

Newsletter - FRIDAY 6 MAY 2022

What a busy few weeks we have had so far. Bike ability, caring for chicks, looking after the allotment and chats off the school nurse about looking after ourselves and keeping ourselves healthy. It's lovely to see the children engaged in so many different activities.

Please can we ask that you are aware of what your children are playing and watching while they are on the internet. Keeping our children safe at all times is a priority and one I know you will support us with!

Mrs Allen, Headteacher

Attendance

Well done to Mrs Cruise's class for winning the attendance bear this week with 96.3% attendance.

ATTENDANCE FROM 1ST SEPTEMBER 2021

Overall attendance 93.5% Target 97%

KC 94.1% LE 93.6% AJS 93.8% SC 92.4%

Dates for your Diary 2021-2022

Mon 23 May to Fri 27 May - A full week of Platinum Jubilee Celebrations in school

Thurs 26 May 2022 - Family Platinum Jubilee Tea Party- details to follow

Fri 27 May 2022 - School closes for Half Term

Mon 6 June 2022- **INSET DAY**-School closed

Tues 7 June 2022 - School reopens

Fri 10 June 2022 - NSPCC **GREEN Day** the BIG Breaktime Day - Non-uniform fundraising day (letter to follow)

Mon 13 to Fri 17 June 2022- Year 1 (and Year 2 retakes) Phonics Screening

Fri 17 June 2022 - St Benedict's Hospice **YELLOW Day**

Wed 22 June 2022- Nursery Sports Day

Thurs 23 June 2022 - School Sports Day

Fri 1 July 2022- **Queens Platinum Jubilee Day - School closed**

Fri 15 July 2022 - Reports to Parents

Wed 20 July 2022 - Year 2 Leavers

Assembly & Performance-details to follow

Fri 22 July 2022 - School closes for summer holiday

Platinum Jubilee Bank Holiday Friday 1st July 2022

As you will be aware we have all been given an extra Bank Holiday to celebrate the Queen's Platinum Jubilee. Therefore, school will be closed on Friday 1 July 2022 and reopen on Monday 4 July 2022



FREE SCHOOL MEALS

Although every child receives Universal Free School Meals up to Year 2 you can still apply for income based Free School Meals. Please go to Sunderland City Council website to apply. May we advise any parents of Year 2 children to apply for FSM online now for September 2022 when your child goes to Junior School

Online Payments-Pay360 Educational Payments

Any parents who require help to set up your account (you do not need a different code every time you need to pay) please contact the school office and we will be able to assist you. Once set up your account you can pay for everything trips, clubs etc. as we move forward to a cashless system.

Uniform

Please can all parents/carers ensure that **ALL** items of their child's uniform have their child's name marked somewhere as we are not responsible for any lost items

Safeguarding

If you have any safeguarding concerns please do not hesitate to contact school and speak to either Mrs Allen, Miss Lumsden or Mrs Blakeman

Website

You can find all letters which are sent home via email and school events on our website. We also try to upload them on ClassDojo

Pre-loved Uniform

We have a selection of pre-loved uniform in our school reception area. It is freshly washed and bagged. So please feel free to have a look if there is anything you need for a small contribution.

If you have any good quality uniform you would like to donate please hand in to the school office.

ClassDojo

It's fantastic to see so many parents getting involved again!! Please keep checking for updates in the class story and please send photos of what your child is getting up to at home, we love to see them having fun!! If you see a post please feel free to comment and like it on the class posts, it really means a lot to staff!!

General Information for all Parents/Carers

Earrings- No earrings or clear space savers are to be worn by pupils for Health & Safety

Batteries Recycling- We are also still collecting any used batteries in partnership with Groundworks in our pursuit to win another recycling prize for our school.

School Uniform and Book Bags - just a reminder that you can order online all logoed uniform from Total Sport NE, Hendon Road, Sunderland, SR1 2JD. **We no longer sell any uniform or book bags from the school office.**

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 feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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.



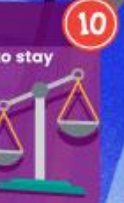
9 ENCOURAGE QUESTIONS

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.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



NOS National Online Safety
 #WakeUpWednesday

Sources: <https://www.bbc.com/news/round-1647896> | <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.teen.org/parents/how-to-talk-your-children-about-conflict-and-war>



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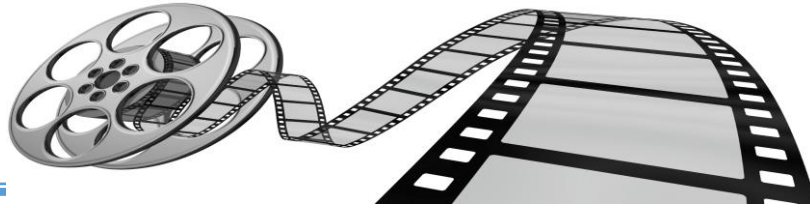
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After School Care - Movie Night



Living Eggs



On Monday 25th April, 10 eggs were delivered to Nursery and we looked after them in the incubator. By Friday, we had 10 little chicks. We are caring for them in Nursery and have all fallen in love with them! They are going to live on one of our children's allotments after this week.

