



# INSKIP ST. PETER'S C.E. PRIMARY SCHOOL NEWSLETTER



*Learning, Loving and Living with Jesus*

Keep your roots deep in Jesus Christ the Lord, build your lives on him  
and always be thankful. *Colossians 2:7*

**Compassion Friendship Respect Forgiveness Trust Thankfulness**

**Monday 13th June 2022**

## Year 5 and 6 Curling

Year 5/6 began their five week Curling programme at The Flower Bowling last Friday. They had a fantastic time learning how to move on the ice with the curling stones and how to score points in a game. Please take a look at Upper School's Blog on our website to see lots more pictures.



## School Website

Please take a look at our school blogs and see lots of the inspiring learning your children have been doing in class. Click on the title of the blog to open it in a new window. Please comment at the bottom of the blog posts your thoughts of encouragement for the children to read.

### Lower School

[Releasing the Butterflies](#)

[Middle School's Stories](#)

[Seaside Stories](#)

[Pomegranate Tasting](#)

### Middle School

[Sharing our Lauren Child](#)

[Inspired Stories](#)

[Sounds All Round!](#)

[Trust Games](#)

### Upper School

[Levers & Pulleys](#)

[Year 6 Hoodies](#)

[Curling Week 1](#)

# Christian Values

## HALL OF FAME



### Tom Daley

Tom has become very well known as an expert diver. While still at school he won medals at swimming events across the world.

Happy times - Tom learned to swim when he was 3 years old and to dive when he was 7. Tom's parents soon realised that their son had a great gift as a diver and they did all they could to help him develop his talent.

Difficult times - For many years, Tom's father coached him, but sadly he became very sick and died when Tom was just 17.

Painful times - Like many athletes, Tom has also had to cope with great sadness in his life as well as some serious sports injuries.

**Thankful** times – Tom has been BBC Young Personality of the Year on three occasions. He loves his sport and is full of **thanks** for the people who have helped him to become a first class athlete.

Our Christian value theme this half term is '**Thankfulness**'.

.Here's a way of exploring this theme at home.

### Clean Air Day

This **Thursday 16th June** is **Lancashire's Clean Air Day**, why not support it by **walking, cycling or scootering to school**.

Dr Sakthi Karunanithi, Lancashire County Council Director of Public Health and Wellbeing says "Lots of us use our cars to travel short distances. Petrol and diesel powered vehicles produce chemicals which can damage our health when we breathe them in. To help keep the air around us clean I would like to encourage all of us on Clean Air Day to think about the short journeys we make in our cars and to try walking or cycling them instead. As well as improving air quality, cycling and walking short distances can also be calming for us, it can give us space and time to think, talk to others, and take a short time out of our busy days. If you enjoy it, try it again on other days too!"



### Name Clothing

As the weather becomes warmer we are increasingly finding cardigans and jumpers without names left around school. Please make sure that your child's clothing is named so that we can return it to them. Thank you.

### Topical Discussions

During each week Upper School and Middle School pupils have the opportunity to voice opinions about topical issues. It isn't necessarily their opinion they are saying as we phrase our answers as "Some people might say that..." so that we can appreciate another person's thoughts. Maybe continue discussions of these at home.

Last week's questions included '**Is it important that Marvel have created a Muslim Superhero?**' and '**Should double Knight-hoods be awarded?**'





## Online Activity

We all want our children to be safe online and with that in mind we will be providing you with information about online behaviours, apps and games which will be useful to you in supporting your child to stay safe. This will also support the daily teaching of online safety at school.

This week we inform parents and carers about 'Virtual Reality'. This is fast becoming a popular way of playing computer games.

Please also take a look on our website at [Our Safeguarding](#) page where you will discover a range of links to on-line safety information.

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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about VIRTUAL REALITY

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

### WHAT ARE THE RISKS?

#### PREMATURE EXPOSURE

**13+**

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

#### EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

#### PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

#### SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

#### MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

#### VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

## Advice for Parents & Carers

#### START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

#### NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

#### KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

#### ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

#### RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be; comfort, so you'll know the intensity of the experience; and how much access the game requires to personal information or features like the built-in microphone.

### Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site [gmw3.com](http://gmw3.com) and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.



**National Online Safety**  
#WakeUpWednesday

Source: [gmw3.com](http://gmw3.com) | [enr.org](http://enr.org)

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) | [@natonlinesafety](https://twitter.com/natonlinesafety) | [/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety) | [@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

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Friends Events



The Inskip C of E School Friends Committee is hosting a

# POP UP PARTY

On Saturday 9<sup>th</sup> July from 7pm onwards

We would love for you to come along and join us and you are more than welcome to invite your partners, friends, relatives and neighbours.

The tickets are £20 per person and include a DJ, entertainment, a beautiful hot buffet with Hot Pot / Vegetable Lasagne and desserts, and optional Fundraising activities. The party is for over 18s only and will be held within a marquee on the school field.

We can't sell alcohol on the night but you can bring your own drinks with you.

If you would like some tickets, please visit the school reception desk.

We are writing to invite you to our upcoming **“Pop-up Party” on Saturday 9<sup>th</sup> July** from 7pm until late. This event has been held a couple of times before, pre-pandemic, and was hugely successful!

If you would like some tickets, please return the slip below with your child and we will be in touch. (You can send payment with the slip or wait until you have received your tickets)

Please **spread the word** and we look forward to seeing you there.

Thanks so much, Friends of Inskip.

Name \_\_\_\_\_

No' of tickets required \_\_\_\_\_

Email \_\_\_\_\_

Phone number \_\_\_\_\_

## Dates for the diary:-

Wednesday 15th June	Mr Church, Deputy Head of Broughton visit Yr6
Friday 17th June	MS Trip to Clitheroe Castle
Friday 17th June	US Curling at the Flower Bowl
Friday 1st July	Library Van—Returns Only
Monday 4th July	Yr 6 Induction Day at Broughton High School
Monday 4th July	Move Up to New Class Day!
Saturday 9th July	Friends Pop Up Party
Monday 11th July	Yr 6 Trip to Hothersall
Tuesday 12th July	Yr 6 Trip to Humblescough Farm
Thursday 14th July	Lower School Disco—5pm to 5.55pm
Thursday 14th July	Middle and upper School Disco—6.05pm to 7pm
Friday 15th July	Sports Day from 1.30pm
Tuesday 19th July	School Closes for the children for Summer Holidays

## Clubs:-

MONDAY 13th	8:00am	Breakfast Club ( <b>places must be booked in advance for this day</b> )
	3:30pm	Forest School with Mrs Nash
TUESDAY 14th	8:00am	Breakfast Club
	3:30pm	Club with Mrs Dalton
	3:30pm	Tennis with Simon Ardron
WEDNESDAY 15th	8:00am	Breakfast Club
	3:30pm	Multi-skills Sports Club with Corey from Fleetwood Town
THURSDAY 16th	8:00am	Breakfast Club
	3:30pm	Afterschool Games, Construction and Arts Club with Mrs Welsh
FRIDAY 17th	8:00am	Breakfast Club ( <b>places must be booked in advance for this day</b> )
	3:30pm	Multi-skills Sports Club with Corey from Fleetwood Town



### Birthdays this week

Miss Leyland for 16th June

### Battery Collection

Did you know that you can send your old batteries to school to recycle? **Our next collection will take place between the 20th June and the end of the Summer term.**



### Great Eccleston Show

Tickets available from school at a cost of **£1 each**. We have a few schedule of classes available if you would like one. There are lots of competitions for Adults and children. Come and get a copy of the programme and decide which one you are entering.



## Local Events

YIP's would like to invite you, your family, friends and neighbours to their **Summer BBQ and Fun Day** on **Sunday 3rd July 12-4pm** being held at the YIP's Centre, Inskip.

