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News Update 10th May 2024

Dear Parents,

Another busy week in school with lots of wonderful celebrations for golden work and achievements.

A special well done for our KS1 and KS2 choirs who have taken part in the Workington Musical Festival today. They have worked extremely hard and we wish them the best of luck. They certainly sound fantastic in rehearsals. I have also attached our termly mental health newsletter with some top tips from Mrs Hayes and our mental health team.

Reminders:

Pro-cycling: Next we our R-Y4 children will be learning to scoot and cycle safely. Key stage 2 children will need to bring their bikes and helmets next week for their slot. Please could they park them up at the right hand side of the office door without obstructing pathways. The days when they need to bring their bikes:

- 3H- Tuesday
- 3W- Wednesday
- 4H / 4W- Thursday

After school club: A reminder that our ASC will be in the Nursery classroom at the front of the room unless there is a note on the door saying they are on the playground in the hall. Please continue to use the Nursery entrance to collect your children.

CELEBRATION TIMES! Our Golden Work superstars this week:

Elias in 2H for super scientific plant work

Y6 Gracie - for great improvement with mathematical knowledge

Y3 Brontay, Roo – brilliant recognition of money

Y5 Evie – great skill when writing a formal text

Y3 Carter – impressive knowledge about the Shang Dynasty

Henry - 5H - Fantastic drawing in art - use of shade and shadows.

Rainey and Phoebe - RW - fantastic independent writing.

Congratulations to Kody 2H who ran his first park run at the weekend. He completed the 5K run in a super time of 35 minutes.

Well done to Ollie in 4W who plays for the Amateurs PAN disability football team. He recently took part in his first football festival at Lakes College. His team won all 5 of their games. Ollie was a great support in all the matches, in particular

showing his nurturing side encouraging team members and looking after those who were injured.

Our year 4 girls - Mabel, Katie and their number one cheerleader Lucy, recently competed in their very first Athletics competition on Saturday at the Sheepmount stadium in Carlisle, representing Copeland Athletics Club. They each took part in long jump, howler and 70 m sprint. They were fantastic all day they tried their very best, they supported each other and supported and cheered for all other athletes.

A fantastic achievement recently for Finn and Max -fell running for CFR at Grisedale. Well done boys.

Help Needed:

Kitchen and Midday bank staff needed: If anyone is interested in helping us out every so often between 11:30 and 1:30 as either Midday or Kitchen Staff, please give our office a call. We are currently looking for people to add to our bank staff to cover sickness etc.

Reading volunteers

'The more that you read, the more things you will know. The more that you'll learn, the more places you'll go.'

Reading is a gift! We are looking for volunteers to help our children go places! We currently have a fantastic reading volunteer in school who enjoys sharing books with our children. Would anyone else be interested in supporting some of our children with their reading? Contact the school office as we would love to welcome you into our school. You could really make a difference!

Gardening Help: Many thanks to those who have offered help to keep our grounds maintained. We will be organising a small group of volunteers to help us over the coming months - maybe just an hour or two, to help weed. If you or any family member would be willing to help us once a month, please let the office know.

Online Safety: WhatsApp is the most widely used messaging platform on the planet, with over two billion users (forecast to become three billion by 2025), across more than 180 countries. The majority of those people (70%) open the app at least once a day – but what exactly are they seeing? Contact from strangers, fake news and convincing scams are all among the service's well-documented hazards.

According to Ofcom, WhatsApp is used by more than half of 3- to 17-year-olds in the UK (including one in three from the 8–11 bracket), despite its 16+ age restriction. If your child hops onto WhatsApp to stay in touch with friends or family, our guide to the service contains the key details you'll need to support them in doing it safely.

Save the Dates:

13th May – all Week – KEY STAGE TWO SATS

13th May – 16th May - Year 5 Residential to York

13th - 16th May – Year Reception ,1,2,3 and 4 – Pro ride Cycling Lessons in School

20th May – 21st May – Year 3 Residential to Blencathra

22nd May – Year 1 Visit to Lorton

24th May – Year 5 – Author Visit to school – Tom Palmer

Half Term Break - School closes on Friday 24th May

School opens for the Summer Term 2 on Monday 3rd June

3rd June – 5th June - Year 4 Residential to Hawse End

10th June – Raefel Construction to visit Year

Jericho Primary School

17th June – 4W – Wild Rivers Visitor to School.

17th June- Reception trip to Lake District Wildlife Park

18th June – 4W – Wild Rivers Visit to Branthwaite Scout Camp

20th June - Y2 trip to Lowther

21st June – Sports Day and Colour Run

24th June – 27th June – Year 6 Residential to London

24th June – 3W – Maryport Aquarium Visit

25th June 3H – Maryport Aquarium Visit

25th June – 4H – Wild Rivers Visit to Branthwaite Scout Camp

3rd July – Year 6 Taster Day at St Benedict's and Whitehaven Academy

Thursday 11th July – Party in the Park

18th July – Y6 Leavers Assembly pm. Leavers Party after school.

Friday 19th July – School Closes for the Summer Break.

School Opens for the Autumn Term - Wednesday 04 September 2024

Dates for 24/25

Autumn Term – Wednesday 04th September 2024 - Friday 20 December 2024

Half Term - Monday 28 October to Friday 1 November

Spring Term - Tuesday 07 January 2025 until Friday 04 April 2025

Half Term Break - Monday 17 February to Friday 21 February

Summer Term - Tuesday 22 April 2025 until Friday 18th July 2025

Half Term Break - Monday 26 May to Friday 30 May

13th June – 14th June – Year 6 Windermere Outdoor Centre – Open Water Swimming and Water sports.



Hello and welcome to the Summer Term!

The focus for this term's Wellbeing Newsletter is the end of the year stresses that affect all of us in school.

This term children in our Year 6 classes will face SATs tests and begin the process of transitioning from primary to secondary school.

Our children in other year groups will also begin to think about moving up to the next class, meeting their new teachers and will also be completing end of year assessments.

Whilst at Jericho, staff will always focus on the positive aspects of testing and children, particularly in Key Stage 1 are largely unaware that they are sitting any sort of test or assessment, we do find that anxiety about getting answers wrong for example does creep in at times. It is important that our children begin to recognise this and know what to do if they are starting to feel anxious about a test or assessments.

What can my child do if they are feeling anxious?

A really quick fix is a simple grounding activity where your child could try to name three things they see, identify three sounds they can hear and move three different parts of their bodies.

Taking a deep breath and tracing up and down each finger of a hand in front of them as they breathe in and out can help to regulate signs of panic.

<https://www.youngminds.org.uk/parent/parents-a-z-mental-healthguide/anxiety/#Howtohelpyourchildoryoungpersonwhentheyfeelpanicky>

What can I do to help my child outside of school?

Top tips from <https://thirdspacelearning.com/>

Direct any questions or concerns you have about SATs to your child's teacher, rather than worry your child with them.

Give your child opportunities to go outside and avoid overuse of screens - this can apply to leisure pursuits as well as how they study.

Try to provide a quiet corner of the house for homework and study, that's as free from distractions as possible.

Encourage your child to talk to their teacher or another adult they trust if they express persisting anxieties about SATs. Remember that a small amount of anxiety is normal and not harmful.

If your child is unwilling to talk to their teacher, talk to them yourself.

Plan something nice and fun for the weekends before and after SATs – this will help your child start the week well and also give them something to look forward to.

Ensure your child is eating and drinking well, and getting a suitable amount of sleep. We are running breakfast club every day next week especially for the year 6 children!

Above all at Jericho we value that our children have tried their hardest and aimed high!

SATS do not:

- Show how talented your child is in PE, Art or Music.
- Show what a good friend they can be; or highlight positive characteristics such as kindness and integrity.
- Provide a final prediction of your child's future school and work life!

Any concerns you have for your children as parents and carers about any aspect of the next couple of months in school, please share them with us!



What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

...MSG ME...

WHAT ARE THE RISKS?

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers

...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know *never* to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRNACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

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.



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