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News Update 13th October 2023

-Dear parents and carers,

KS2 Ipad scheme: Last week I highlighted the advantages of our Ipad scheme. Thank you to all who have supported our iPad scheme over the last 3 years. Our lease will be coming to an end at the end of November and we are currently tendering for new options. We would like to consult with you about options going forward. We will be sending a parentmail form on Monday. Please could I ask that you take some time to complete this?

Harvest Collection: On Monday 16th October we will be holding our harvest assembly in school. Rev Si Walker will be leading this for us. As part of our assembly focus, we will be thinking about how we can support others in our community. On Monday 16th October, we will be collecting any donations to support our Local Food Bank. Please see the information attached with food items that would be useful for the food bank collection.

Bounce class! There are spare adult places for Bounce Class on Wednesday, please contact the school office for further information if you are interested 6-7pm. Book via the Book When

Playground Wall Update: Thank you for bearing with us whilst we have limited access to the building. We have a site meeting with the DFE on Tuesday and the building surveyor will be inspecting the building. We hope that by Wednesday, we will be back to normal as this has been a precautionary measure.

Online Safety: Our children might not be able to pinpoint its location on a map, and they might not fully grasp the historical and political drivers behind the conflict – but in this age where news, images and video can cross continents in seconds, many of our children are now aware of the terrible recent events in Israel. It's a situation, of course, that could cause youngsters extreme distress and worry. Our helpful guide this week contains some valuable pointers for supporting children to deal with upsetting content they've encountered online – whether that's the attacks in Israel, ongoing worries over the environment, or something else entirely. Our tips will assist trusted adults in helping young people to process any negative emotions that they may be feeling.

Harvest Supper and Parents Meetings: It was lovely to see so many of you attend school this week for our Harvest Suppers and our parents meetings. Thank you for all the lovely feedback. I have passed this on to our staff. A special to the kitchen staff, midday staff and those who helped make our suppers run so smoothly. We hope that you all found your first parents' meeting helpful. If you were unable to make it please do contact

the office and we can arrange to meet with you at a later date.

Golden work

Sid in 1H for independent feelings work

Luca, Reece, Winter 1H – brilliant portrait artwork

Charlotte 1H – superb scientific knowledge

Sienna 5H – Geography superstar!

Lily, Izzy and Laylend Y3 – wonderful answers in guided reading

Jacob Y3 – super maths work bridging 100.

Isaac Y3 – amazing joined-up handwriting

Carlson Y5 - super sentence grammar work.

Chloe in RW- Super writing in PSHE

Rex in nursery for independent writing of his name

Isabella 6H – fantastic pottery work

Have a lovely weekend everyone,

Mr Blackwell

TOGETHER

School Harvest Appeal 2023

Help support your local **FOODBANK**
with a food donation this **HARVEST**



Food items we would like you to donate:

Dried Pasta 500g, Rice 500g,
Jam, Sponge Pudding, UHT Milk,
UHT Orange Juice, Tea/Coffee,
Cereals 350g-500g, Baked
Beans, Tinned Soup,
Tinned Meat,
Tinned Veg, Tinned
Tuna, Tinned Spaghetti,
Tinned Fruit, Tinned
Custard or Tinned
Rice Pudding

Working **TOGETHER**
Helping **TOGETHER**
Sharing **TOGETHER**
Stronger **TOGETHER**



Please help! If you can

For more information and downloads go to
www.thefoodbank.org.uk/schools
Contact: Stuart Christian, North Lakes Foodbank, Schools Worker
Email: Stuart@thefoodbank.org.uk Mob: 07733338352





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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.



National Online Safety®

#WakeUpWednesday