

Friday 31st March 2023



# Newsletter

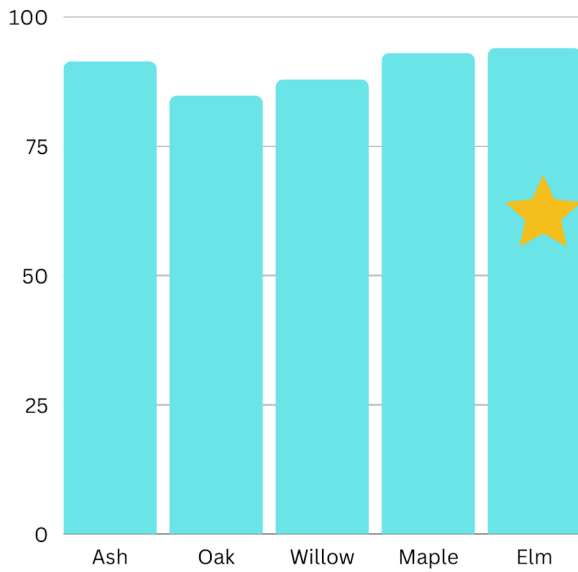


## Highlights

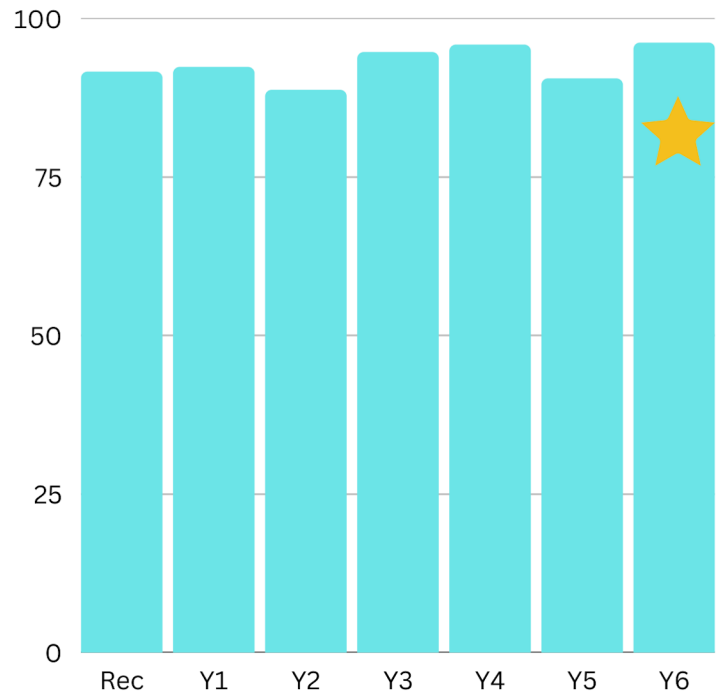
- On Thursday Father Peter led our Easter Service at St.Oswald's Church where we were joined by parents, grandparents and governors. Each class did an individual presentation which altogether, retold the Easter story. It was a beautiful service which clearly demonstrated the joy and sadness associated with the death and resurrection of Jesus.
- Matilda – the pupils who have attended Miss Gemma's musical theatre club put on a spectacular performance for parents. The children have clearly enjoyed this experience and were able to demonstrate their singing, acting and dancing skills.
- Sharing of homework tasks – the children brought in their homework this week and each class had a chance to showcase the tasks they have completed. There were some outstanding examples!



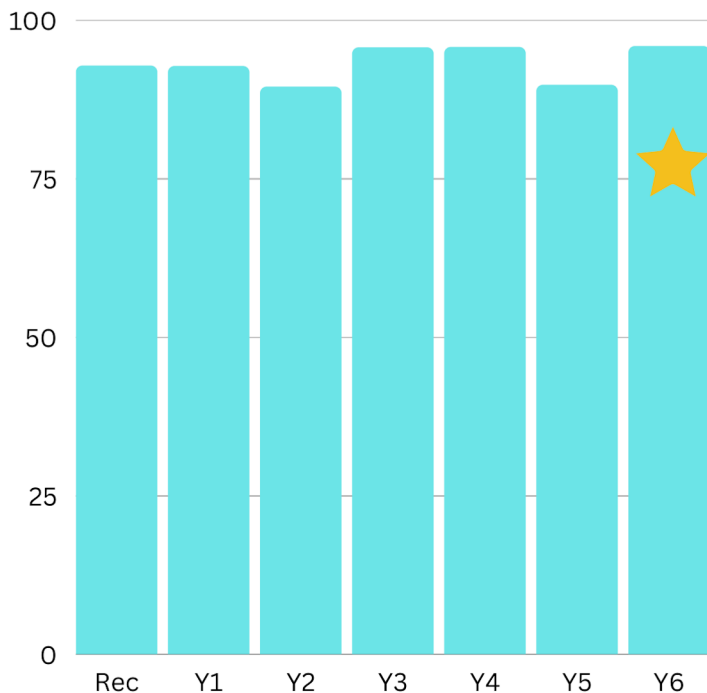
# Attendance



The whole school attendance for this week is 89.9%, with Elm having 93.9% attendance this week.



Attendance broken down by Year group for the academic year to date is broken down on the right - Year 6 have an average of 96.13% attendance. The whole school figure for the year to date is 92.79%.



Attendance broken down by Year group for the term is broken down on the left - Year 6 have an average of 95.88% attendance, closely followed by Year 4 with 95.73%. The whole school figure for the term is 93.04%.

# CELEBRATING SUCCESS

Two of our pupils from Oak Class enjoyed success with their Wyre Juniors team on Saturday. They won their Semi Final and now look forward to playing at Bloomfield Road, home of Blackpool Football Club in May.



## Headteachers awards - Spring 2



Don't forget to send in your out of school successes! Email [head@fleetwoods.lancs.sch.uk](mailto:head@fleetwoods.lancs.sch.uk) or [bursar@fleetwoods.lancs.sch.uk](mailto:bursar@fleetwoods.lancs.sch.uk)

## Mr Wells

We had a special assembly for Mr Wells today. The pupils sang his favourite song 'My Lighthouse' and presented him with some gifts.

Mr Wells has dedicated his teaching career to teaching pupils at Preesall Fleetwood's Charity School and we are grateful to him for everything he has done during this time. We wish him best wishes for the future.

## Uniform

After the Easter holidays, pupils are allowed to wear summer uniform. This comprises of a red and white checked summer dress or black shorts with a white polo shirt. PE kit should still be worn on PE days (see timetable). All pupils must wear black school shoes, not trainers, unless it is PE. Hair accessories should be in school colours – red, white or black. Pupils with long hair must have it tied back.

Please can you make sure pupils wear school PE kit and not items of non-uniform. This is a red t-shirt, black shorts, leggings or joggers and their red PE hoodie, sweatshirt or cardigan.

## Homework

If your child has not managed to complete any of their homework tasks this term, please try to do one or two in the holidays. They can bring them to show me after the break.

It is recommended that pupils in Year 6 keep working through their SATS practice materials through the holiday to ensure they are well prepared for the forthcoming tests.

## Lancashire Reading Challenge

On Monday we had Jo from Knott-End Library come to school to present Ruby Davies with an award for completing the Lancashire Reading Challenge. Ruby was presented with a signed copy of a book which she had selected. This is a great way to encourage your child to read- there are different levels and prizes along the way. Just visit the library to sign up. I cannot emphasise enough how important it is for pupils to practise reading each day. There are a number of pupils in school who are not yet at the expected level for their age in reading so support from home is essential.

## Start of the school day

Please can you ensure that pupils do not arrive at school before 8:50am. Before this time they will be unsupervised which is a potential safeguarding issue.





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

Please book on via ParentPay - sessions run until 4:30pm (half session) or 5:30pm (full session), and all children are provided with a drink and a snack. Booking closes 48 in advance online, but contact the office if you need a last minute place in the afterschool club.

<b>Date</b>	<b>Activity</b>	<b>Snack</b>
17/04/23	Kids Choice & Board Games	Toast & Jam
18/04/23	Craft – Ramadan	Raisins & Biscuits
19/04/23	I-pads and Lego	Crackers & Breadsticks
20/04/23	Board Games	Waffles
21/04/23	Outdoor Games	Snacks

## Dates for your diary

**Monday 17/4/23** - School reopens

**Monday 1/5/23** - Bank holiday (school closed)

**Monday 8/5/23** - Bank holiday (school closed)

**Tuesday 9/5/23 - Friday 12/5/23** - Year 6 SATS

**Tuesday 23/5/23** - Sports' Day

**Thursday 25/5/23** - School closes for half term

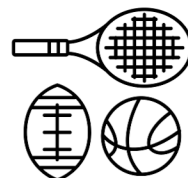


## Lunches

Please complete the lunch form for ALL pupils in school  
<https://forms.office.com/r/exTQMJtNLL>

# CLUBS

Day	Club	Details	Contact
Monday	Gardening 3:30pm – 4:30pm		j.crompton@fleetwoods.lancs.sch.uk or noxley@fleetwoods.lancs.sch.uk
Tuesday	Laura Sandham School of Dance lessons  ---  Snazzy Science Explorers 3:30pm – 4:30pm	Pre school, Ash and Oak Dance and movement – £3 per class  ---  Open to Reception class Starts Monday 17th April	gcocker@fleetwoods.lancs.sch.uk  ---  mmoore@fleetwoods.lancs.sch.uk
Wednesday	Laura Sandham School of Dance lessons	Skills & Styles and Acro Dance classes as per the timetable – £4 for 45 min class	gcocker@fleetwoods.lancs.sch.uk
Thursday	Cheer Club	Open to Year 3 – 6 Starting 4th May	gcocker@fleetwoods.lancs.sch.uk
Friday	Netball 3:30pm – 4:30pm  ---  Year 5/6 Football team training	***full***	***full***



# PE AND FOREST

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Ash				✓	✓ (PM)
Oak	✓				✓ (AM)
Willow	✓				✓
Maple		✓	✓		
Elm			✓		✓



Forest



PE (please wear PE kit)

## EASTER Chocolate Bingo Fundraiser

All proceeds go towards the community fundraiser to place a set of binoculars at Clarence Avenue; <https://gofund.me/12ea5e7c>

Raffle • Bar Open • Tombola

4<sup>th</sup> April 2023

Doors open 6pm – eyes  
down 6:30pm

Knott End Social  
Club, Salisbury  
Avenue

> £1 entry per family, children welcome <

PREESALL AND  
KNOTT END GALA

## Family Night Fundraiser



Glitter Tattoos

Face Painting

Food available to purchase

\*\* Donations needed for Tombola/raffle please contact Vicky Schmierer on Facebook or 07568585149 \*\*

Chocolate Tombola

Raffle

Games

Raffle Tickets - 5 tickets for £1

Kids DJ • Children's Games • Kitchen open  
• Entry £3 per group

14<sup>th</sup>  
April  
2023

6:30pm till  
10:30pm

Knott End  
Social  
Club,  
Salisbury  
Avenue

All funds go towards the gala so come along and join in our fun, can't wait to see you all!

# 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.

### 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 get 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.

### 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.

### 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.

### 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.

### 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 Carole 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 – often by considering some of the more hidden aspects of the various mediums.



**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.onsg.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales-years-ending-march-2020>



# EASTER SPORTS CAMPS

(MONDAY 3rd APRIL - THURSDAY 6th APRIL)  
(TUESDAY 11th APRIL - FRIDAY 14th APRIL)



## Carleton Green Primary (FY6 7TF)

**FULL DAY (£14.00 PER DAY):**

**TIME: 09:00-16:30**

## Shakespeare Primary (FY7 7LL)

**FULL DAY (£12.50 PER DAY):**

**TIME: 09:00-16:30**

## Fleetwood's Charity School (FY6 0NN)

**FULL DAY (£12.50 PER DAY):**

**TIME: 09:00-16:30**

## Poolfoot Farm (FY5 4HX)

**FULL DAY (£12.50 PER DAY):**

**TIME: 09:00-16:00**

**Ages: 5-12 years**

**(4 year olds are eligible for half days  
AM or PM at half the price!)**

- Multisports, Games & Activities
- Fun Competitions Every Day
- Weekly Prizes
- Daily Themed Sessions

**BOOK HERE >**  
OR SEE WEBSITE BELOW



**TO BOOK YOUR PLACE VISIT: [FTCT.EZFACILITY.COM](http://FTCT.EZFACILITY.COM)  
FOR ANY INFORMATION CONTACT: [COMMUNITY@FLEETWOODTOWNFC.COM](mailto:COMMUNITY@FLEETWOODTOWNFC.COM)  
OR CALL: 01253 208 442**