

AVJS Bulletin: 10th February 2023

We are already at the end of the first half term of 2023 and it has been great catching up with so many of you at parents' evening this week.

Mrs Blakemore will be rescheduling her meetings for the week commencing Monday, 27th February so if you are the parent of a child in 6 Blue, a new link will be sent out at 6pm on Monday, 20th February. If you have a termly review meeting with Mrs Blakemore and the SENCo, you do not need to book online. Please don't forget that Monday, 20th February is an inset day and so the children will be back in school on Tuesday, 21st February.

We have installed a post box on the wall in the porch at the entrance to the school for any correspondence for the school governing body. Alternatively, you can email Dan Buxton, the chair of the governing body at chairofgovernors1@arnovale.notts.sch.uk.

You are kindly reminded to book any Club Vale sessions you require by midnight at the latest on a Thursday for the following week. All breakfast and afterschool club registers and staffing are completed on a Friday morning. Any late requests cannot always be accommodated if we don't have the required staffing in place.

You will be aware of the terrible situation in Turkey and Syria following the recent earthquake. The death toll is now over 21,000. There are several UK based charities who are supporting the people in the region and if you would like to make a donation, you can access their websites by clicking on the links below:

<https://www.actionaid.org.uk/donate/emergency/turkey-syria-earthquake-appeal>

<https://donate.redcross.org.uk/appeal/turkey-syria-earthquake-appeal>

<https://www.savethechildren.org.uk/how-you-can-help/emergencies/turkey-syria-earthquake>

<https://www.oxfam.org.uk/oxfam-in-action/current-emergencies/turkey-and-syria-earthquake-appeal/>

Miss Fallon took a team of children to Arnold Hill Academy on Wednesday for a dodgeball competition. Harry G, Ada, Cuba, Daisy, Doris Harry M, Ruby and Stanley. They played fifteen games and won nine, well done to them!

On Saturday, 4th February, our team of cross country runners met Miss Fallon in Mansfield for the county final. Bea, Maisy, Aiden, Tom C, Harry M, Eleanor and Ethan. The children all ran really well with lots of determination on what was quite a tough course. They all crossed the finish line and rightly felt very proud of their achievements.

On the afternoons of 20th and 21st March, we will be holding a Mother's Day afternoon tea in our school hall from 2.15pm until 3.15pm. Tickets are on sale on your ParentPay account until 13th March and cost £6 for 1 adult and your child(ren) and include a hot drink and scone for the adult and a drink of juice and cupcake for the child. Please note that you can only book for 1 afternoon, not both, and tickets are limited to one per family. Also if you have younger siblings that you need to bring with you, please could you indicate so in the notes box of the payment item on ParentPay. We really hope that you can make it.

The FOAV are organising a 'Break Some Rules Day' for Tuesday, 28th February. During the day, there are certain rules that the children will be allowed to break which are:

- Having crazy hair
- Not wearing school uniform
- Having an unhealthy snack (but no nuts)
- Having juice or squash in their water bottle (no fizzy or hot drinks)
- Eating dessert before lunch
- Having extra play time.



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If you would like your child to take part, we are asking for a contribution of £2 paid through your ParentPay account. This is to raise money for the FOAV who are looking at a project to enhance the facilities for the children at the school..

At present, we are updating our systems relating to photo consent for the children. Last week, we emailed you with a copy of our photo policy which contained a link to complete the consent form. If you have not already done so, we would really appreciate it if you could in order to make sure that we are all up to date, thank you.

We are really pleased to be able to offer another block of sessions for the after-school Lego Technics Club (Bricks 4 Kidz). Attached is a letter containing everything you need to know.

Community News



February Holiday Clubs Westdale Junior School, Mapperley

Monday 13th February to Friday 17th February

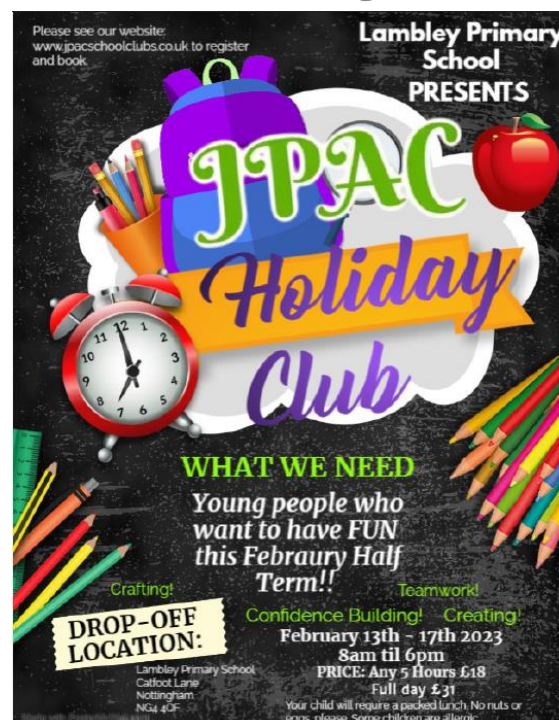
Activities include dodgeball, dance, drama, yoga, multi skills, ball games, art and crafts, team and confidence building activities and much more.



Cost: £33 per day
All childcare vouchers accepted

Timings: 8am-5pm

To find out more or to book visit
www.rattleandrollperformance.com
or call 07722 014301



National Online Safety

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Our top ten tips outline how gaming online can sometimes work to your child's advantage.

In the guide you'll find a number of potential benefits including a sense of achievement, learning about teamwork and encouraging creativity.



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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.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people fear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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#WakeUpWednesday

Source: <https://www.ofcom.org.uk/data/assets/pdf/0024/236609/children-media-use-and-attitudes-report-2022.pdf>



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13 th to 17 th February 23	Half Term
Monday, 20 th February 23	Inset Day – school closed to pupils
Tuesday, 28 th February 23	Break Some Rules day
Thursday, 2 nd March 23	World Book Day
Monday, 20 th March 23	Mother's Day afternoon tea
Tuesday, 21 st March 23	Mother's Day afternoon tea
Friday, 31 st March 23	Last Day of the Spring Term
Monday, 17 th April 23	First Day of the Summer Term
Friday, 21 st April 23	FOAV Quiz Night
Monday, 1 st May 23	Bank Holiday
Monday, 8 th May 23	Bank Holiday
Tuesday 9 th May to Friday, 12 th May 23	Year 6 SATs
29 th May – 2 nd June 23	Half Term week
Monday, 5 th June 23	Inset Day – school closed to pupils
Thursday, 15 th June 23	Y3 trip to Brackenhurst
Thursday, 29 th June 23	Transition Day (Arnold Hill Transition Day 1)
Thursday, 29 th June 23	New Parents Meeting – 6pm
Friday, 30 th June 23	Year 6 Arnold Hill Transition Day 2
Friday, 7 th July 23	Summer Fayre
Friday, 14 th July 23	Year 5 Inspire Day at Arnold Hill
Tuesday, 25 th July 23	Last Day of the Summer Term

