



# Dispatches from Our Lady's

## This Sunday is the third Sunday of Advent



### MATCH REPORT

'On 4/12/25 OLQOH took a girls team to take part in a Premier League Primary Stars football competition for Y5&6 at K2.

There were three groups with 4 teams in one group and 3 teams each in the other two groups. We were in the group of 4 so played 3 matches as follows:-

OLQOH vs The Oaks: drew 0 – 0

OLQOH vs Bewbush: won 1 – 0

OLQOH vs Gossops Green: drew 0 – 0

We qualified for the quarter finals and played Milton Mount. We lost that game 0 – 1 and didn't qualify for the semi finals.

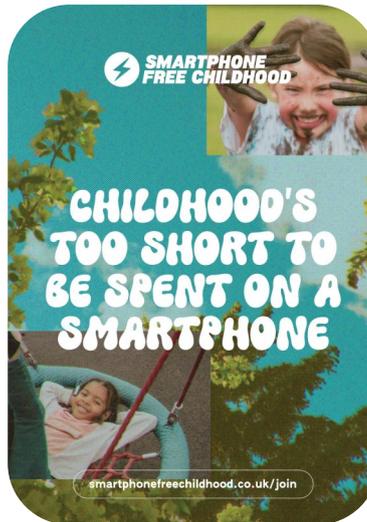
The girls all tried really hard, did lots of attacking and defending and showed some good team spirit encouraging each other throughout.

We had excellent play from Sophia our goalkeeper who saved so many attempts on goal and conceded only 1 goal in 4 games.



The girls have lots of potential and will do even better as we continue to have our girls only after school football training.

Many thanks to parents/carers and staff for their support.



OLQOH colleagues have been working for many years to encourage children to adopt a safe and healthy approach to the use of smartphones and online devices, with this forming part of our Computing Curriculum, as well as special days and events such as eSafety Day each February. OLQOH also supports the Smartphone Free Childhood Christmas 2025 campaign.

As you will already be aware, the evidence base, particularly for the impact of social media on the mental health, well-being and social development of our young people is robust and compelling.

The recent publication of 'The Anxious Generation' by Professor Jonathan Haidt is one example of scientific research advising a significant shift in behaviours, particularly around phone use, would be good for all of us (but particularly children and young people).

In secondary schools up and down the country, Teachers regularly deal with smartphones and social media issues. Friendship fallouts and bullying often stem from interactions on phones, and the pressure on young people to conform and be 'present' online is relentless. Increasingly, even in primary settings, we frequently see the impact of harmful exposure to social media on isolation, inappropriate communication, exclusion from groups, and confrontation.

Further, children's difficulty managing their sleep, due to spending too much time online, is increasing the impact on their concentration levels at school.

As we approach the gift giving season, aware you might be looking at purchasing internet enabled devices to give as presents, information on the Smartphone Free Childhood campaign, which is supported by OLQOH, is available here: <https://www.smartphonefreechildhood.org/>



## PLACES STILL AVAILABLE

For OLQOH Christmas Camp on 22nd December and 23rd December (9.30am - 2.30pm). To book, please speak to the Office Team as soon as possible.

## REMINDER

Autumn Term ends on Friday 19th December 2025.

Spring Term begins on Tuesday 6th January 2026.