

# Moorfield News

Responsibility Perseverance Compassion Thankfulness

## 23rd January - 1st February

Classes of the Week: R/KS1: 2GS KS2: 3H  
House of the Week: Wolf  
Pupils of the Week: R/KS1: Sam F KS2: Mason T



## 26th January - 2nd February

KM Adam J	KP Oscar W	RS Daisy-Mae H / Otto W	
1C Florence B	1H Ellis T	2J Connie W	2GS George S
3B Thomas B	3H Jacob N	4C Tlova J	4MC Jake G
5C Bailey B	5SR Harriett D	6G Olly S	6M Sophia M



### Pen License

Andrew Mc	Mila Rose B
Sumayah G	Seb Hales
Dexter H	



### Star Bonds

Charlotte F, Dixon F, Harrison M

### Moorfield Tables



## 26th January - 2nd February

Rec 96%, Year 1 95%, Year 2 96%, Year 3 96%,  
Year 4 95%, Year 5 96%, Year 6 95%



### Headteacher Award

KS1 - Leo S - Responsibility  
KS2 - Oliver B - Responsibility



Dear Parents and Carers,

### CHILDREN'S MENTAL HEALTH WEEK

Next week is Children's Mental Health Week. The theme is 'My Voice Matters' which is about empowering children and young people by providing them with the tools they need to express themselves.



Our PSHE Lead, Mrs Gates will be leading an assembly on Monday to start the week off and all classes will be participating in activities across the week.

We have already included a link on the Parents and Carers page of the school website, under Support for Families. This takes you to the Children's Mental Health Week website.

<https://www.moorfield.stockport.sch.uk/parents/information-for-parents>

There is a page on the website for families which we hope you will be interested in.

## SAFER INTERNET DAY

TUESDAY IS Safer Internet Day and the theme is 'Inspiring Change? Making a difference, managing influence and navigating change online'. There are links here to websites we will be using in school on Tuesday:

- <https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024>
- <https://parentzone.org.uk/beinternetlegends/nationalassembly>

Can I also remind you of the weekly poster we display on this newsletter which supports parents with a range of information around e-safety and the internet.



## CHINESE NEW YEAR

To end the week, we will be celebrating Chinese New Year on Friday. This year is the year of the dragon and all classes will be learning about this Chinese celebration on Friday afternoon.

Our cook, Mrs Burns is preparing a special Chinese dinner at Friday lunchtime. You can choose your Chinese themed meal on LunchHound.



## SPRING 1 ASSEMBLY

We also have our end of spring 1 assembly on Friday morning. If your child has been chosen you will receive a message today. Reception/KS1 9.15am, Year 3/4 10.00am, Year 5/6 10.30am.

## FAMILY SUPPORT—SCHOOL NURSE

Our School Nurse, Rachel Donnelly, has asked that the following information be shared with you.

### Measles Information

Measles is on the rise and the following link will give you information regarding vaccinations <https://www.gov.uk/government/publications/measles-dont-let-your-child-catch-it-flyer-for-schools/measles-information-for-schools-and-healthcare-centres>

**NHS**

# MEASLES

**Don't let your child catch it**  
— get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible\*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

\*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.

**Immunisation**  
the safest way to protect your child

Some common questions about measles and the MMR vaccine are listed on the back of this leaflet

### Answers to some common questions about measles and the MMR vaccine

**Why are we seeing these outbreaks of measles?**  
Measles is a highly infectious disease, spreading quickly from person to person, especially in schools. A child with measles will infect almost all unprotected children they have contact with. Since the end of 2017 there has been an increase in measles globally which has affected the UK. This has resulted in some spread into wider communities, in particular in undervaccinated groups.

**Will there be any side effects to the vaccination?**  
Your child may get the symptoms of measles, mumps and rubella for up to 6 weeks after the vaccination but in a very much milder form. This proves that the vaccine is working and your child is building up resistance to future contact with the viruses that cause the 3 diseases. Not all children show these symptoms but that doesn't mean the vaccine isn't working.

**When are the MMR vaccinations usually given?**  
The best times are between 12 and 13 months of age and again at 3 years and 4 months, with one dose on each occasion. But, if your child wasn't vaccinated then, they can be vaccinated at any age with 2 doses one month apart.

**Should parents in outbreak areas get vaccinated against measles?**  
As with many diseases, once you have had measles, you don't catch it again because you have built up a natural resistance to it. So, if you've had measles or 2 doses of MMR vaccine you do not need to get vaccinated now.

For more information about measles and MMR go to [www.nhs.uk/conditions/measles/](http://www.nhs.uk/conditions/measles/)

**NHS**  
Immunisation Information

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### Startwell Half Term Virtual Events

This link will take you to free sessions that include emotional regulation, sleep, tips for toilet training and more.

<https://www.startwellstockport.co.uk/uncategorized/half-term-virtual-sessions-feb-april-2024/>

### Stockport Family Hubs

These QR code links will take you to the Stockport Family Hub Information Page, where you can find guidance and support available.





## MHSA EVENT

A reminder about our MHSA organised event at Jump Heaven on Thursday 8th February. Please see the flyer below for further information .

MHSA PRESENTS

# HALF-TERM PARTY

TICKETS AT A DISCOUNTED RATE OF **£10**

**JUMP HEAVEN**  
ADVENTURE PARK

JOIN US AT JUMP HEAVEN ON  
**THURSDAY 8TH FEBRUARY**

**4PM TO 5PM - KS1**  
**5PM TO 6PM - KS2**

As this event will take place at an external venue, **all children will need to be supervised by a parent or guardian.**

This event is being organised by the MHSA team, please email them with any queries at [moorfield.mhsa@gmail.com](mailto:moorfield.mhsa@gmail.com)

To purchase tickets, simply follow the below link or scan the QR code

[www.pta-events.co.uk/moorfieldprimary](http://www.pta-events.co.uk/moorfieldprimary)



## ATHLETICS TEAM TRIUMPHANT



Our Athletics Team took part in the Stockport Wide Indoor Athletics Finals at Kingsway School earlier in the week. Not for the first time, they won and brought the trophy back to Moorfield once again.

Well done to all the team who will now be representing Stockport in the Greater Manchester Finals later in the year.

### **PARKING**

I've been asked to contact you by a concerned resident on Conway Drive. If parents could be mindful of others when parking on this road as well as ensuring that children are getting out on the pavement side of the road. We had a near miss recently when a child got out of the car on the roadside and was nearly hit by an other car. Thank you.

### **AND FINALLY .....**

A reminder that next week is the final week of spring 1. We finish on Friday 9th February, returning to school on Monday 19th February.

Best wishes,

Paul Anderson  
Headteacher





# Picture News

## TAKEHOME



## In the news this week

45-year-old Mar Galcerán from Spain has become the country's first elected parliamentarian with Down's syndrome. Maria del Mar Galcerán Gadea is thought to be the first person with the genetic disorder to join a European regional or national parliament. She has been involved with politics since she was 18, when she joined Spain's conservative People's Party. Speaking to the media, Mar Galcerán said she wants to be seen as a person, and not for her disability.

### Things to talk about at home ...

- > Make a list of people you find inspirational. What about them inspires you?
- > Think about some of the places you find leaders (e.g., schools, councils, clubs). For each place, how are the leaders chosen? Share how important you think it is for leaders to be from a diverse range of backgrounds and with different experiences.

### What makes someone inspirational?



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

[www.picture-news.co.uk/discuss](http://www.picture-news.co.uk/discuss)

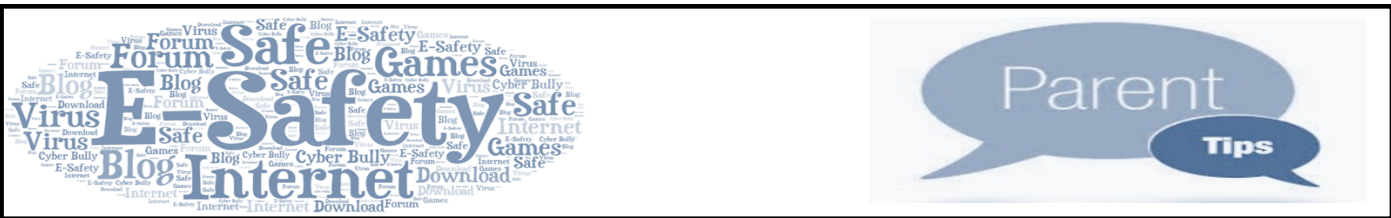


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Inspiring Creative Learners for Exciting Futures  
[www.moorfield.stockport.sch.uk](http://www.moorfield.stockport.sch.uk)

Paul Anderson  
Headteacher





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 [nationalcollege.com](http://nationalcollege.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

**KEEP SCROLLING**

**WIN TO WIN**

**27 new posts**

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety #WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

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# PLAY BUXTON

**February 11th**

**11am - 4pm**

**Octagon Hall - Pavilion Gardens**



**MINECRAFT**

**Free Entry**



**Come and see.....**

**#Photo Op's**  
**#Plug & Play Retro Gaming**  
**#Characters inc:**  
**Mario/Yoshi, Pikachu,**  
**Sonic, Luigi, Tails**  
**& Minecraft Steve**  
**#Stalls & more.....**



LSC



**Monday 12th - Friday 16th February**

9:30 am - 3:30 pm or 8 am - 6 pm



Reception to Year 6



Childcare vouchers &  
tax-free childcare schemes accepted



# THE FOOTBALL FACTORY

**CHEADLE TOWN FOOTBALL CLUB**

Park Rd, Cheadle SK8 2AN

Scan to book



From  
**£21**  
A Day

0800 032 1806

info@wearelsc.co.uk

@WeAreLSC

[www.wearelsc.co.uk/Venues/Cheadle-Town](http://www.wearelsc.co.uk/Venues/Cheadle-Town)





Community  
Trust



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# COUNTY CAMPS

County football training holiday camps are back!  
For both boys & girls aged 5 - 12 years old.



Tuesday 13<sup>th</sup>, Wednesday 14<sup>th</sup> & Thursday 15<sup>th</sup> February, 10am - 3pm | £30 per day or £75 three day offer

What's on offer - fun training sessions lead by qualified coaches,  
visit from Stockport County players and fun competitions.  
Where - Cheadle Heath Nomads, Norbreck Avenue, Cheadle, SK8 2ET

Limited Availability - Sign up now to secure your child's spot! Scan the above QR code to sign up





**POYNTON**  
Sports Club



SATURDAY 10TH FEBRUARY 5.30 - 9pm

# VALENTINE'S FAMILY DISCO

BOOKING  
REQUIRED

£5  
FAMILY  
TICKET

MUSIC AND ENTERTAINMENT

[www.poyntonsports.com](http://www.poyntonsports.com)  
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Poynton • Stockport • SK12 1AG  
Club Manager - Jane Williams 07984 526 534