

Term 3 Week 3 & 4

Big Question: Can we investigate?

Key person: Jane Goodall

Almost there!

The children have had an action-packed term and next week will be no different! We will be celebrating Children's Mental Health week and we will also be taking part in Safer Internet Day through a whole school assembly and classroom activities. We would love to hear your views on this year's theme of 'change online' so click on the [link](#). We look forward to sharing our learning with you on 7th February for our Learning Showcase event at 2:00pm (8.45am Nursery).

With best wishes,
Gagle Brook Team



Dates for the diary

February 2024

- 5th - 9th Children's Mental Health week
- 6th Safer Internet Day
- 7th Learning Showcase 8.45am Nursery
2pm Reception – Year 5
- 8th 'Good to be me' dress up day
- 8th School Disco
- 9th End of Term 3

We are so proud of the children and how brilliantly they are demonstrating our ACHIEVE values. Across the school, we have children working together, being inclusive and showing excellence in their work. This is just to name a few! Well done everyone!



Our school is a nut free zone therefore we ask you to only send items of food that are nut free. We have children and staff within school with severe nut allergies.

Peanut butter is not allowed in school. Please remember to check ingredients to ensure there are no nuts e.g. in chocolate spread and cereal bars.

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Achieve Awards

A
WE ARE **AMBITIOUS** AND WANT TO SUCCEED

C
WE WORK TOGETHER AS A TEAM THROUGH **COLLABORATION**

H
WE ACT WITH **HONESTY**

I
WE ARE **INCLUSIVE**, APPRECIATE DIFFERENCES AND MAKE EVERYONE FEEL WELCOME IN SCHOOL

E
WE CARE FOR OUR **ENVIRONMENT**

V
WE SHOW **VALIANCE** AND COURAGE WHEN FACED WITH A CHALLENGE

E
WE AIM FOR **EXCELLENCE** IN ALL THAT WE DO

Week 3

N	Rafi
R	Eleni
Y1	Jacob
Y2	Aiden
Y3	Gabi
Y4	Alma
Y5	Seth
Nest	Logan

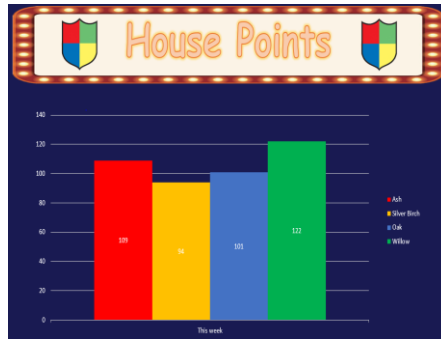


Week 4

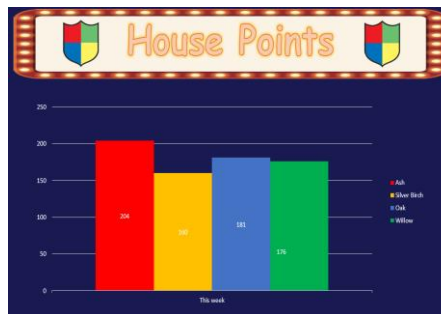
N	Emily
R	Tancredi
Y1	Brooke R
Y2	Lia
Y3	Aslihan
Y4	Riley
Y5	Grace
Nest	Hunter



House Points



Week 3 winner: **Willow**



Week 4 winner: **Ash**

Sports Award

Teddy (Y2)
Sienna (Y4)



Attendance Award

Week 3: Turtles Class
94%

Week 4: Hedgehogs Class
97%





www.oxpcf.org.uk



info@oxpcf.org.uk

Anonymous OxPCF Special Educational Needs and/or Disabilities Family Survey

The Oxfordshire Parent Carers Forum (OxPCF) is delighted to run its first comprehensive school survey to gather the experiences of families of children and young people in the county with Special Educational Needs and/or Disabilities (SEND). If your child or children have SEND or additional needs, are aged 4-18 (school age, up to and including Year 13), please complete the survey via the link below.

<https://www.surveymonkey.com/r/CCY2ZQ3>

Please complete one survey for each individual child.

- Each survey should take approximately seven minutes to complete.
- The survey closes at 7pm on Thursday 29th February 2024
- The survey can be completed via a mobile device, tablet or laptop/PC, however if you require a paper copy (including large print) please email sarah.karnik@oxfsn.org.uk and we will be happy to facilitate this for you.

OxPCF is also looking to gather more detailed experiences and views from Oxfordshire parent carers of children with SEND or additional needs. If you would like to provide a more detailed account of your experiences within schools, or require any further information, please email: sarah.karnik@oxfsn.org.uk

See full letter attached along with this newsletter.

School News

Gagle Brook Safer Internet Day Survey 2024



Healthy Eating

Healthy Snacks at Breaktime

We encourage all children to bring in a healthy snack for morning break.

Below is a list of healthy snack suggestions to give an idea what to send in with your child:

- Fruit
- Vegetables
- Nut Free Granola Bars
- Rice Cakes/Breadsticks
- Malt Loaf
- Cheese/Crackers
- Yoghurt
- Unsalted Popcorn

All children in EYFS and KS1 have a fresh fruit or vegetable choice available at breaktimes.

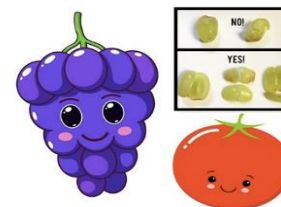
We politely request that children do not bring in chocolate bars, crisps, sweets or biscuits for playtime snacks.

Thank you for your support with this.

Food Safety

Grapes & Cherry Tomatoes

If you send your child into school with grapes or cherry tomatoes can you please cut them in half or quarter lengthways to stop them being a choking hazard



When sending your child into school with a snack or packed lunch please remember we are a nut free school, so do not send any food in that might contain nuts.

Examples of food that might contain nuts:

- Chocolate spread sandwiches
- Peanut butter sandwiches
- Fruit & cereal bars that contain nuts
- Certain chocolate bars
- Nutella
- Sesame seed products including rolls
- Cakes or biscuits that contain nuts
- Pesto

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Inspiring
change?

Making a difference

managing influence

and navigating
change online



DIGINEWS

Click on this link to find out what SID is all about this year:

EYFS/ KS1 <https://www.youtube.com/watch?v=X0ORbbSUB-A>

KS2 <https://www.youtube.com/watch?v=hNzqAWiDaCY>

Parents <https://www.youtube.com/watch?v=SD5KW6dqnv0>

This year the campaign is focusing on change online, which includes:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act online and offline

Southwold are amazing online citizens!

Throughout this week, we have all enjoyed celebrating Safer Internet Day! Our school took part in an exciting 'ParentZone National Assembly' and our PLT created and recorded an assembly for key stages to watch. Each class had fun completing lots of practical activities. After half term, we can't wait to share some of this week's work with you.

Some tips about technology from NOS...

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 devices which we believe trusted adults should be aware of. Please visit nationalonlinecollege.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS for young people

7 You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you would hand them a key to your house and let them in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much gaming time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings. Instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others and do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

Meet Our Expert

Dr Claire Sutcliffe is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety programmes. She has worked with various educational partners and carried out research for the Australian government comparing internet use and seeing behaviour of young people in the UK, USA and Australia.

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What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of new stories (many of them negative), images and influencers' posts can create negative emotions (stress, uncertainty and FOMO (fear of missing out)). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't usually renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise, hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

KEEP SCROLLING

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from the activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

NIX NOTIFICATIONS

Stop knee-jerk responses of the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch your attention and lure you back to our device, giving them a boost – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

Meet Our Expert

Rebecca Jennings has more than 25 years' experience in the field of education, with most health-related work (BSC). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on BSW for the Department of Education.

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