

Moorfield News

Responsibility Perseverance Compassion Thankfulness

Dear Parents and Carers,

SPRING 2 ASSEMBLY

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

AUTISM AWARENESS DAY

Thank you so much for the support shown today and the many shades of blue on show. We raised an amazing £260 for the National Autistic Society.

CURRICULUM DROP-INS

For those who were able to attend, we hope you enjoyed the opportunity to speak to your child in their class and to learn about their units this term. We hope to repeat this in the summer term. Here are some of Year 3's UK landmark models.

ROAD SAFETY

Year 2, 4, 5 and 6 have all took part in road safety activities this week. Important messages and learning have been shared including looking at local road issues such as those who park on the single yellow, double yellow and zig zag lines around school. The children know all about the dangers of those who choose to park in these places and the risk to pedestrians due to obstructed views. Ask the children and they will tell you—please park away from our school!

SCIENCE SELFIES

Following on from Science Week and the theme of 'Connections' we are asking you to take part in our Science Selfie activity at home over the Easter break. Take a photo of your child engaging in a science activity and send it in to school. Please refer to the letter from Miss Hall and Mr Roffey for further information.

THE GREAT POTOATO COMPETITION

The great potato competition has started and each class has their little spuds in their pots. Let the competition for chips begin!

FOOTBALL

The boys and girls teams played Vernon School in Poynton this week with mixed results The girls team came second in their competition.

AND FINALLY....

We finish for the Easter break today and return to school on Monday 17th April 2023. I hope you all have a wonderful holiday and if you are celebrating Easter then enjoy your chocolate eggs!

Best wishes,

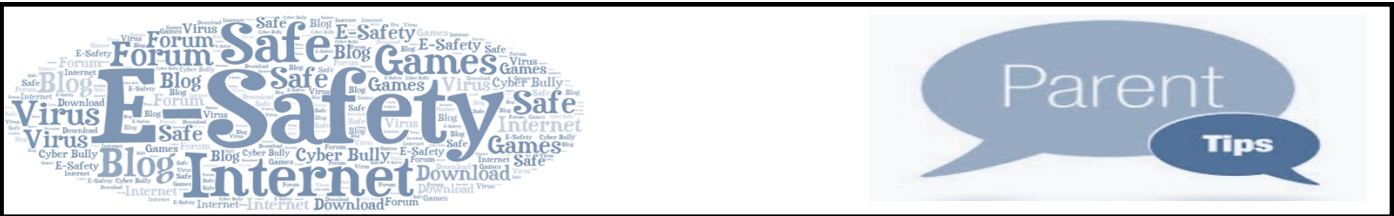
Paul Anderson
Headteacher



SPRING 2 HALF TERM AMAZING ACHIEVERS

KT	Reading	Alex K	3B	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Penelope C Ethan T Cerys H Emily G Lacey A Dexter H
KP	Reading Maths	Lola-Mae H, Nathan B Joseph C, Philip W	3C	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Reggie B Olivia C Emily K Maggie F Halle G Charlotte P
RS	Phonics Reading Maths Value Forgiveness Home Skills	Ellis T Lydia W Cassian O'H Maya P Ivy B	4C	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Maxwell C Abigail O Theo M Ria C Marco M Teddy S
RQ	Phonics Reading Maths Value Forgiveness Home Skills	Evie C Arlo H Harrison H-G Camilia G Pippa H	4W	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Kylah G Alice A Mya T Bailey B Oliver B Hugo E
1C	Phonics Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Connie W Ziah S Charlotte Mc Lexi B Jaxon C Georgia H Sam Mc	5G	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	William F Charlotte J Jaziah S-K Sophie B Isabella E Evan D
1H	Phonics Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Thomas C Hantang W Kyro W Olivia B Edward H Annabelle R Charro B	5SR	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Imogen R Charlie W Libby L Max S Theo S Josh O'D
2JC	Phonics Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills		6HT	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Jensen B Elise A Evie K Thomas J Summer P-F Poppy P
2CS	Phonics Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills		6M	Spelling Reading Handwriting Arithmetic Value Forgiveness Home Skills	Jenson O'H Oliver F Jacob F Fletcher K Oliver S Ela B





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.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carol Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourandwales/yearendingmarch2020>



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FREE
FOOTBALL SESSIONS

NO BOOKING REQUIRED

Places will be allocated on a first come first serve basis.

COUNTY **EASTER HALF TERM** **IN THE PARK** **FOOTBALL SESSIONS** **FOR BOYS AND GIRLS AGED 5-14**

Tuesday 11th April (Trainers only)

Alexandra Park,
Muga Edgeley,
SK3 9RH

11.30am - 12.30pm (Under 9's)

12.45pm - 1.45pm (10 - 14's)

Friday 15th April (Grass only)

St Thomas's Recreation Ground,
Offerton,
SK1 4LP

11.30am - 12.30pm (Under 9's)

12.45pm - 1.45pm (10 - 14's)

Wednesday 12th April (Grass only)

Torkington Park
Hazel Grove,
SK7 6AB

11.30am - 12.30pm (Under 9's)

12.45pm - 1.45pm (10 - 14's)

Places will be allocated on a first come first serve basis.



**Community
Trust**

Get in touch for further details  0161 266 2700  communitytrust@stockportcounty.com