



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

Week Beginning Monday 20th February 2023



Fire Safety



Our year 6 and year 2 had visits from the fire safety team. Our Lower School children thoroughly enjoyed dressing up as fire fighters during their Fire Safety talk before we broke up for the half term break. They completed some fantastic role play learning of what to do if there was an emergency and listened to all the different ways that our firefighters help in our communities.



Thursday Sports Club



Our **Thursday after school club** this half term will be **Basketball**. If your child would like to attend this club please let Mrs Dalton know via email.



World Book Day

WORLD
**BOOK
DAY**
2 MARCH 2023

We love encouraging your children to read at school and at home. Listening to the children retelling the stories and describing their favourite parts is wonderful. This year to celebrate World Book Day we will be doing a variety of **whole school book related activities** on the day but we will **NOT** be dressing up in costumes this year.

In the afternoon we are lucky enough to be having the bestselling author **Shane Hegarty** visit our Year 2, 3, 4, 5 and 6 children here in school to talk about his writing and latest book '**The Shop of Impossible Ice Creams Big Berry Robbery**'.



The children will also receive their **£1 World Book Token** for them to swap for a wonderful book. The redemption period for World Book Day 2023 £1 book tokens is from **Thursday 16 February until Sunday 26 March 2023**. Why not take a look at the [World Book Day website](https://www.worldbookday.co.uk/).

Tudor Visit



This **Wednesday 22nd February**, the Upper school children will have an exciting visit from Lancashire Heritage who will be taking the children through an interactive and fun filled journey through the Tudor Age. The children will be able to hear stories about Tudor life and some of the most influential people of that age.

FAITH FRIENDS

A huge **thank you** to **Kelsang Pagpa** for coming in this week to share with our pupils his faith journey as a Buddhist monk.



Christian Values

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

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

TALK ABOUT FORGIVENESS TOGETHER.

Everyone makes mistakes, it's part of being human. Sometimes our mistakes hurt others and then we need to say sorry. Sometimes mistakes made by other people hurt us. When this happens we need to be able to **forgive**. **Forgiveness** can be difficult and costly but without it a new start is impossible. Talk together about:

- A time when you needed to say sorry
- A time you didn't say sorry but wish you had
- A time when you had to **forgive** someone who had hurt or upset you
- How it feels when you are given a new start because someone has **forgiven** you

School Website

We have so much fun learning!

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.

News & Events

[Eco Warriors!](#)

Lower School

[Fire Safety](#)

Middle School

[Torches](#)

[Compositions](#)

[Faith Friends—Revd Paul](#)

[Roman Day](#)

Upper School

[Let's Go Sing—Last Rehearsal](#)

[Safer Internet Day](#)

[Road Safety](#)

[Gymnastic Displays](#)

[Times Table Grand Prix](#)

Parent Governor

We currently have a position for a Parent Governor. Letters will be sent home with your child this week.

Memorial Service

Jim Kings was a governor, including Chair of Governors and a friend of our school for many years and we remember him fondly. A memorial service for him and interment of his ashes will be held at **St. Peter's Church** at 1pm on Thursday 9th March.



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 'How gaming can support positive outcomes'. It highlights a number of potential benefits including a sense of achievement, learning about teamwork and encouraging creativity. Please also take a look on our website at [Our Safe-guarding](#) page where you will discover our 2022-23 new academic year safeguarding.

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 for further guides, hints and tips for adults.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain, that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



National Online Safety

#WakeUpWednesday

Source: https://www.ofcom.gov.uk/_data/assets/pdf_file/0024/234808/childrens-media-use-and-attitudes-report-2022.pdf



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Dates for the diary:-

Monday 20th February	School Reopens
Wednesday 1st March	Secondary School Offers Confirmed
Friday 10th March	Sing Together
Friday 17th March	Library Van
Tuesday 21st March	Friends Meeting
Friday 31st March	School Closes for Easter
Monday 17th April	Primary School Offers Confirmed
Monday 17th April	School Reopens

This Week's Clubs:-

MONDAY 20th	8:00am Breakfast Club 3:30pm Sports Club with Corey
TUESDAY 21st	8:00am Breakfast Club 3:30pm Tennis with Simon
WEDNESDAY 22nd	8:00am Breakfast Club 3:30pm Forest School with Claire
THURSDAY 23rd	8:00am Breakfast Club 3:30pm Sports Club with Corey
FRIDAY 24th	8:00am Breakfast Club 3:30pm Football Club with Corey

Thank you

Thank you to the two families who have recently donated grown out of scooters to our playtime scooter collection. The children are loving them!



Birthdays celebrations missed and this week:



Emily on 3rd February

Leo on 8th February

Oliver on 13th February

Leah on 17th February

Abigail on 20th February

Sophie on 25th February

Mrs Welsh on 17th February