

# AVJS Bulletin: 2<sup>nd</sup> December 2022

We all had a fantastic time at the panto yesterday. The children thoroughly enjoyed themselves and we were looked after extremely well by the theatre staff. Thank you for ensuring the children were in school on time; it was a great way to kick off the Christmas season.

Miss Iremonger took a group of children from years 5 and 6 to a cross country event at Carlton Le Willows school on Monday. The boys' team came first and the girls' came third, a tremendous achievement. It means that five of our boys and three of our girls will represent Gedling at the county final in the spring term. Well done to Eleanor, Bea, Maisy, Charlie, Josh, Harry M, Tom, Nia, Lara, Esme, Aiden and Ethan.

Thank you to everyone who sent in a food parcel for Himmah, the response from you was amazing. Himmah collected over 100 parcels from Arno Vale!

We had a great response from you when we asked for volunteers to help walk the children to and from the church next Monday and Tuesday. We had to draw names from the hat and Mr Baker has sent out a message on Dojo to inform you of who we have asked and the time you need to be at school. Thank you to everyone who volunteered and we are looking forward to seeing you at St Marks church on Tuesday at 2pm for the concert. All children will be returning to school after the concert and will be dismissed from their usual exits. This is for safeguarding purposes. Please ensure that all children have a coat with them on Monday and Tuesday, thank you.

The children will be bringing home the Christmas cards, mugs, coasters and gift tags that have been ordered, you may want to bring an extra bag with you at collection time to take it all home!

Please have a check of the calendar later on in this bulletin to see what we have coming up.

## Community News



**next level sports**

TABLE TENNIS  
SCOOTERS  
SOFT ARCHERY  
LASER TAG  
DISCO DODGEBALL

**DECEMBER HOLIDAY MULTI SPORTS CAMP**  
WITH ALL TRADITIONAL SPORTS

**+ CHRISTMAS FUN!**

Woodthorpe Infant School

Dates: 22<sup>nd</sup> - 23<sup>rd</sup> December  
Time: 09:00 - 15:00  
Suitable for Children AGE 5-11

**£17 PER SESSION**

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**CHILDREN'S (AGE 3+) & ADULT CLASSES**

1:1 and Small Group Lessons

**OUR VENUES:**

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Come and join us at one of our

## Christingle Services

Saturday 24th December  
3.30pm or 5.00pm

*A warm welcome awaits you*

 **St Mark's Woodthorpe**  
Journeying together in Faith  
De Vere Gardens, Woodthorpe NG5 4PH

Supporting  
 **The Children's Society**



## Christmas at St Mark's Woodthorpe

**Candlelit Carols with Burton Joyce Brass**  
11 December, 6:00 pm

**Nativity Service**  
18 December, 10.30 am

**Community Christingle Services**  
24 December, 3:30pm & 5:00 pm

**Christmas Celebration**  
25 December, 10:00 am

 **St Mark's Woodthorpe**  
Journeying together in Faith



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## Online Safety News

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which enthrals young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

In the guide, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online.



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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**  
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**  
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**  
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**  
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**  
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**  
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**  
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**  
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**  
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**  
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sanwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022



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|                                                  |                                                          |
|--------------------------------------------------|----------------------------------------------------------|
| Tuesday, 6 <sup>th</sup> December 22             | Christmas Concert at St Mark's Church, 2pm               |
| Thursday, 8 <sup>th</sup> December 22            | Save The Children Christmas Jumper Day                   |
| Monday, 12 <sup>th</sup> December 22             | Years 3 and 4 Christmas party                            |
| Tuesday, 13 <sup>th</sup> December 22            | Year 6 Christmas party                                   |
| Wednesday, 14 <sup>th</sup> December 22          | Year 5 Christmas party                                   |
| Thursday, 15 <sup>th</sup> December 22           | Christmas Dinner day                                     |
| Wednesday, 21 <sup>st</sup> December 22          | Last day of the Autumn Term                              |
| Wednesday 4 <sup>th</sup> January 23             | First day of the Spring Term                             |
| Tuesday, 17 <sup>th</sup> January 23             | Phonics and reading evening                              |
| Friday, 20 <sup>th</sup> January 23              | Chinese New Year Themed Lunch                            |
| Monday, 23 <sup>rd</sup> January 23              | Dukes Barn week for Year 4 – 4 Orange M-W & 4 Yellow W-F |
| Thursday, 7 <sup>th</sup> February 23            | Safer Internet Day                                       |
| 15 <sup>th</sup> February 2021                   | Half Term Week                                           |
| Tuesday, 7 <sup>th</sup> February 23             | Parents' Consultation Meeting – 3.40-6.30pm              |
| Wednesday, 8 <sup>th</sup> February 23           | Parents' Consultation Meeting – 3.40-6.30pm              |
| Thursday, 9 <sup>th</sup> February 23            | Parents' Consultation Meeting – 3.40-6.30pm              |
| 13 <sup>th</sup> to 17 <sup>th</sup> February 23 | Half Term                                                |
| Monday, 20 <sup>th</sup> February 23             | Inset Day – school closed to pupils                      |
| Thursday, 2 <sup>nd</sup> March 23               | World Book Day                                           |
| Friday, 31 <sup>st</sup> March 23                | Last Day of the Spring Term                              |
| Monday, 17 <sup>th</sup> April 23                | First Day of the Summer Term                             |
| Monday, 1 <sup>st</sup> May 23                   | Bank Holiday                                             |
| Monday 8 <sup>th</sup> May 23                    | Year 6 SATs week                                         |
| 29 <sup>th</sup> May – 2 <sup>nd</sup> June 23   | Half Term week                                           |
| Monday, 5 <sup>th</sup> June 23                  | Inset Day – school closed to pupils                      |
| Thursday, 29 <sup>th</sup> June 23               | Transition Day (Arnold Hill Transition Day 1)            |
| Thursday, 29 <sup>th</sup> June 23               | New Parents Meeting – 6pm                                |
| Friday, 30 <sup>th</sup> June 23                 | Year 6 Arnold Hill Transition Day 2                      |
| Friday, 14 <sup>th</sup> July 23                 | Year 5 Inspire Day at Arnold Hill                        |
| Tuesday, 25 <sup>th</sup> July 23                | Last Day of the Summer Term                              |

