

Newsletter - Monday 27th March 2023

All the children looked wonderful on Friday and created a great discussion about why we were wearing purple. I'm really looking forward to seeing how creative people get with their Easter hats this Friday and our Nursery classes on Wednesday!

I know it's a lot to ask but if anyone can donate cakes or Easter eggs to help towards the raffle and cake sale it would be greatly appreciated.

Mrs Allen, Headteacher

Easter Bonnet Parade

Just to remind you all about our annual Easter Bonnet Parade for all of our children letters were sent home on Monday 20th March regarding arrangements.

We look forward to seeing your child's creative skills making their bonnet at home and bringing in for their parade

Attendance

Well done to Mrs Cruise's class for winning the attendance bear this week with 97.6% attendance.

Dates for your Diary 2022-2023

Mon 27 Mar 2023 Parents Evening

Tue 28 Mar 2023 Parents Evening

Wed 29 Mar 2023 - 2 YEAR OLDS AND NURSERY ONLY Easter Bonnet Parade

Fri 31 Mar 2023 - Easter Bonnet Parade - Rec, Year 1 & Year 2

Fri 31 Mar No wrap around care

Fri 31 Mar 2023 School closes for Easter holiday

Mon 17 Apr 2023 - School reopens

Mon 1 May 2023 - May Bank Holiday

Mon 8 May 2023 - Bank Holiday for King Charles III Coronation

ATTENDANCE FROM 1st SEPTEMBER 2022

Overall attendance 94.6% Target 96%

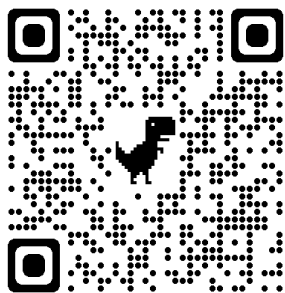
AJS 92.9% EL 95.1% SC 96.0% KC 94.2%

Free School Meal Vouchers

The government are again enabling schools to give out vouchers to parents/carers who are eligible for Free School Meals at Easter. If you think you are eligible please go to Sunderland City Council website and your Parent Portal to apply

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. You can also scan this QR Code to take you directly to the main page



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



Social Media

Please can we remind parents/carers to follow our Social Media pages as we are always updating our pages with the excellent activities our children are doing in school

Reporting a Pupil absence

If your child is absent from school you **must** contact the school office.

You can either speak to a member of staff or leave a message on 0191 9171910.

Please **DO NOT** inform us via ClassDojo. Staff may not check Dojo throughout the day as they are teaching, so messages will be missed.



ClassDojo

It's fantastic to see so many parents getting involved again and we would love to see more!! 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!!

Ukulele Lessons

If you would like your child to learn to play the Ukulele then please contact the school office.

Lessons take place during school hours and cost £5.00 per lesson. You can pay weekly or termly online. You are not charged for missed lessons if your child is absent.

Safeguarding

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

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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage-Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



NOS National Online Safety®
#WakeUpWednesday

@atnlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023