



School News

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No. 20

9th February 2023

DATES FOR YOUR DIARY


Thank you for your support during our NSPCC Number Day last Friday. As well as the children having lots of fun dressing up, playing number related games and the raffle, we raised an amazing £170 for the NSPCC.

Friday, 10th February - Open Classrooms 3.00 to 3.20pm

Parents and carers are invited to visit their child's class from 3.00 to 3.20pm to see some of the work they have done this term. You are then asked to leave the classroom at 3.20pm and wait on the playground for the children to be dismissed at 3.25pm.

Monday, 20th February - INSET Day SCHOOL CLOSED

Tuesday, 21st February - Start of Term 4

 Wednesday, 22nd February - Starfish Malawi Worship to Whole School & Workshops for Year 5 & 4

Friday, 24th February - Fledglings Worship at 9am in the School Hall

Parents and carers of children in Fledglings are invited to join us for their Class Worship which will be held in the school hall at 9.00am.

Friday, 24th February

On Friday, 24th February, as part of our links with Starfish Malawi, we will be holding a cake sale after school to raise money for our partner school, Kaphatenga Primary School in Malawi. It will follow on from a worship that the children will have had on Wednesday about the charity. The cake sale will be run by the school council and **we would be grateful to receive donations of cakes and biscuits on the day for the sale.**



Friday, 3rd March - World Book Day

We will be celebrating World Book Day on Friday 3rd March. Each class will be taking part in lots of exciting book related activities which will look forward to sharing with you nearer to the time. We invite the children to come dressed up- this year our school theme is 'animals'. Perhaps you'd like to be Hedwig (Harry Potter) Tiger (Tiger who came to Tea) or the Cheshire Cat (Alice in Wonderland)? We can't wait to see your creative costumes! (We are not asking for donations for children who come dressed up.)

INTERNET/ONLINE SAFETY SECTION

Tips for Encouraging Open Discussion about Digital Lives

As part of Internet Safety Day on Tuesday we have been learning all about internet safety in school this week. The children will be sharing their learning with other classes during a special worship tomorrow morning.

At the foot of this newsletter we have included some top tips to encourage open discussions at home around internet safety.

OTHER SCHOOL NEWS



Get set.....we're taking part in Sustrans Big Walk and Wheel!

Eastry School is taking part in the largest inter-school cycling, walking, wheeling and scooting challenge which runs from 20th to 31st March. It's free and we would love everyone to get involved.

The Big Walk and Wheel is a great way to build up physical activity in children's daily routine which is important for their physical health and mental wellbeing. We want to make sure that all children can get involved and we know that it may be more difficult for some pupils to take part than others. For those who live further away we suggest parents park at least 10 minutes walk away from the school to complete their journey. A daily record of those children who have walked, scooted or cycled to school will be taken and if over 15% of the school have taken part we will be entered in to a daily prize draw with a chance to win some amazing prizes for the school. All 10 days will be recorded with the top 5 days deciding the final positions with other primary schools of a similar size.

As well as the chance to win prizes we also hope, by taking part, to do our bit to reduce congestion and air pollution outside the school gates.

SCHOOL WEBSITE

Term Dates

Both the current year and the next academic year term dates can be viewed on the school website. These can be found under the 'Parents' tab or by using the following link;

<https://www.eastry.kent.sch.uk/termdates>

Kind regards

Mrs Sarah Moss
Headteacher

AFTER SCHOOL CLUBS

Week commencing 20.2.2023

AFTER SCHOOL CLUBS	
Week commencing 20.2.2023	
MONDAY	
Ballet (3.30 to 4.15pm)	No
TUESDAY	
Dance Club (3.30-4.30pm)	Yes
WEDNESDAY	
Creative Station (3.30-4.30pm)	No
Home Learning Club (3.30-4.00pm)	No
Netball Club (3.30-4.15pm)	No
THURSDAY	
Singing Club (8.00-8.35am)	NO
Multi-Sports Club (3.30-4.30pm)	Yes
FRIDAY	
Football Club (3.30-4.30pm)	Yes

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



National Online Safety®

#WakeUpWednesday