

Friday 2nd December 2022

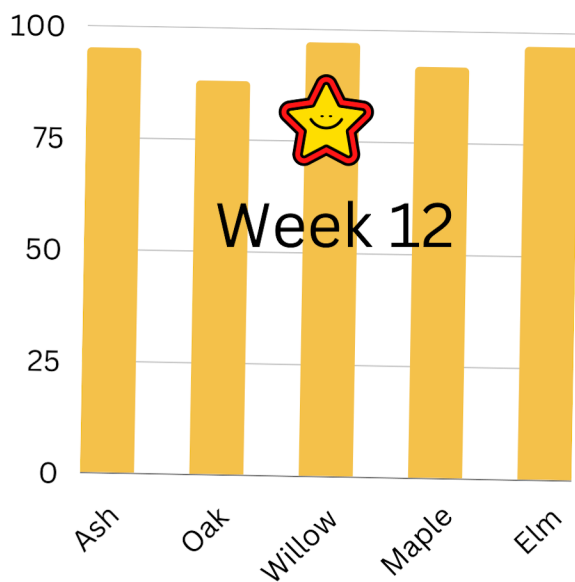
# Newsletter



## Highlights

- We had a fabulous Christmas Fair yesterday – thank you for all your kind donations and also for coming along and taking part in the games and activities. We raised £647.50!
- Rehearsals for Christmas productions are going well; we are excited for you to see our pupils perform!
- We took a huge amount of toys down to St. Oswald's this morning to donate to the Kensington Foundation – thank you so much for supporting this amazing charity.

## Attendance



Our whole school attendance for this week was **93.4%**.

The class with the highest attendance was Willow with 97%, closely followed by Elm with 96.8%.

The focus of this week's newsletter will be on the events we have in school over the next two weeks.

## Toy Service:

We have a group of children taking part in the Toy Service at St. Oswald's Church on Sunday. Families are welcome to attend this service. Pupils should meet Mrs. Simpson at church at 10:15am.



## Bethlehem Bake-Off:

The dress rehearsal for this performance will be on Wednesday 7th December. Tickets for the performances at 2pm and 6:30pm on 12th December should now have come home. For the afternoon performance, the hall will be open from 1:45pm.

In the evening, please can pupils arrive at school at 6pm to change into their costumes. The children who are wearing a Christmas jumper will come to school ready for the performance. Please can you arrive and depart from the main entrance to school.



## Knott-End Christmas Lights switch-on:

This event is tomorrow in Barton Square. Our school choir will be performing at 4:15pm. They will need to meet by the clock tower at 4pm. Please can they wear school uniform but make sure they are well wrapped up in warm coats with hats and gloves as it will be freezing!

The choir will also be singing at Kepplegate House Care Home on Tuesday 13th December at 10:30am. They will walk there and back with staff from school.

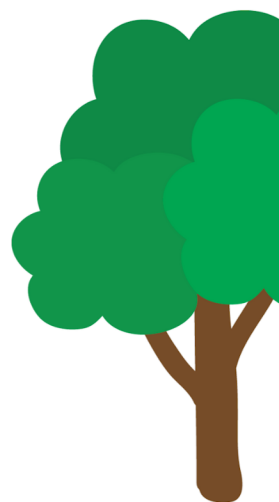


## The Bossy King: (Pre-School and Reception)

The dress rehearsal will be on Monday 12th December at 10am and the performance will be on Tuesday 13th December at 10am. The school hall will be open to parents from 9:45am.

## Christmas Jumper Day

All pupils can wear Christmas jumpers on Wednesday 14th December with black leggings or joggers. This is also our whole school Christmas lunch day – this will be bookable on next weeks' lunch form.





## Class parties

Each class will be having a Christmas party in the last week of term. Class teachers will send out information on when this will be and any other details.



## Rock Steady Concert - Friday 16th December 9:30am

Parents are invited to watch the children perform in their bands in the school hall. There will be some other musical performances.

We finish for the  
Christmas  
Holidays at  
**1:30pm** on  
**Friday 16th  
December.** We  
return on  
Wednesday 4th  
January.



## Christingle Service

All KS2 pupils will be taking part in the Christingle Service at St. Oswald's Church on Wednesday December 14th at 6:30pm. Parents are welcome to attend.

Pupils need to be in full school uniform; pupils with long hair **MUST** have it tied back (for safety reasons). Girls with long hair should have their hair in a bun. Please can they arrive at 6:15pm. The Children's Society donation envelopes will be sent home in advance, and these are to be returned, where possible, to church at the event.



## Lancaster on Ice Trip - Thursday 15th December

The Year 5 and 6 pupils who are going on this trip will need to be at school for 8:45am. The children can wear their own clothes suitable for ice skating; layers of cloths to keep them warm, we advise against denim, gloves and a waterproof coat are **essential** as this is an outdoor event. Pupils will not be allowed to skate without gloves to protect their hands. Pupils will need a disposable packed lunch - children on school dinners will have a school packed lunch. Return to school before the end of the school day for usual collection.



Here are the fun packed activities planned for next week in the Woodland Den

Date	Activity	Snack
05/12/22	Laptops & iPads	Biscuits
06/12/22	Christmas Craft & Christmas music	Toast and Jam
07/12/22	Dot to dot and colour by numbers	Crackers & Breadsticks
08/12/22	Pyjamas/onesies & mini film night	Bring your own snacks
09/12/22	Kids Choice	Hot Chocolate



This week in The Woodland Den we have made Christmas Cards for our loved ones and played games with our friends.

After School Club is available to book through ParentPay; there are 2 session choices - half session until 4:30pm or full session until 5:30pm. If you require a later pick up time, please speak with Mrs Adams in the office.

Breakfast Club is available to book through ParentPay too. There are 2 session choices - 7:30am drop off, or 8am drop off. Please ensure pupils are **not** dropped off at school **before** **7:30am**.

Details of costs can be found on ParentPay, or call school on 01253 810324.







**Saturday 3/12/22** - Choir singing at Knott End Christmas Lights Switch On (4pm)

**Sunday 4/12/22** - Toy Service 10:30am St Oswald's

**Monday 12/12/22** - Years 1 - 3 Christmas performance in school; 2pm and 6:30pm (Year 4 will support the singing)

**Tuesday 13/12/22** - Pre school and Ash class Christmas performance in school; 10am

**Tuesday 13/12/22** - Choir singing at Kepplegate

**Wednesday 14/12/22** - School Christmas Lunch (details to follow), Christmas Jumper Day

**Wednesday 14/12/22** - Final swimming session for Year 4 & 5

**Wednesday 14/12/22** - Christingle Service at St Oswald's Church - KS2 pupils 6:30pm

**Thursday 15/12/22** - Lancaster on Ice trip (Year 5/6)

**Friday 16/12/22** - Rock Steady Concert (9:30am)

**Friday 16/12/22** - School close for Christmas (1:30pm)

**Saturday 17/12/22** - Choir singing at Knott End Library (am)

**Tuesday 3/1/23** - INSET

**Wednesday 4/1/23** - School opens for all pupils

## Lunches

Please complete the lunch form for ALL pupils in school

<https://forms.office.com/r/exTQMJtN>

LL



Meet at the park at 8:25am to leave at 8:30am



## FITNESS FRIDAY

WALK TO SCHOOL WITH US ON A FRIDAY TOO!

MEET AT THE PARK AT 8:25AM WE LEAVE AT 8:30AM





# 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 Sarwar-Azim 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.



Sources: <https://www.bbc.co.uk/news/technology-6324805>  
<https://prousocial.com/insights/social-media-algorithms/>

**NOS**  
**National Online Safety**  
**#WakeUpWednesday**