



4th April 2025

Next Week:

Parents invited: On Monday 7th April Year 1 and 2 will be performing a short re-enactment of the events of Palm Sunday at 9.30am in the school hall.

Parents are welcome to come along—it will last approximately 15 minutes.

On Tuesday and Wednesday all classes will be reflecting on the events of The Last Supper and Good Friday.

Parents invited: On Thursday 10th April at 9.30am, Miss Collings' Class will be re-enacting the events of Easter Sunday—Parents are invited to come along for the performance.

Parents invited: On Thursday 10th April afternoon, at 2pm, Year 6 will lead a Lenten reflection for parents and friends of the school. All are invited to come along as part of your own Lenten journey.

All invited: On Friday 11th March, we will be attending St Alban's Church for our end of term Mass at 9.30am.

Please join with us for our Lenten reflections this week.

ST ALBAN'S GOOD FRIDAY PASSION PLAY

Fr Sebastian and Mr Foster have asked for some of our school children to be involved in the St Alban's Passion Play.

No one who witnessed last year's Good Friday Passion play will forget the beauty and impact it had.

The play will be on Friday 18th April, and the children will be needed at Church for rehearsals from 10am until 12 that day. If you are able to take your child to St Alban's Church on the day and would like your child to take part, please contact the school office staff and they will pass your information on to Mr Foster.

School Uniform Reminder

Please remember that the children should be wearing full uniform every day. Ties and jumpers are available from the school office.

Wearing a school uniform is important because:

- It reduces peer pressure.
- Helps children concentrate on their learning.
- Fosters pride and a sense of belonging.
- Encourages children to follow school rules.

Applications for Admission to St Alban's Catholic Primary**School:**

We are always excited to welcome new children to our school community.

Although the application date has closed for Reception September 2025, you can still apply directly through the school.

If you know of any families who would like to be part of our community, you can pick up an application form from the school office, or use the following link to find the form on our schoolwebsite:

<https://www.stalbansprm.cardiff.sch.uk/admissions/>

For further information about what's happening in our school, please see our:

Twitter feed: [@StAlbansSchool1](https://twitter.com/StAlbansSchool1)

Facebook Page: St Alban's Catholic Primary School

(You just need to like the page to be able to follow)

Instagram: [stalbansprimaryschool](https://www.instagram.com/stalbansprimaryschool)

Dates for your Diary:

Monday 7th April: Year 1 and 2 re enact Palm Sunday @ 9.30am

Tuesday 8th April: Rights Warriors meeting after school

Thursday 10th April: Year 4/5 re enact Easter Sunday @ 9.30am

Thursday 10th April: Parent/friends Lenten Reflection in hall 2pm

Friday 11th April: School Mass at St Alban's 9.30am

Last Day of Term

Easter Holiday Dates:

Monday 14th April — Friday 25th April

INSET Day: Monday 28th April

Pupils return to school on Tuesday 29th April 2025.

Internet Safety

If you need any help at all changing the settings on devices, please contact the school office and we are happy to help!

Please remember that **Snapchat** has a **PEGI rating of 13 years** which means that children in St Alban's should not have access to this app until they are in the second or third year of high school.

Please help us reduce inappropriate use of social media by monitoring your child's device regularly. Thank you.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they need it. This guide focuses on one app of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SNAPCHAT

AGE RESTRICTION 13+

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivaling platforms such as TikTok and Instagram.

CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spotlight features. This could allow predators to gain their trust for sinister purposes.

EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily. Spotlight Challenges give users the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it easy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified if it has been screenshot first – users have found alternative methods to save images, such as taking pictures with a separate device.

DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfie game'. Although many are designed to entertain or amuse, the 'beauty' filters on photos can set unrealistic body image expectations and create feelings of inadequacy. Comparing themselves unfavourably against other Snapchat users could threaten a child's confidence or sense of self-worth.

VISIBLE LOCATION

My Places lets users check in and search for popular spots nearby – such as restaurants, parks or shopping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHOOSE GOOD CONNECTIONS

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

CHAT ABOUT CONTENT

Talk to your child about what is and isn't wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable details like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's 'Spotlight' feature has a #challenge like TikTok's: it's vital that your child understands the potentially harmful consequences of taking part in these challenges.

KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Your child can send Snaps directly to friends, but Stories are visible to everyone they have added, unless they change the settings. If they use SnapMaps, their location is visible unless 'Ghost Mode' is enabled (again via settings). It's prudent to emphasise the importance of not adding people they don't know in real life. This is particularly important with the addition of My Places, which allows other Snapchatters to see the places your child regularly visits and checks in: strangers, bullies and groomers could use this information to engage in conversation and arrange to meet in person.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

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.

NOS National Online Safety®
#WakeUpWednesday

www.nationalonlinesafety.com @natonlineafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.11.2021

FREE

no**fit**state community

Community Classes

All activities below are FREE for the communities of Adamsdown, Splott, Tremorfa, refugees/asylum seekers and people living in supported housing.



Where

NoFit State Community Circus, Four Elms Road, CF24 1LE

Mondays

16:15 – 17:15

Circus Club | 6-11 yrs

Booking Required

17:45 – 19:15

Circus Club | 11-17 yrs

Booking Required

Tuesdays

10:30 – 17:00

Community Warm Space

15:30 – 16:30

Family Circus Session

Thursdays

12:00 – 14:00

Community Adult Circus Class | 16+ yrs
Beginners Welcome

Sundays

15:00 – 16:30

Circus in the Park – Check Facebook





Nursio Ysgol | School Nursing
BIP Caerdydd a'r Fro | Cardiff & Vale UHB

parent line

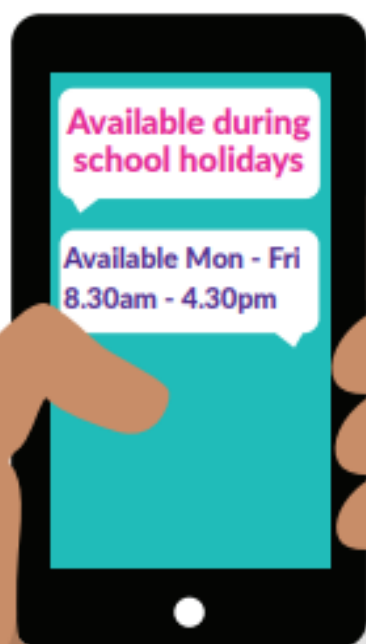
If you're a parent or carer of a 5-16 Year Old

Text your school nurse on

07312 263178

For confidential advice and support

This will be a text in service for parent to access their school nurse to help with a wide range of health problems. This won't be a diagnostic service but we can give advice on....



emotional wellbeing
sleep day and
healthy night time
eating wetting
soiling substance misuse
relationships
behaviour bullying
online safety puberty

 ChatHealth



Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

We might inform someone if we were concerned about your safety, but we would usually speak to you first. Your messages are stored and can be seen by other healthcare staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we received your text. Texts will not be seen outside normal working hours. If you need help before you hear back from us, contact your GP, nearest walk in centre or dial 111. Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps). To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.



SCHOOL HOLIDAY FOOTBALL FUN CAMP

AT ST. ILLTYD'S CATHOLIC HIGH SCHOOL
NEWPORT ROAD, RUMNEY, CF3 1XQ

MONDAY 14TH – THURSDAY 17TH APRIL 2025

10:00am – 3:00pm (FOR BOYS AND GIRLS AGES 4 -13)



Tony Capaldi



Dear Parents,

I am pleased to inform you that following the outstanding success of previous courses and the weekly coaching sessions, we are organising the April 2025 football fun camp.

The children will be coached by **CRB POLICE CHECKED** and **F.A. QUALIFIED COACHES INCLUDING FORMER CARDIFF CITY & INTERNATIONAL FOOTBALLER TONY CAPALDI**. All of our coaches are used to working with and bringing the best out in children. The coaches will develop self-confidence and self esteem through encouragement and positive reinforcements. **FOOTBALL IS NOT JUST FOR THE STAR PLAYERS!**

The camp is tightly structured with the players fully supervised at all times. All children are catered for from the absolute beginner to the more experienced players. Players are grouped together according to age, ability and experience. We have fantastic facilities including the indoor sports halls and outdoor pitches.

The camp is a for 4 days from 10:00am – 3:00pm with lunch from 12:15 – 1:00pm where the children can eat a packed lunch brought from home. The camp is fully supervised so children may be left in our care, however parents are welcome to stay and watch if they wish to. On Thursday at 2:00pm there is a presentation when parents and friends are most encouraged to come and see the players receive their awards.

The cost of the camp is £80 (We also offer £20 DISCOUNT (£60) for the second and subsequent children in the same family, which covers all coaching, referees, trophies, certificates and many other awards presented. Single days will be charged at £25 per day if a child is attending less than 4 days. **ALL CHILDREN ARE GUARANTEED TO RECEIVE AT LEAST ONE TROPHY AND CERTIFICATE.**

Tony Capaldi/Steven Nugent (Course Co-ordinators)

**TO BOOK A PLACE PLEASE TEXT 'ST. ILLTYD'S CAMP'
+ CHILD'S NAME + AGE to 07856 315 637**

(YOU WILL RECEIVE CONFORMATION BY TEXT THEN REGISTRATION AND
PAYMENT IS MADE ON THE FIRST MORNING OF THE COURSE)