

Newsletter

02.02.24



Attendance Success!

Congratulations to all our Y1, Y3 and Y5 Attendance Award winners who received their stickers worth 30 dojos today.



Online Safety Workshops for Parents

Find out more information on pg 2

An infographic titled 'Online Safety' with the subtitle 'Follow the SMART rules to help stay safe online.' The infographic is divided into five horizontal sections, each representing a letter of the SMART acronym. Each section has a large letter in a colored box, a title, and a brief explanation. 1. 'S' (Safe) in a purple box: 'Stay safe online by not sharing your personal information.' 2. 'M' (Meet) in a green box: 'Do not meet anyone who you have only become friends with online.' 3. 'A' (Accept) in an orange box: 'Do not accept messages and friend requests from people you do not know.' 4. 'R' (Reliable) in a blue box: 'Not everything online is reliable. People online are strangers and you can't always trust everything they say.' 5. 'T' (Tell) in a red box: 'Tell an adult you trust if anything happens online that you do not like.' At the bottom, there is a blue box with the text 'Be careful what you share online! Stop and think before you share information online. Don't say or do anything that you wouldn't do in the real world!' and a small logo for 'CLICK CEOP Internet Safety'.

Dates for your diary

W/c Mon 5th Feb

Our **Online Safety** theme continues. It is also **Children's Mental Health Week**

Safer Internet Day is on **Tue 6th Feb** when we are running an **Online Safety Workshop for EYFs & K\$1 parents**. This will be repeated on **Thu 8th Feb for K\$2 parents**

Fri 9th Feb

I.T. free Friday

9.00 Celebration Assembly
Pm. Y4 swimming

School & Nursery finish on **Friday 9th Feb** for half-term.

School & Nursery will re-open on **Monday 19th Feb**



School Dinners

This is the menu for school lunches next week. We are unable to provide alternative meals.

Monday

Meatballs & mash or
Tomato mascarpone
pasta

Tuesday

Fish fingers or Cheese
whirls

Wednesday

Roast Dinner or Tomato
pasta

Thursday

Chilli & rice or Macaroni
cheese

Friday

Pizza or Fish

The cost of school dinners
is:

£2.40 per day

OR

£12.00 per week

Parents who pay for their child's school dinners should pay directly to the office staff. Payments can be made either by cash or cheque.



Online Safety Workshops for parents

CALL OF DUTY ROBLOX MINECRAFT

Online Safety Workshop for EYFS & KS1 parents

- Worried about what your children are doing online?
- Want tips and ideas about how to keep them safe online?
- Not sure how to monitor their internet use?
- Concerned about the games they play?
- Questions about social media use?

**Tuesday 6th February at 9am
in the Library**



CALL OF DUTY ROBLOX MINECRAFT

Online Safety Workshop for KS2 parents

- Worried about what your children are doing online?
- Want tips and ideas about how to keep them safe online?
- Not sure how to monitor their internet use?
- Concerned about the games they play?
- Questions about social media use?

**Thursday 8th February at 9am
in the Library**



Absence Procedure

When you know your child is off school ill please call and leave us a message. Then we know why your child is not in school.

When your child is not in school, the office staff will:

- send a text message to remind parents that school needs to know why your child is absent.
- make a phone call when they have not yet heard back from you.
- ask Mrs. Peake to make a home visit.

When you receive a text from school you can either reply to the text we have sent you OR just give us a ring.



Contacting School

The school office is open from 8.30am.

Please leave a message on the answer phone before 8.30am. A member of staff will phone you back when necessary.

Next week is Children's Mental Health Week



How do we already support Children's Mental Health?

- Every class has Circle Time regularly, at least once per week. Circle Time provides children with an opportunity to share worries and successes with their teacher and class. The class support each other by listening and suggesting solutions
- After playtimes and lunchtimes, children use a range of strategies to calm down and self-regulate such as breathing activities, meditation and massage. This helps them to feel calm and more ready to learn
- Helene works in our school for two days a week. She is a qualified counsellor and play therapist. Helene supports some of our children and their families
- We refer children, with parental consent, to other agencies such as the Mental Health in Schools Team who work both with individuals & groups
- We celebrate children's successes and share these with their parents
- We encourage children to talk with staff when they have a problem. We listen to children so we can work with them to fix their problems.



MY VOICE MATTERS

Place2Be's

CHILDREN'S
MENTAL HEALTH
WEEK

TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

A massive well done and congratulations to our learners and readers of the week!!

GREAT JOB - You have earned 10 Dojo points!

THANK YOU to all those parents who joined us for this morning's Celebration Assembly to see your child receive an award.



Readers of the Week

- Year R** **Henry** for fabulous progress in both phonics and reading
- Year 1** **Harry** for becoming more confident and fluent with his reading
- Year 2** **Ali** for always being a fantastic role model
- Year 3** **Amos** for making super progress and having a positive attitude
- Year 4** **Moiz** for brilliant effort during reading sessions
- Year 5** **Brandon** for his brilliant engagement with our class book
- Year 6** **Riley** for having resilience and putting 100% effort in to answering tricky comprehension questions

Learners of the Week

- | | |
|---|--|
| Year R Jensen for an overall improvement in all his work in class and increasing his | Finley for showing much more of a 'can do' attitude and persevering with his work |
| Year 1 Emerald for always doing her best and having an infectious smile | Ayden for enjoying our P.E. lessons and being an excellent Zog |
| Year 2 Cersei for always being willing to take part in class discussions | Ali for always being a fantastic role model |
| Year 3 Inaya for her attendance and 100% effort she makes in all areas of her learning | Isla-Rose for 100% effort in all areas of her learning |
| Year 4 Daud for showing determination and resilience with his learning | Haajra for her brilliant effort and determination with swimming |
| Year 5 Alessa E for joining in with Science investigations really well | Melissa for a much improved attitude and being more resilient |
| Year 6 Finley for having a positive attitude to his work and producing a fantastic piece of writing | Darcy for creating such an unbelievably amazing description in English that Mrs Cumpstey was speechless |

