who came along and supported this special event, helping to promote a love of reading across our school community. Next week we have our parent seesaw workshop on Tuesday at 2:40pm. Mr Drew will be leading this session and sharing with you how the platform is used in school and how you can support your child's learning at home.

Finally, just a reminder that we have our parents evening consultations coming up in a few weeks' time. We will also be having our parent information stall with different information and support packs. If there are certain areas/ resources that you feel would be beneficial, please do let me know so we can ensure that we have materials ready. We always welcome any feedback on how we can continue to develop the home school partnership to ensure the shared outcome which is the best for our children.

God bless,
Mrs Worton-Geer
Headteacher



Spring Term Dates 2026

February	
Tuesday 3 rd February	2:40pm – parent seesaw workshop
Thursday 5 th February	Online safety workshop in school
Week commencing 9 th February	Children’s Mental Health Week
Tuesday 10 th February	Parents evening
Thursday 12 th February	Parents evening
Friday 13 th February	Bike ability year 3 and 4
Friday 13 th February	Non-uniform day for a donation towards our building fund
HALF TERM 16 th – 20 th February	
18 th February - Ash Wednesday services via St Paul’s Church for families wishing to attend (see parish newsletter)	
Monday 23 rd February	INSET DAY – school closed to children
Tuesday 24 th February	Children return to school

Reminders

Communication

If you need to contact your child’s class teacher, please email using the dedicated class email addresses available at [St Paul's Catholic Primary School - Contact Us](#). If you need to speak to a phase leader or senior leader, please use admin email address and it will be directed accordingly. Staff emails have high filtering systems, and your email may not get through. We aim to respond within 3 working days, if you have not had a response within this time, please speak to a member of the office team who will follow this up for you. If you have a concern or questions regarding a school matter, we ask that you bring this to the schools’ attention so we can support with this rather than posting on social media including what’s app. Thank you for your understanding and support.

Free School Meals

Your child can get a free school meal if you receive any of the following:

- Income Support
- Income-based Jobseekers Allowance
- Income-related Employment and Support Allowance
- Support under Part VI of the Immigration and Asylum Act 1999
- The guaranteed element of State Pension Credit
- Child Tax Credit (as long as you’re not also entitled to Working Tax Credit and you don't get more than £16,190 a year)
- Working Tax Credit run-on (paid for 4 weeks after you stop qualifying for Working Tax Credit)
- Universal Credit (with annual earned income of no more than £7,400 after tax and not including any benefits you get).

[Free school meals and other benefits | Hertfordshire County Council](#)

Nursery applications

We are still accepting nursery applications and take children as soon as they turn 3 and admit children throughout the school year.

Our nursery offers the funded 15- and 30-hour spaces in addition to parents being able to top up privately. If you have a sibling or know anyone who has a child under, please do share our nursery offer with them and book in for a school tour.

Our admissions information can be found at [St Paul's Catholic Primary School - Admissions](#)

Term Dates 2026-2027

Our dates for 2026-2027 are now on our website [St Paul's Catholic Primary School - Term Dates](#)

More news and information...

Online Safety

Please find online safety support featuring an overview about social media on the next page.

Class Spotlight

Nursery

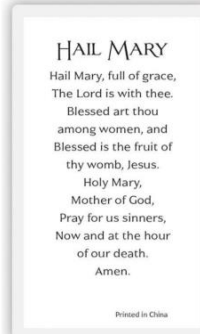
This week in Nursery we have been exploring the story of Goldilocks and the Three Bears. We have enjoyed retelling this as a class, dressing up and taking on the role of the different story characters!

Year 6

Year 6 have been working hard this week, building their mathematical knowledge and confidence. They have also been working hard on their non-chronological text about their mystical creature from the hidden world.

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



Our Parish Church – St Paul's Mass times

Saturday – 5pm

Sunday – 9am and 11am

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



Website: [St Paul's Catholic
Primary School - Home](#)

Contact:
01992 635060



Email address:
admin@stpauls373.herts.sch.uk

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening - but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate - you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

