



24th January 2025

Dear parents / carers



Smartphone Free Childhood Event – hosted at Cottesmore

Around 170 people came to listen to the wonderful panel of speakers discuss the impact of smartphones on our young people. 30 local school leaders joined us, including the Director of the Diocesan Education Service, local Catholic and Local Authority Heads and the CEO of a Diocesan Academy Trust. Not to mention, a range of staff from NHS-based practices, internet safety support groups, parents and others. Peter Kyle (MP for Hove but also the Secretary of State for Science, Innovation and Technology) also came which was fantastic. Peter Kyle is exploring taking various points to Parliament relating to keeping young people safe online.

The range of speakers were incredibly inspiring. Superb talks by those working in Child Exploitation departments within the police, practitioners from the Royal Alex children hospital, mental health leads, secondary pupils from Varndean, The Naked Truth (a parent and pupil-based group linked to inappropriate content) as well as staff from Cardinal Newman and Lancing Prep. Lots of think pieces were shared as well as some facts and statistics relating to serious safeguarding issues in our part of Sussex, linked to the use of phones and devices. Experiences that no family would openly welcome that have been faced by children using, for example, WhatsApp, Tik Tok, Snapchat, Instagram, unfiltered internet access etc. As schools, we will continue to do all that we can to educate but smartphone use is down to family decision making. We appreciate that every family is different and appreciate that families will make differing choices dependent on what is right for them. We want to help by sharing information so that parents, and children, can further educate themselves about the real and live dangers that professionals and children are telling us are happening and then make their decisions. A reminder that the age restriction for WhatsApp, Tik Tok, Snapchat and Instagram is currently 'at least 13 years old'.

We know that many of our families are behind this movement but it is always nice to hear how what we are doing is helping their child to be one of the majority without a smartphone, rather than the minority. Before the event, I received the following email –

- I just wanted to say a massive thanks to you for all you have done learning in and supporting the smartphone free childhood movement. Like you, I am very proud of the school and all that you have achieved in a short period of time. XXXX was thrilled to be asked to help greet parents (sorry they can't make it) and buoyant to be associated with the movement. I can't tell you how much of a change that is in 6 months for one little boy. He no longer feels frustrated or hard done by about not having a smart phone and will happily talk about why he and (importantly for his age) his class mates don't have them.*

Other emails today have been –

- I just wanted to say a massive well done for this evening! What an absolutely brilliant event - Such inspiring and powerful speakers. So brilliant that Peter Kyle was there – if this doesn't encourage him to support the Safer Phones Bill I don't know what will! I felt so proud of our school and community and the role you all played in bringing everyone together and helping*

to lead the way on this. Well done and thank you!

- Thank you for hosting the event last night and speaking about what you've been doing at Cottesmore. It was a very informative event from a range of different experts, but all in agreement. I'm hoping that as my children go through Cottesmore, other parents will realise that smart phones are not appropriate for primary school and we equip them with the knowledge to be able to make sensible choices when they are young adults and ready for them when the time is appropriate.*
- Excited to see where we go next. Thank you again for being behind this. I'm very proud that we're part of this.*
- I am sorry I couldn't make it. It sounds like it was an amazing event. XXXX came home and we both had a cry about some of the sad stories. I keep reminding myself that we need to stick to our guns and not cave too early. Great that Cottesmore is such a big part of making the change.*

The event was recorded and SFC will send the link once it is ready. The next event will be aimed purely at parents, so watch this space. To ensure you are notified, make sure you have signed up to the SFC group as all information is posted there.

<https://smartphonefreechildhood.co.uk/>

It's been a busy week as Cardinal Newman welcomed BBC Sussex into their school to film a piece on their phone-free school initiative, tying-in with last night's conference. There is so much great activity taking place. <https://youtu.be/C8YpHiwnt1g>



A big thank you to our PTA who sponsored the event, serving amazing refreshments as guests arrived. Thank you also to our Year 6 children who welcomed visitors and our pianists who played as guests took their seats. So many visitors took the time to say what great ambassadors of the school the children were and how super they were. We couldn't agree more.

Finally, a big thank you to the SFC event planners who gave up their time to make this event happen. The SFC community is made up of local parents who want to make a difference and give up their time to do so. The SFC planners say that, 'As parents, we all have such a lot still to do but momentum is building and we have a lot of hope.' To anyone wondering what they can do next, they said, 'Keep having conversations with each other, keep talking to your schools, doctors and neighbours. Please contact us (SFC) if you want to get involved further.' Thanks again for all your support and let's keep this momentum going. **Rachel Breen, Headteacher.**

Buddy Masses at Cardinal Newman Catholic School in the chapel.

- Year 1 and Year 5 – Thursday 30th January at 9.15am
- Reception and Year 6 – Thursday 6th February at 9.15am

Entrance for parents will be via the lower gate at Cardinal Newman School, Upper Drive and registering at the Chapel side door as you round the back of it. Children will be brought across with their classes for the Mass and then will return to school afterwards. Parents will not have general access to school toilets so please come prepared for this. If you can help walk your child's class over, please contact their teacher. There will be a retiring collection for the charities that we support.

Homework update

We have redesigned the homework grid. From today, you will receive two half termly homework sheets.

One is the weekly required homework sheet (this one sheet lasts for the whole half term). This reminds you about

- daily reading
- weekly spellings (ready for a weekly, in class spelling test on Fridays)
- weekly number bond or times table work.
- for KS1, it also reminds about weekly phonics videos.

These are the core skills that greatly support children with their fluency in all areas of learning and we do recommend that these areas are supported at home.

Children in Years 5 and 6 also have CGP book activities to complete as we prepare them for homework at secondary school. The second sheet you will get is an optional sheet for families who want more homework.

Both half termly homework sheets will be posted on Seesaw, for your reference, but any family can request that a hard copy of homework is put in book bags – please email your child's class teacher if you would prefer this. No completed homework needs to be posted on Seesaw, unless you wish. We just ask that the phonics videos (KS1) have a thumbs up or other emoji noted on them so we know they have been watched.

We hope you find the redesigned sheets useful. Please get in touch with any further feedback. Many thanks

Spring Termly [1st half] Overviews on Website

The Half Termly Overviews for the 1st half of the Spring Term have been published on the relevant year group pages on our school website. These overviews give you detailed information about the upcoming topics and, whether it's exciting science topics, creative art projects, or language learning opportunities, there's something for every child to look forward to. We encourage you to find out, and have conversations with your child about what they will be studying at school. If you have any questions about forthcoming topics, please speak to class teachers.



Anti Racist / Racial Literacy Workshop for Parents

Workshop for parents.

Wednesday 29th January 2025.

9am – 10.15am.

Cottesmore school hall.



What is anti-racism and what does it mean to be an anti-racist school? Schools should be places that are safe and welcoming for all students and staff. This session will give parents and carers an insight into the training that school staff receive as well as helping to develop your own understanding on how to be anti-racist and developing your own racial literacy. The aim is that those attending will then use this information to further support their own child's racial literacy at home as families work to ensure that their children grow up to be anti-racist members of society. This workshop will help support those attending to develop their confidence when identifying any form of racism (including micro aggressions) and aims to help attendees to feel better equipped and skilled when talking to their children about this in a way that is effective and has lasting impact.

Our aim is for all our families to be actively engaged in teaching their children about being anti-racist citizens as well as all being secure in their own racial literacy. Please make the time to come and reflect together on how this can best be done.

Entry: Radinden Manor gate will open at usual times and you are welcome to enter the hall from 8.45am. Radinden Manor gate will open again at 8.55am - 9am.

Please contact the school office if you plan to come so we can ensure we have enough seats available. If you forget to do this, please come anyway as it's important that as many families attend as possible so no one would ever be turned away.



MONDAY 27 th	Holocaust Memorial Day
TUESDAY 28 th	Reception St Peter, Year 3 St Martin and Year 5 St Josephine only Parent Consultation calls and face to face.
WEDNESDAY 29 th	- Year 5 St Josephine Forest School am - Year 1 St George Forest School pm - Chinese New Year - Anti Racism and racial literacy workshop for parents. 9am in the school hall
THURSDAY 30 th	- Year 6 school trip to Downs Junior Air Raid Shelter - Year 1 and 5 buddy mass 9.15am Newman. Parents welcome
FRIDAY 31 st	
FEBRUARY	
MONDAY 3 rd	Reception balance bike training
TUESDAY 4 th	Reception balance bike training
WEDNESDAY 5 th	- Year 5 St Oscar Forest School am - Year 1 St Teresa Forest School pm - Reception balance bike training
THURSDAY 6 th	Year 3 school trip to Brighton Museum Reception and Year 6 buddy mass 9.15am Newman. Parents welcome Reception balance bike training
FRIDAY 7 th	
MONDAY 10 th	
TUESDAY 11 th	- Safer Internet Day – extra online safety lessons in school - International day of women in science
WEDNESDAY 12 th	Honeypot Party
THURSDAY 13 th	Year 5 school trip to Brighton Pavilion Year 4 Viking workshop PTA uniform sale after school – items between £1 and £2 PTA Valentines cake sale after school
FRIDAY 14 th	INSET DAY – school closed to pupils = 21 st February International Mother Language Day
HALF TERM Monday 17 th February – Friday 21 st February Outdoors Project Holiday Club on school field	
MONDAY 24 th	Reception have chicks coming into school to visit them Year 3 Pedestrian Training
TUESDAY 25 th	
WEDNESDAY 26 th	Year 4 St Lewinna Forest School am Year 1 St George Forest School pm
THURSDAY 27 th	Parent Consultation calls and face to face and SEN 3.15pm – 6pm
FRIDAY 28 th	- Year 4 Swimming - Phonics Screening Check meeting for Year 1 parents. School hall. 8.50am – 9.30am. Radinden Manor entrance and exit.
MARCH	
MONDAY 3 rd	- Fairtrade Fortnight (until 16th March) - Year 3 Pedestrian Training - Year 3 St Martin Meet the New Teacher 8.55am – 9.20am - Year 5 St Josephine Meet the New Teacher 8.55am – 9.20am
TUESDAY 4 th	- Shrove Tuesday - Reception St Peter Meet the New Teacher 8.55am – 9.20am - Parent Consultation calls and face to face, and SEN 3.15pm – 6pm
WEDNESDAY 5 th	- Ash Wednesday service in School for children only. Lent starts today - Year 4 St Cuthman Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 6 th	World Book Day (dress in pyjamas and comfy clothes)
FRIDAY 7 th	Year 4 Swimming
SATURDAY 8 th	International Womens Day
MONDAY 10 th	- Science Week - Year 3 Pedestrian Training
TUESDAY 11 th	
WEDNESDAY 12 th	- Year 2 St Monica Forest School am - Year 1 St George Forest School pm
THURSDAY 13 th	
FRIDAY 14 th	Year 4 Swimming
MONDAY 17 th	St Patrick's Day Year 3 Pedestrian Training
TUESDAY 18 th	Year 5 Bikability
WEDNESDAY 19 th	- Year 2 St Patrick Forest School am - Year 1 St Teresa Forest School pm - Year 5 Bikability
THURSDAY 20 th	Year 5 Bikability
FRIDAY 21 st	- World Poetry Day - Year 4 Swimming
MONDAY 24 th	Year 3 Pedestrian Training Year 5 Bikability
TUESDAY 25 th	Annunciation of the Lord Year 5 Bikability
WEDNESDAY 26 th	- Year 3 St Martin Forest School am - Year 3 St Cecilia Forest School pm - Year 5 Bikability
THURSDAY 27 th	Reception school trip to Drusillas Year 5 Bikability
FRIDAY 28 th	- Year 4 Swimming - PTA Easter Egg Hunt after school
MARCH / APRIL	
MONDAY 31 st	
TUESDAY 1 st	
WEDNESDAY 2 nd	World Autism Awareness Day Honeypot Party 9am Reception Easter liturgy in hall for parents 2pm Stations of the Cross with Parents – Year 3 2.30pm Stations of the Cross with Parents – Year 6
THURSDAY 3 rd	9am Year 1 Easter liturgy in hall for parents 2pm Stations of the Cross with Parents – Year 4 2.30pm Stations of the Cross with Parents – Year 5 PTA uniform sale after school – items between £1 and £2
FRIDAY 4 th	Year 4 Swimming 9am Year 2 Easter liturgy in hall for parents
EASTER HOLIDAYS Monday 7th April – Monday 21 st April Outdoors Project Holiday Club on school field 20 th April – Easter Sunday	