

NEWSLETTER

Welcome to our third school newsletter of the academic year 2023 to 2024. We aim to share our newsletter on a bi-weekly basis to give you up to date information and reminders about things happening within our Greet family community.

Lunch Menu Plans

We are launching our School Lunch menu review as of next week, as promised. Yesterday I met with our newly appointed School Councillors who came up with some brilliant ideas. Please see the plan for improvement at the bottom of the newsletter.

I would like to invite parents to help with this. We need 4 parents. 1 parent from Reception, 1 Parent from Y1/Y2, 1 parent from Y3/Y4 and 1 parent from Y5/Y6. If you are able to join the panel please email me: t.yasmin@greet.createpartnership.org.uk. The first parent to email me from each year group will be chosen.

Food & Craft Fair

Miss Williams and I are passionate about women and entrepreneurship. We believe it is important to encourage all children to explore a wide range of careers. We know that several women in our community are skilled in arts, crafts and catering. We would like to support local Women in Business or those who are aspiring to share their skills.

We are thinking about setting up After School Stalls for parents and guardians (women only). We would be looking to charge a set fee for the use of a table. It will be outside under the covered area at the back of the main hall.

If you are interested please email me: t.yasmin@greet.createpartnership.org.uk

Parent Drop-Ins

Come along and meet other parents, have a chat and grab a cuppa

Tuesdays Parent Cafe - 8.45am - 9.45am (pre-school children welcome)

Thursdays Curry & Chaat - 2.30 - 3.15pm (free lunches to parents and family members of Pupil Premium pupils)

Fridays Stay & Play - 9.00 - 10.00am (for parents with babies, toddlers and pre-school children)

Greet Attendance

Below are the attendance champions from last week.

Year group	Attendance	Class	Attendance
Year 6	96.01%	4RM	99.14%
Year 4	95.96%	5DH	98.6%
Year 2	94.85%	6SW	97.78%
Year 5	94.23%	2UT	97.2%
Year 3	92.18%	4RI	97.13%
Year 1	90.95%	6SB	96.97%
Reception	88.2%	6SK	95.83%

House points

Congratulations to all the children in **Harewood** who are our house points winners this week.

1st – Harewood

2nd – Cadbury

3rd – Yousafzai



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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Sources: <https://www.bbc.com/news/india-61040000> <https://www.thetimes.com/tech/supporting-your-child-with-upsetting-content> <https://www.zeitungsonline.de/news/like-your-children-about-conflict-and-war>

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TIMELINE FOR CHANGE OF MENU AT GREET

Week Beginning	Action	Who will be involved	Who is responsible
9 th October	Meet with School Council School Council to design survey for children, staff and parents School Council to design survey for all children. Parents invited to take part in the Menu Design Team	School Council Headteacher Catering Team CMS Catering Team	HT
16 th October	Parent survey to go out to all parents Parents to complete survey Children to complete survey Staff to complete survey New Menu Team selected comprising of 4 parents representing EYFS, KS1, LKS2, UKS2, School Council (Chair & Vice Chair and Y6), HT, DHT, CMS, Catering Team Menu Design Team to meet to set mission, ethos, and values for Healthy Eating		HT
23 rd October	Collate data from survey Present data to Menu Design Team Menu Design Team to plan new menu Catering Team to prep for new menu and test on staff on INSET day	HT School Council Menu Design Team Catering Team	HT
6 th November	New Menu launched Promote New Menu to families Offer trial days to those having packed lunch	HT School Council CMS	HT CMS
27 th November	Carry out survey with children, staff and parents	School Council HT	HT
11 th December	Collate data and review menu with Menu Design Team	HT Menu Design Team	HT
18 th December	Make any changes agreed	HT Catering Team	HT
29 th January	Carry out survey with children, staff and parents	School Council HT	HT
12 th February	Collate data and see if any further adjustments needed	School Council HT	HT