

We hope everyone has a lovely Christmas and we will see you back at school on Tuesday 7<sup>th</sup> January.



Create, Adapt and Learn Together  
Manchester Road Primary Academy



## NEWSLETTER 20<sup>TH</sup> DECEMBER

### ATTENDANCE 16/12/24 – 20/12/24

CLASS	SCHOOL ATTENDANCE	LATES
Bumblebee	88.3%	10
Clover bee	92.1%	8
Honeybee	92.8%	1
1A	85.7%	9
1B	94.5%	7
2A	92.9%	7
2B	95.9%	8
3A	92.4%	4
3B	94.7%	6
4A	96.7%	11
4B	91.6%	9
5A	97.3%	9
5B	98.5%	6
6A	94.5%	7
6B	86.3%	15

### LATENESS THIS WEEK

Day	Lates
Monday	27
Tuesday	18
Wednesday	26
Thursday	24
Friday	22
Total Lates This Week	117

Lateness has a massive impact on children's learning. Not only on the children that are late, but also on the children in the classes being disrupted. Please ensure your child arrives at school on time each day.

97% and above Excellent
95% to 96% Attendance is slipping and will be closely monitored
95% or below Poor (high numbers of children are persistently absent)

### EARLY LEAVERS

Day	Early Leavers
Monday	6
Tuesday	6
Wednesday	6
Thursday	5
Friday	2
Total this week	25

### THE SCHOOL DAY

8.35 – 8.50am – Arrive on the school playground

8.40am – Pupils enter school

8.50am – Gates shut & registration

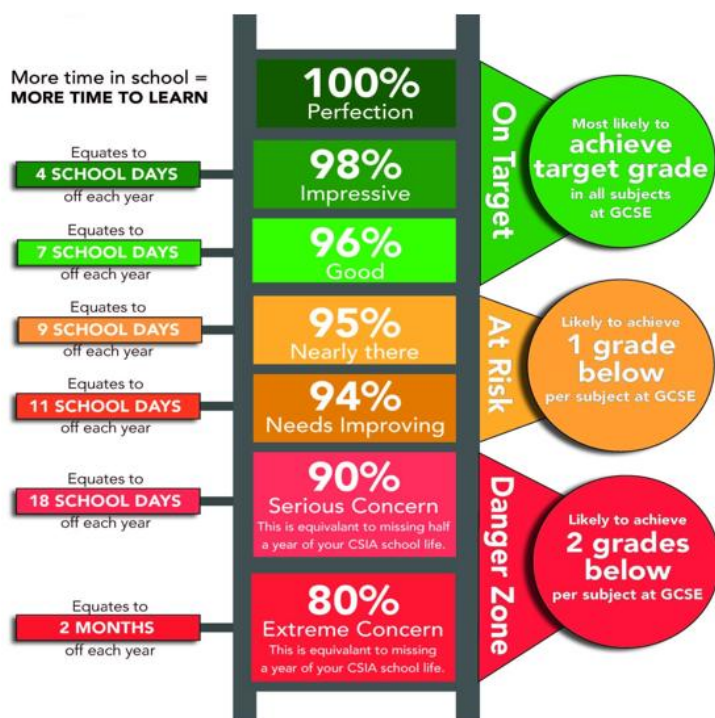
11.45am – KS1 Lunch

11.50am – KS2 Lunch

12.35pm – Afternoon session begins KS1

1.05pm – Afternoon session begins KS2

3.15/3.20pm – End



For every day your child is absent from school over 6 hours of instruction time is lost

# UPCOMING EVENTS

Please note, dates could change for class assemblies. If they do, a message will go out to inform of the new details.

Day	Event
Friday 10 <sup>th</sup> January	4A Class Assembly
Friday 17 <sup>th</sup> January	1B Class Assembly
Tuesday 21 <sup>st</sup> January	Individual & Class Pictures
Friday 24 <sup>th</sup> January	Bumble Bee Class Assembly
Friday 31 <sup>st</sup> January	Clover Bee Class Assembly
Wednesday 26 <sup>th</sup> February	Class 3A: Lowry Trip
Friday 28 <sup>th</sup> February	Class 3B: Lowry Trip
Tuesday 4 <sup>th</sup> March	Y6: Trip to War Museum
Friday 7 <sup>th</sup> March	Y6: Safe Squad
Tuesday 11 <sup>th</sup> March	Class Pictures

**What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH**

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such legal but harmful content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness, recognising when something isn't OK, and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**  
Algorithms rank content by user interest; someone who regularly interacts with sports teams, for example, will see the latest results at the top of their feed. It's important that you know what content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts that reflect their mood will find similar content being suggested to them when they open the app.
- 2. AVOID THE MAIN FEEDS**  
Avoiding the default feeds on social media platforms limits the amount of recommended content they'll see. Users can opt to only follow the accounts they follow, use restricted modes, or turn off posts that they don't want to see. Explore the platform settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**  
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate content, or that your child would recognise content as being harmful. Discuss what they're seeing, what posts they like and what worries you in their content. If you're worried, it could be time for a more in-depth talk on social media.
- 4. LEARN HOW TO HIDE CONTENT**  
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as reporting it. You may prefer any similar material not to be suggested in future. On some platforms, you might also be able to block specific content, specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**  
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other things that are important to off-line life. It's good to set family rules - for everyone to follow - around screen time, such as no screens from bedtime to school the next morning. Tech-free spaces involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**  
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, children need space to exercise their independence, but you can still occasionally peek to see what they're doing. It's important to use and try not to over-judgementalise your child's life.
- 7. TURN OFF PUSH NOTIFICATIONS**  
Even for adults, it's tempting to check email or messages as soon as the alert sound rings. Push notifications encourage us to check our phones and spend time on them. To avoid checking phones all the time, you can turn off push notifications. You can also turn off notifications for specific apps. If necessary, steer them away from any potentially harmful posts.
- 8. USE DEVICES TOGETHER**  
Giving children input - created pictures and complete freedom to use their phones on their own can be a challenge. Consider creating a family agreement on how to use devices, particularly in or around the home. A family agreement can make it much easier to monitor what your child is doing. If necessary, steer them away from any potentially harmful posts.
- 9. ENCOURAGE OTHER ACTIVITIES**  
Mental health professionals often highlight the importance of exercise, quality time with loved ones, and taking part in meaningful activities. Encouraging your child to engage in social media can make it difficult to monitor what your child is doing. Encouraging your child to do other activities that are fun and healthy can help them to feel good. Encouraging your child to do other activities that are fun and healthy can help them to feel good. Encouraging your child to do other activities that are fun and healthy can help them to feel good.
- 10. TALK ABOUT PEER PRESSURE**  
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of making or getting comments, but it doesn't mean your child won't be pressured to post or share anything. Talk to your child about peer pressure, and what to do if someone asks you to provide the support they need.

**Meet Our Expert**  
Nicola Smeeth is a mental health teacher at a specialist primary school and an emotional therapy coach, with over 20 years of experience in the field of mental health and wellbeing. A passionate advocate for vulnerable learners, she is a Fellow of the Government Digital Service and the author of The Rainbow Worry, a book which supports children with SEND needs.

**NOS National Online Safety**  
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety NationalOnlineSafety @nationalonlinesafety

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# DINNER MENU

Here is the dinner menu for the first week back.

WEEK 3	GREEN MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Main Meal</b>	Cheese and Tomato Naan Bread Pizza with Potato Wedges <b>(GLUTEN, MILK, CELERY)</b>	Chinese Chicken Curry with Boiled Rice <b>(GLUTEN, SOYA, MUSTARD)</b>	Roast of the Day served with a Yorkshire Pudding & Roast Potatoes <b>(GLUTEN, MILK, EGG)</b>	Beef Bolognese with Wholemeal Pasta <b>(GLUTEN)</b>	Fish of the Day with chips and a Lemon Wedge <b>(GLUTEN, FISH)</b>
<b>Vegetarian Main Course</b>	Linda McCartney Vegimince Bolognese served with Spaghetti <b>(GLUTEN, SOYA)</b>	Cheese and Red Pepper Quiche with Boiled Potatoes <b>(GLUTEN, EGG, MILK, SOYA, SO2)</b>	Linda McCartney Sausage with a Yorkshire Pudding & Roast Potatoes <b>(GLUTEN, EGG, SOYA, MILK, SO2)</b>	Vegetable Fajita's and a Mixed Salad <b>(GLUTEN, CELERY, MILK)</b>	Cheese whirl and Chips. <b>(GLUTEN, EGG, MILK, SO2)</b>
<b>Vegetables</b>	Beans & Sweetcorn	Diced Swede & Green Beans	Cauliflower & Carrots	Savory Cabbage & Mashed Swede	Baked Beans & Sweetcorn
<b>Dessert</b>	Banana Muffin <b>(GLUTEN, EGG, SOYA)</b> Or Fruit Salad	Lemon Cake Drizzle <b>(GLUTEN, EGG, MILK, SOYA)</b> Or Fruit Boats	Chocolate Shortbread Biscuit <b>(GLUTEN)</b> Or Fruit Kebabs	Apricot Flapjack <b>(GLUTEN)</b> Or Fruit Salad	Strawberry Jelly topped with Mandarins Or Fruit Pots
<b>Selector 1</b>	Pasta Kitchen <b>(GLUTEN)</b>	Pasta Kitchen <b>(GLUTEN)</b>	Pasta Kitchen <b>(GLUTEN)</b>	Pasta Kitchen <b>(GLUTEN)</b>	Pasta Kitchen <b>(GLUTEN)</b>
<b>Grab 'n' Go</b>	Cheese Layered Pasta Pot <b>(GLUTEN, EGGS, MILK)</b>		Tomato and Basil Layered Pasta Pot <b>(GLUTEN, MILK)</b>		Tuna Mayonnaise Layered Pasta Pot <b>(GLUTEN, FISH, EGGS)</b>

Fresh Baked Jacket Potato with Choice of fillings  
Cheese (Milk) Tuna (Eggs, Fish) Beans available daily

Pick 'n' Mix Sandwich  
Sandwich (Wheat, Soya)  
Crudites Pot  
Dessert  
(See daily allergen matrix) available daily

Fresh Bread (Wheat, Soya)  
Cheese & Crackers (Milk, Gluten)  
Salad Selection, Fresh Fruit and Yoghurts (Milk) available daily

