

HEYHOUSES NEWS

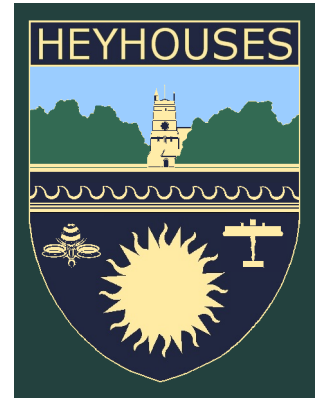
Newsletter Autumn Term November 2023

We will Remember them



Heyhouses was represented at the Blessing of the Poppy Cascade at St Annes Parish Church on Sunday. The poppies have created a stunning piece of art which can be seen from far away. It will help focus our remembrance thoughts and prayers this year.

Poppies are on sale in school in both departments. Please support this worthy cause as we move towards marking Remembrance Day in school.



*"..Many Hands make
a House*

*But many Hearts
make our School."*

- Heyhouses School Hymn



In This Issue

- Future Plans
- Poppy Cascade
- September 2024
- Admissions
- Parentapps
- Online Safety

PTA EVENTS

Friday 17th November: Film Night This will be held straight after school for the children and pick up is at 5:30p.m. The children will be brought to the Westall Hall and the ticket price will include food, a drink and popcorn, as well as the film. Full details to follow.

Friday 1st December

Christmas Disco

4:30p.m –6:30p.m. Infant Disco with a visit from Father Christmas

7:30p.m. to 9:30p.m. Junior Disco

Parents need to choose which disco to attend if they have children in both the infants and the juniors. All children must be accompanied by an adult.

Ticket prices and details to follow.

Ear rings

Following the latest advice from the Health and Safety body in charge of School P.E. and Games sessions we would like to inform parents that the wearing of ear-rings in school P.E. and Games lessons is not allowed. The ear rings can cause accidents where items of clothing or equipment catch on them or in games where there is a high likelihood of physical contact, such as netball or football. It is not enough to tape the ear rings, they can still cause accidents where ear lobes are ripped.

On PE. Days we ask that children who wear ear-rings remove them at home before they come to school.

If the ears have just been pierced and ear rings cannot be removed, different PE provision is required for the 6 weeks, where there is no chance of accidental tearing of the ear rings out of the lobe. Thank you for your understanding.



Poppy Cascade

The children were delighted to be part of the Poppy cascade which has now been hung from the tower of St Annes Parish Church.

What a special occasion!





COMPASSION



'Clothe yourselves with compassion, kindness, humility, gentleness and patience.'

Colossians 3.12

Our new theme for Worship this half term is Compassion.

We will explore the verse from the Bible:

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.



THE COASTAL COLLECTIVE

Working together to achieve more

We are delighted that Heyhouses is now working with the newly formed charity, The Coastal Collective. We are joining with all the other local primary schools to use a £1.5 million grant to improve outcomes for our children and their families. The Coastal Collective will also work on supporting children as they move to Year 7 at our local Secondary Schools.

The new charity aims to provide the following: support for children and families with additional needs or vulnerabilities, promote health and well-being and provide specialist support for both children and their families. All these additional services will be focussed on the FY8 community, our local children and their families.



Words from Natalie Coupe, widow of St Anne's resident, Sgt Nigel Coupe, killed in Afghanistan in 2012.

"It has been wonderful to see the church and the local community come together to create the poppy cascade. Many people have volunteered their time, skill and resources to put together this beautiful tribute to the fallen.

The cascade is a fitting tribute to all those who served, fought and died in conflicts all around the world.

I am sure everyone agrees on the importance of keeping their memories alive and hope that when people look at the cascade they think of their loved ones who served our country and reflect on their lives with happiness."

The cascade is a beautiful and inspiring piece of art, created with love and fond memories of all who have served their country in time of war.

We would like to express our thanks to Mrs Monica Hollows, former Governor of Heyhouses who had the inspiration to create the cascade and to pull together a team of willing helpers. It was wonderful to be involved with the project and the children were moved by the symbolism of the poppies; both red ones for human lives lost and the purple ones for animal lives lost.

Thank you and well done Monica!

The ceremony of blessing was a simple but moving occasion.

We will remember them.



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 military conflicts around the globe, 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.



National Online Safety®

#WakeUpWednesday

Source: <https://www.bbc.com/health/2020/10/20101006> | <https://www.thetech.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



Thank you for Heyhouses C.E. Primary School's new donations raised using easyfundraising



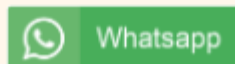
Sign up & help us too

£448 raised so far

39 supporters have joined



Thank you to everyone for raising donations for Heyhouses C.E. Primary School with #easyfundraising! If you haven't signed up yet, it's easy and completely FREE. 8,100 brands will donate to us when you use easyfundraising to do your everyday online shopping - at no extra cost to you! Every donation you raise makes a difference to us so please sign up & share today. <https://join.easyfundraising.org.uk/heyhousesceps/3T0TCP/at/TSX8RX7z/RTND2/facebook/>



Heyhouses C.E. Primary School has been registered with Easyfundraising for many years but we want to raise its profile with all our parents.

Easyfundraising means you can raise FREE donations for us every time you shop online. Over 7,000 brands

will donate to us when you use easyfundraising to shop with them – at no extra cost to yourself!

These donations really mount up and make a BIG difference to us, so we'd really appreciate it if you could take a moment to sign up and support us. It's completely FREE and only takes a moment.

Please remember to use easyfundraising every time you shop online. Over 7,000 brands will donate to us, including all the big names like eBay, John Lewis & Partners, Argos, ASOS, Expedia, M&S, Just Eat, Uswitch and many more! This means you can raise FREE donations for us no matter what you're buying. If you haven't signed up to support us yet, it's easy and completely FREE.

These donations really help us, so it would be great if you could take a moment to get started! <https://www.easyfundraising.org.uk/causes/heyhousesceps>

Or scan the QR code <https://www.easyfundraising.org.uk/causes/heyhousesceps>

Thank you so much! It would be great to have more supporters!

56

What Parents & Carers Need to Know about GROUP CHATS

64

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

74

Advice for Parents & Carers

117

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.



Sources: <https://www.bbc.com/news/technology-56217474>, <https://www.teen.com.au/news/parents-should-know-about-group-chats/>, <https://www.nationalonlinesafety.com/keeping-children-safe/online-safety/social-media/chat-apps/>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 27.04.2022

Starting school in 2024?



Book a Tour of School

Tours of school will be held for parents seeking admission to school for their child in September 2024. These will be taken by the Headteacher and parents will have the opportunity to ask questions.

School Tours at 9:30a.m. on

6th November

13th November

20th November

27th November

Or ring 01253 722014 to book on a tour.

More dates to be added!

It has been lovely to meet lots of people over the last few weeks who are looking at joining Heyhouses, we do hope you do!

The only way to choose a school is to come and visit it in action.

If you know anyone who has a four year old looking to start in September 2024 please tell them about our Tours.



parentapps
Keeping you Connected

**SCHOOL CLOSES FOR
CHRISTMAS ON THURSDAY
21st DECEMBER AT 2:20p.m.
and 2:30p.m.**

Our Parentapps communication system is now up and running.

Attendance

Please remember to use it to tell us if your child is not in school.

The Absence Reporting tab is there on the Home Page.

Please note we are unable to reply to absence messages but we do receive them and they are recorded on our system. Let us know if you are having any problems with our new system.

Safety around school

Heyhouses is a NO SMOKING school, this include NO VAPING.

Please will parents refrain from vaping in the school grounds.

NO DOGS are allowed in the school grounds, even if carried. Please do not brig them with you. There was a serious incident a few years ago where a child required plastic surgery after a dog bit them at the school gates. A dog regarded as always friendly simply reacted to a child patting it. We would like to avoid any more such distressing incidents.



COMPASSION



'Clothe yourselves with compassion, kindness, humility, gentleness and patience.'

Colossians 3.12

Contact Us

Phone 01253 722014

Option 1

Sir John Alcock Building Years 1 and 2 are in the Sir John Alcock Infant building

Option 3

Westall Building

Junior classes and Reception classes are in the Westall building

Option 5