

23rd December 2022

Moorfield News

Responsibility Perseverance Compassion Thankfulness

Dear Parents and Carers,

END OF AUTUMN 2 and 2022

We finally come to the end of the autumn term and nearly the end of 2022. Reflecting on the past 12 months, 2022 started with us still very much in the midst of Covid-19 and managing our way around the government guidelines. However it has ended with the great news that the DfE is to fund renovation or rebuild of our school. We look forward to hearing about this further in the New Year. I hope by the end of 2023 we have seen suitable progress!

AUTUMN 2 ASSEMBLY

Well done to all of our winners who were celebrated in our Achievers Assembly on Wednesday. We celebrated our half term value of **Compassion**, as well as awards in the key skills of **Phonics, Reading, Spelling, Handwriting, Maths and Home Skills**. Our winners are on the next page.

Lions celebrated as the House Champions for the term with an extra play. Wonderful to see children from Reception to Year 6 playing together. There were balls and bats everywhere! Well done Lion House.

SPRING PARENT CONSULTATION EVENINGS

The week commencing 16th January, our second week back is when we have scheduled our spring term meetings - Tuesday 17th and Wednesday 18th January. We will be contacting you the first week we return so you can book a time. These will again take place in the two school halls and the Kaleidoscope building.

We had intended to introduce Parent Curriculum Drop-ins in the autumn term but unfortunately we haven't been able to fit these into the calendar. We will be introducing these at the end of the spring term. These drop-ins will be an opportunity for you to visit your child's classroom to see the curriculum learning that has taken place across the term.

FREE SUPPORT IN STOCKPORT FOR UNDER 18's

At the end of the newsletter there is an information leaflet that provides contact details for different support groups available for children under the age of 18. If you are concerned about your child in any way there are a variety of different pathways offering support. I hope they are useful.

From 4W to 4W

We say goodbye to Mrs Whittam today and wish her all the best in her retirement. Mrs Whittam has worked across both the Infant and the Junior buildings in her time at Moorfield and we would all like to say a big 'thank you' for all that she has done at our school. We welcome Mr Whitworth to 4W after the break - from Whittam to Whitworth!

AND FINALLY...

I hope those of you celebrating Christmas have a wonderful festive time and that all of the Moorfield community have a relaxing break and a wonderful New Year. Thank you to all the children who gave me a Christmas card, there are too many to mention.

We will see you all back in school on Monday 9th January 2023.

Best wishes,

Paul Anderson
Headteacher

Autumn 2 Half Term Achievers

KT	Reading	Alex K
	Maths	Idris A
	Value of Compassion	Dheer D
KP	Phonics	Jack W
	Reading	Ollie D
	Handwriting	Philip W
	Maths	Franklin V
RQ	Phonics	Jake T
	Reading	Blair P
	Maths	Florence B
	Value of Compassion	Ella S
	Home Skills	Theo T
RS	Phonics	James A
	Reading	Everlyn B
	Maths	Jessica A
	Value of Compassion	Katherine A
	Home Skills	Elijah S
1C	Phonics	Ruby M-K
	Reading	Oliver G
	Spellings	Teddy S
	Handwriting	Charlie L
	Maths	Noah E
	Value of Compassion	Florence B-N
	Home Skills	Logan W
1H	Phonics	Adam J
	Reading	Charlotte F
	Spellings	Daisy P
	Handwriting	Dixon F
	Maths	Bonni B
	Value of Compassion	Harrison M
	Home Skills	Ela B
2JC	Phonics	Lucas N
	Reading	Oliver B
	Spellings	Oliver F
	Handwriting	Harriet Y
	Maths	Isabelle R
	Value of Compassion	Noah M
	Home Skills	Toby P
2CS	Phonics	Jacob B
	Reading	Emilia S
	Spellings	Ellis G
	Handwriting	Alliot B
	Maths	Rosie M
	Value of Compassion	Autumn M
	Home Skills	Ollie D



Autumn 2 Half Term Achievers

3B	Reading	Rory A
	Spellings	Mila-Rose B
	Handwriting	Ava M
	Maths	Darcie B
	Value of Compassion	Freddie M
3C	Home Skills	Rhys Mc
	Reading	Bobby B
	Spellings	Sienna M
	Handwriting	Matilda B
	Maths	Jake G
4C	Value of Compassion	Emily K
	Home Skills	Isla T
	Reading	Matthew F
	Spellings	Lucas L
	Handwriting	Autumn L
4W	Maths	Rako J
	Value of Compassion	Iris P
	Home Skills	Aurayaa Y
	Reading	Ted Mc
	Spellings	Joseph D
5G	Handwriting	Jack R
	Maths	Luke F
	Value of Compassion	Lorren C
	Home Skills	Jason M
	Reading	Isaac H
5SR	Spellings	Isla M
	Handwriting	Esmee T
	Maths	Charlie F
	Value of Compassion	Sophie Mc
	Home Skills	Owen S
6HT	Reading	Mateo A-F
	Spellings	Scarlett C
	Handwriting	Lucy R
	Maths	Milo L
	Value of Compassion	Georgia S
6M	Home Skills	James H
	Reading	Evie K
	Spellings	Daniel K
	Handwriting	Libby Mc
	Maths	James C
6M	Value of Compassion	Mark T
	Home Skills	Alexandra I
	Reading	Macsen B
	Spellings	Phoebe B
	Handwriting	Olivia S
6M	Maths	Thurston K
	Value of Compassion	Sophie Mc
	Home Skills	Tia H



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.

Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.

NOS
National
Online
Safety®
#WakeUpWednesday

Free support in Stockport for under 18s



Available 24/7:

Go online: chat and get advice by signing up at www.kooth.com (ages 10-25)

Call an NHS mental health expert: the team at Pennine Care NHS Trust can be contacted on 0800 014 9995 (all ages)

Call Childline: 0800 1111 or visit the message boards on www.childline.org.uk (ages 0-19)

Things that could help over the coming days and weeks:

Complete a self care plan: download a template from bit.ly/AnnaFreudP (primary school age) or bit.ly/AnnaFreudS (secondary school age)

Join a SHINE group session: meet with other young people weekly and get involved with wellbeing and creative activities. Call 0161 440 0055 or visit the website at bit.ly/shinespt (ages 11-17)

Message ChatHealth: text 0748 063 5227 or visit chathealth.nhs.uk Monday to Friday and get a response within 24 hours from a school nurse (ages 11-19)

Contact your GP: talk about other options, or ask to be referred to the Viaduct Wellbeing Service (ages 11+)

If you need support with LGBT issues: start a webchat with a Proud Trust youth worker by visiting www.theproudtrust.org/proud-connections (all ages)

If you need support with an eating disorder: talk to someone at BEAT by visiting www.beateatingdisorders.org.uk/support-services (all ages)

If you need urgent help: call Hopeline, available between 9am and midnight every day on 0800 068 4141 (ages 0-35)

Find more information by visiting:
bit.ly/under18support



Free apps for young people

These apps have been approved by the NHS and can be found on app stores.



Calm Harm

This app has many functions that help reduce the urge to self-harm



Catch It

Designed by the Universities of Manchester and Liverpool, this app uses psychological approaches to help you understand changes in your mood



Sleepio

An app focused on sleep improvement which has been proven to help people fall asleep quicker. Get started by searching sleepio online and taking their sleep quiz



Feeling Good

A collection of audio tracks which can help you feel better, lift your mood and recover from stress, anxiety and depression



Think Ninja

Targeting 10-18 year olds, this app teaches you how to stay in control of your emotions and works on bettering your emotional and mental health (iOS only)