

AVJS Bulletin: 17th March 2023

Thank you all for your understanding and co-operation this week, we know that it has not been easy for you. As we head into the last two weeks of term, there is still a lot going on! If you have booked for the mothers' day tea on Monday or Tuesday, we are looking forward to seeing you from 2.15pm until 3.15pm and we have a number of sporting activities in which some of the children are taking part before we break up.

We strive to give every child the best deal we can at Arno Vale; sometimes the decisions we make are tricky and do not please everyone. We are keen to know your views about the school and any suggestions you may have. We have produced a questionnaire about the school for you and would be very grateful if you could take a few minutes to complete it. You can access it by following the link below. The questionnaire will close on Monday, 27th March at 10.00am and once we have analysed the results, we will let you know, thank you.

<https://forms.office.com/e/effSC06ETn>

On Tuesday, Mr Ward took our team of sports hall athletes to the county final at the Harvey Haddon Stadium. This was a real achievement for the children to represent the borough and they did incredibly well coming fourth in the whole county! Many congratulations to Jacob, Chloe, Woody, Sorrel, Ethan, Grace J, Tom C, Anya, Joey, Maisy, Charlie, Lily, Sam E and Amelia.

Some eggciting news! We are going to hold a decorated egg competition to celebrate Easter! The children are invited to submit a decorated egg or eggs for the competition which should be hard boiled if you are using real eggs! You can choose any theme you like; last year we had all sorts of different designs from playgrounds to the Hogwarts Express – just let your imagination run wild! We will be judging on Tuesday, 28th March and you can come into school from 3.35 on that day to see the entries. There will be a winner from each

class who will receive an Easter egg. We are looking forward to what you come up with!



Please send entries in on either Monday 27th or Tuesday 28th March and we will be sending them home again on Wednesday, 29th March.

A last plea! If you have not completed the photo consent form for your child, we ask that you do so by the end of next week. We love to take photos of the children whilst learning or in competitions and it makes it much easier if we have up to date consent information. Thank you!

If you have ordered a leavers' hoodie for your year 6 child, they will be arriving in school during the last week of this term.

The Oral Health Promotion Team have dropped off some toothbrushes and toothpaste for the children. If your child has not already come home with them, they will be doing so very soon.

Harper in year 5 is going to be taking part in a bike ride to raise funds for cancer research. She is planning on completing 15 miles and raising £500. If you can support her, she would be most grateful. You can donate by following the link below, thank you.

<https://fundraise.cancerresearchuk.org/page/harpers-giving-page-5>



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Online Safety

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.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to 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.

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.

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 Engage 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

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Community News



next level sports

EASTER HOLIDAY MULTI SPORTS CAMP
WITH ALL TRADITIONAL SPORTS

TABLE TENNIS
SCOOTERS
SOFT ARCHERY
LASER TAG
PEDAL GO KARTS
DISCO DODGEBALL
+ EASTER EGG HUNT!

Woodthorpe Infant School
6th April | 09:00 - 15:00
Suitable for Children AGE 5-11

BOOK ONLINE TODAY
Online registration at www.nextlevelsportsltd.com

£17 PER SESSION

Telephone Numbers: 07398 215354 | 07354 032261
@f NextLevelSportX Email: bookings.nextlevelsports@gmail.com



AEM
Autism East Midlands
Nottingham City Family Support Hub

Session dates for 2023
Haywood Road Community Center
46 Haywood Rd, Mapperley
Nottingham NG3 6BA

The aim of the hub is to offer support and a safe space for families who have children on the Autistic Spectrum. These are drop in sessions for the whole family to enjoy, aimed at children under 11 years of age. Children (including siblings) can participate at their own pace with support from parents and our staff team. Families can engage in activities or sit back and enjoy some refreshments, whilst talking to other families and sharing experiences or speaking with staff for advice and support.

No need to book a place – just turn up – but feel free to contact me if you have any questions - Hannah.Weir@aem.org.uk

Usually the last Monday of the month, 4.30-6.30pm

March 27 th	April 24 th
May 22 nd (moved because of bank holiday)	July 31 st
June 26 th	September 25 th
August 28 th	November 27 th
October 30 th	
December event TBC	



For further information contact – Hannah.Weir@aem.org.uk

RUN BY MR LINDLEY AND MR WARD



Multi sports camp
@ Amo Vale Junior School

Football, golf,
Basketball, Hockey, Time: 9-3
Cricket, Dodgeball, Price: £16 per day
Tag Rugby, Tennis Age: 5-11

3rd, 4th and 5th April 11th and 12th April

Bookings must be paid on or before Monday 27th March 2023 By Bank transfer to: Sort 77-22-16
Account 00057688 Account name Mr Daniel Ward

BOOK EARLY TO AVOID DISAPPOINTMENT AS SPACES LIMITED.

For more information please contact:

Mr Lindley 07858744626 or Mr Ward 07901967644
Email: multisportscamp@hotmail.com



Literacy Volunteers

Charity Trustee

We are a small, independent charity established 26 years ago in Nottinghamshire.

We work with schools and in Early Years, with a large Volunteer base who help children overcome literacy challenges and develop a love of reading, and by supporting families with young children to engage in early literacy and storytelling. We are seeking new trustees from a diverse range of backgrounds to guide the development of our work and help us to continue to make a difference in our community.

Trustee: Chair
Trustee: Treasurer
Trustee

We are particularly keen to hear from you if you have a background in finance, fundraising and communications though this is not essential. If you have a passion for our work and would like to find out more please contact us for a chat by emailing contact@literacyvolunteers.org.uk

For further information on the trustee roles and about the charity please email contact@literacyvolunteers.org.uk

<https://www.literacyvolunteers.org.uk>

Registered charity number 1167357



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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, 27 th and Tuesday, 28 th March	Entries for the Easter Egg competition
Tuesday, 28 th March	Easter Egg competition judging
Monday, 17 th April 23	First Day of the Summer Term
Friday, 21 st April 23	FOAV Quiz Night
Monday, 24 th April 23	Author Tom Palmer in school
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

