

AVJS Bulletin: 31st March 2023

We have made it to the end of this term and I know that the children are looking forward to the Easter break. Thank you to everyone who submitted an entry into the Easter egg competition - the standard was eggstremely high with some eggcelent egg samples. Judging was really tricky and well done to everyone for entering. The winners and runners up for each class are as follows:

3 White: Winner Isla, runner up Betsey

3 Grey: Winner Sofia, runner up Livvy

4 Yellow: Winner Florence, runner up Sienna

4 Orange: Winner Lennon, runner up Jessica

5 Green: Winner Heidi, runner up Seb

5 Red: Winner Alex and William W, runner up Elliott

6 Purple: Winner Verity, runner up Harry G

6 Blue: Winner Lily, runner up Chloe

You can see pictures of all the entries below.

3 White



3 Grey



4 Yellow



4 Orange



5 Green



5 Red



6 Purple

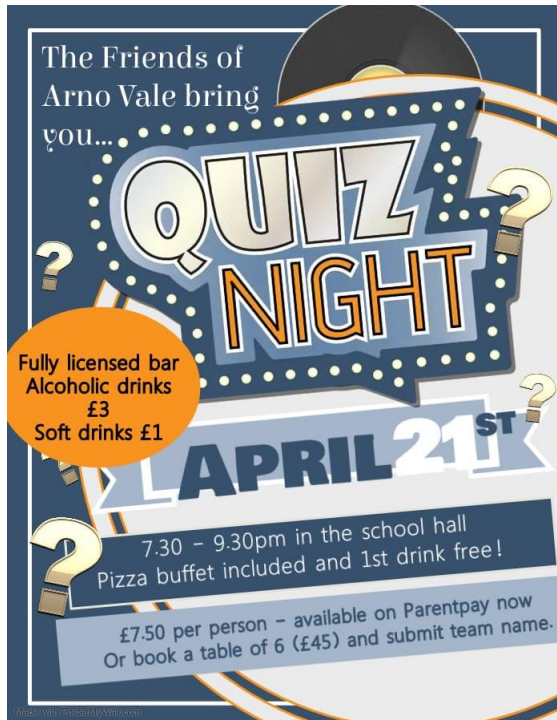


6 Blue



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The FOAV have organised a quiz and pizza night on Friday, 21st April from 7.30pm until 9.30pm in the school hall. Tickets are £7.50 each or you can book a table of 6 for £45.00. The price includes one drink and a pizza buffet. You can book your place through your ParentPay account – we hope you can come!



Last week I sent out the Inset days for next year. Some of you may think that I have made a mistake with the February one as we usually have an Inset straight after the half term break. However, we tie our Inset days in with Woodthorpe Infants and they have booked some training for 26th February which is why our Inset day is then.

On Thursday, 4th May we will be celebrating the coronation of King Charles III with a picnic on the school field. Our catering staff will provide the children with a packed lunch that they can take outside with them; this can be paid for on ParentPay in the usual way that you pay for school meals. Children who normally have sandwiches will be able to take theirs outdoors. The children can also bring in a picnic blanket on that day if they want. We will send a reminder out nearer the time.

If you have some time spare over the lunchtime period and would like to work as part of a small, friendly team, we have a vacancy as a catering assistant to work in our kitchen. You can find more information by following the link below:

<https://www.arnovale.co.uk/vacancies/>

Further on in this bulletin, you will find the lunch menu for the summer term. This is also available on our website.

Online Safety News

We can access new music and movies in seconds. We can get products delivered to our door the very next day. We can chat or play games with people on the other side of the planet. For all of the remarkable benefits the digital age has brought us, however, it's also presented us with a whole new raft of pressures and anxieties that, in truth, we're all still learning to cope with. From continual notifications inflaming a fear of missing out to the risk of public embarrassment or slanging matches on social media, today's children and young people have stresses to manage that previous generations simply never encountered. Our #WakeUpWednesday guide examines these uniquely modern worries, highlighting ways to reduce the anxiety that digital devices can bring. In the guide you'll find tips on reducing push notifications from apps, avoiding social media arguments and spotting when a child's been upset by something online.

Once again, our football teams have been enjoying success this week. Alex W, Alex C, Woody, Charlie, Jamie, Rory, Josh, Joey and Harry S beat Arnold View away 3-0 whilst Lara, Bea, Roisin, Grace, Verity, Maisy, Naomi, Billie, Harper, Rose, Anya and Millie won away against Ernehale; both teams played on Wednesday. Well done to all our players!



Helping children and young people with **MANAGING DEVICE STRESS AND ANXIETY**

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10–15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can put internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Caroline Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – thereby considering some of the more hidden aspects of the various mediums.

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.childencommissioner.gov.uk/press-the-big-risk-big-impact/>
<https://www.nos.gov.uk/people/population-and-community/online-justice/bulletin-child-environmental-justice-uk-english-downloads-your-aid-report-15-2020>



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ARMORABLE CATS MENU							
		MONDAY		TUESDAY		WEDNESDAY	
W/C 17/4/23 8/5/23		W/C 24/0/23 15/5/23		W/C 1/5/23 22/5/23			
PIZZA & WEDGES OR PASTA BAKE _____ SEASONAL VEG _____ CORNFLAKE TART & CUSTARD		BAGUETTES OR PASTA SALAD _____ MIXED SALAD _____ ICED CARROT CAKE		SAUSAGES OR QUORN SAUSAGES _____ MASH POTATO & YORKSHIRE PUD _____ CHOC CHIP SHORTBREAD		LASAGNE & GARLIC BREAD OR JACKET POTATO & FILLINGS _____ MERINGUE NEST WITH CREAM AND FRUIT	
MACARONI CHEESE & GARLIC BREAD OR VEGE NUGGETS & DICED POTATOES _____ APPLE CRUMBLE & CUSTARD		BEEF BURGER OR QUORN BURGER _____ CHIPS & SALAD _____ FRUIT SALAD		GAMMON & ROAST POTATOES OR QUORN ROAST _____ SEASONAL VEG _____ LEMON SPONGE & CUSTARD		FILLED BAGUETTES OR CHICKEN PASTA _____ SALAD _____ BUTTERSCOTCH TART	
VEGAN SAUSAGE ROLLS OR ENCHILADAS _____ WEDGES _____ MARBLE SPONGE & CUSTARD		TURKEY PIE OR CAULIFLOWER CHEESE _____ ROAST POTATOES & SEASONAL VEG _____ ICE CREAM		SAUSAGES & MASHED POTATO OR QUORN SAUSAGES _____ YORKSHIRE PUD _____ JAM TART & CUSTARD		FISH FINGERS OR PEAS/SWEETCORN OR VEGE CURRY, RICE & NAAN BREAD _____ ICE CREAM	
BBQ CHICKEN WRAP/QUORN WRAP OR JACKET POTATO & FILLING _____ SALAD _____ STRAWBERRY SHORTCAKE		FISH FINGERS OR CHEESE PARCEL _____ CHIPS & SEASONAL VEG _____ ICED CUP CAKE					
							

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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
Thursday, 4 th May 23	King's coronation picnic on the school field
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, 22 nd June 23	School Games afternoon (sports day)
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

*Have a great
Easter and we
will see you on
Monday, 17th
April.*

