

# RUSHEY GREEN NEWSLETTER



FRESH FRUIT PRODUCE

1 April | 2022

## Focus of the week

- End of term message
- Art & Culture news
- Class assemblies
- Some examples of work
- Half term fun
- Message from the SENCO

## The weekly News

Dear families,

I would like to thank you for your continued support this term.

We have had a very busy term and lots of great things have happened.

Our revised curriculum has been implemented and the children are enjoying their learning. This term we have seen some amazing work from the children.

I hope lots of you were able to see some examples at Parents' Evening.

It has been great that we can now go on Educational Visits and the children have thoroughly enjoyed them this term.

Some examples: Moon Lane Book, Fire station, Science museum and many more.

I look forward to the children adventuring on many more visits in the Summer term. It has been so lovely to watch some of the class assemblies this term - the children have really enjoyed showcasing their learning, I look forward to seeing many more in the Summer term.

Wishing you a restful break.

Look forward to welcoming the children back on:

Tuesday 19<sup>th</sup> April



### EXTRA BANK HOLIDAY

*The Queen is celebrating her Platinum Jubilee for 70 years of service. This year an extra Bank Holiday will be awarded on Friday 3rd June. As this falls within the school holiday. Teachers are able to add an additional day's holiday to the school calendar.*

*This will be taken on Friday 22nd July 2022. The date was originally planned as a training day, the day has now been moved to Friday 10th June 2022. Children will not be required to attend school on this day.*



# Rushey Green Primary school

invite you to their

## Arts and Cultural Festival

Thursday 21st April

5-7pm

Rushey Green school are a vibrant multicultural school, with families that represent almost every continent of the world! A wonderful platform to help celebrate Lewisham as a Borough of culture.

***Come and join us as we Celebrate and Embrace a community of culture and creativity at Rushey Green and beyond***

Funds raised will also go towards the **Sabina Nessa's Memorial Garden**, a space for her pupils and school community.

### Events

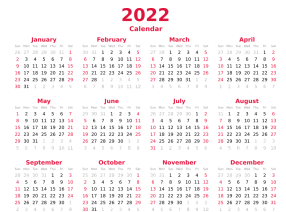
Art exhibition and Sale  
(come and see the work  
of our children and local artist)  
School choir  
Orchestra  
RG unity dancers  
Arts and craft activities  
Food from around the world  
Fun and games  
Craft stalls

If you would like to become involved in this  
event as an artist with a skill or talent to share  
please email your details to -

**[admin@rusheygreen.lewisham.sch.uk](mailto:admin@rusheygreen.lewisham.sch.uk)**



# At Rushey Green...



## RIGHTS RESPECTING SCHOOL

**Article 5 and Article 18** (see below for more information)

## **GET TO SCHOOL ON TIME**

Did you know early morning learning tasks start from 8.45 - 9am?

10 Minutes late every day equals 50 minutes lost learning over a week!

## Coming up.....

**Year 6 parent SATS meeting:**  
Tuesday 26th April, 9 - 9.30am

**1R class assembly:** Thursday 28th April, 9 - 9.30am

**5TTG class assembly:** Friday 29th April, 9 - 9.30am

## **Rights Respecting School**

### **Article 5 and Article 18**

**Article 5 (parental guidance and a child's evolving capacities):** Governments must respect the rights and responsibilities of parents and carers to provide guidance and direction to their child as they grow up, so that they fully enjoy their rights. This must be done in a way that recognises the child's increasing capacity to make their own choices.

**Article 18 (parental responsibilities and state assistance):** Both parents share responsibility for bringing up their child and should always consider what is best for the child. Governments must support parents by creating support services for children and giving parents the help they need to raise their children.

### **Activity to complete at home:**

**Write a thank you card to a parent or carer who has helped you with choices that matter to you.**


We would love to see some examples and share them in our assemblies!





Here are a few examples of some of the learning this term:

What happens in an environment in a habitat change?



If penguins die sea lions won't be able to eat then sea lions will be extinct and there will be too much fish.

If one animal in the food chain dies then other animals in the food chain will die this will until all the animals will die.

Global Warming affects everyone on planet Earth. As matter of fact, all living things are affected because plants and animals live in a balance ecosystem. The ecosystem that affects one part of the world will transfer to others. Melting of the ice will lead to the extinction (death) of species of the penguins. The melting of the ice will cause flooding of the land by water. The trees will be destroyed and valuable agricultural lands will be wasted. The sea lions who feed on the penguins will die from hunger, there will be no more food for them. The fish population will decline because the sea lions will look for alternative food. The fishermen will lose their livelihood and humans will have to find an alternative source of food. So helping the penguins means helping us humans.

Every animal will die of hunger and the animals won't depend on other animals for their food.

6. Show what you know - retrieve, explain and present

planets in the solar system  
orbits

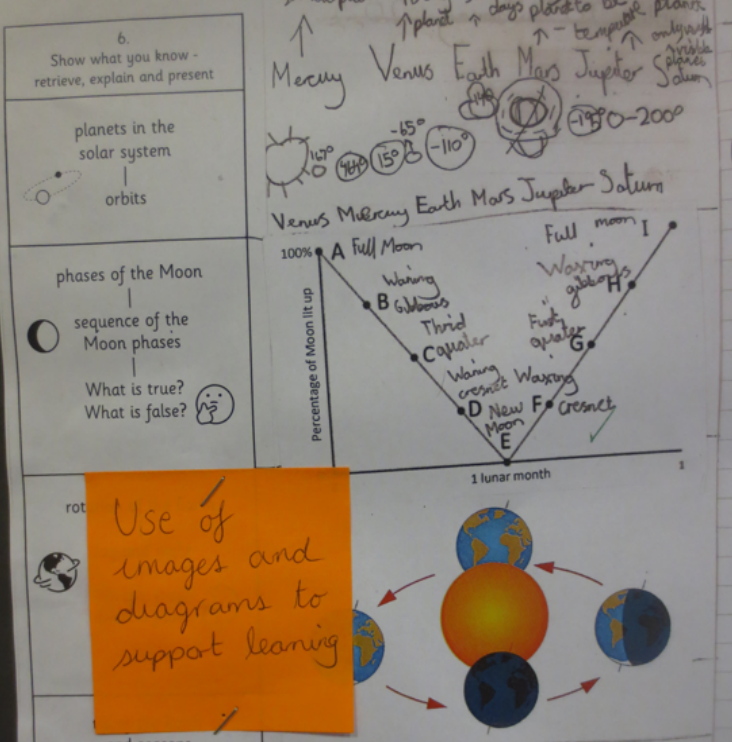
phases of the Moon  
sequence of the Moon phases  
What is true?  
What is false?

Use of images and diagrams to support learning

and seasons  
what the tilt means to us on Earth  
sequence of the seasons  
What is true?  
What is false?

He We have seasons because the Earth is tilted and when it rotates so different weathers

Do you think other planets have seasons? Yes because all planets orbit the sun.




Bronze?

What was the Bronze Age like?  
How do we know?  
Bronze Age Britain

2,300 BC - 800 BC  
brought a new technology

people migrated from mainland Europe



making bronze

clay beaker  
skeleton  
cushion stone  
boar tusks  
flint arrow heads  
stone wrist guard

boars' tusks ✓ skeleton ✓ clay beaker ✓ cushion stone ✓  
ornaments ✓ stone wrist guard ✓ flint arrow heads ✓





To celebrate the Queen's Platinum Jubilee, Chef Luke and the kitchen staff would like you to **design a menu fit for a Queen** to celebrate this special occasion!



Your menu will need to have:

- A main
- A vegetable side
- A dessert

**\*\*\*The winning dish will be made by the kitchen for ALL the children/staff to enjoy the last day of term!\*\*\***

***Be adventurous and have fun!***

**Closing date: Friday 22nd April 2022**

# Dish of the Week

By Chef Luke



## *Fish Friday*

***Today the children in year 5 & 6  
tasted calamari!***

***This was a rare treat.***

***We look forward to sharing  
more school lunches with you.***

Fresh produce which is  
used daily to cook tasty,  
delicious, nutritious  
meals!

A great turn out  
yesterday for the  
Parents' taster session -  
**thank you** all for your  
continued support.

## **Gardening club**

**If you are looking for a fun  
friday after school activity,  
come along with your child  
and join the club.**

**All welcome!**

**Every Friday after school  
meeting outside the back of  
the main school hall**



## **HALF TERM FUN!**

# FAMILY NATURE DAYS

@ FORSTER MEMORIAL PARK  
OUTDOOR LEARNING AREA

**Friday 15 April**

10-12noon - For families  
with children of all ages  
2-4pm for 5-8 year olds

**Monday 18 April**

10-12noon under 5s  
*NEW nature club!*  
8-11 year olds- drop off

**FREE**

Donations Welcome  
Booking Essential

[www.bookwhen.com/secretadventurersclub](http://www.bookwhen.com/secretadventurersclub)

[www.forsterparkfriends.org](http://www.forsterparkfriends.org)



SPRING ARTS  
AND CRAFTS,  
SCAVENGER  
HUNT  
AND MORE...



# INFORMATION FOR PARENTS

All National Online Safety, our partners and contributors, accept no liability for any information or advice contained in this guide. Please visit [www.nationalsafeschoolsafety.com](http://www.nationalsafeschoolsafety.com) for further advice. This guide is for use as a resource only. It is not intended to be used as a substitute for professional advice. Please visit [www.nationalsafeschoolsafety.com](http://www.nationalsafeschoolsafety.com) for further advice. This guide is for use as a resource only. It is not intended to be used as a substitute for professional advice.

## What Parents & Carers Need to Know about FACEBOOK

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account. It's likely your child is already familiar with the platform, even if they don't yet use it themselves.

**AGE RATING 13+**

### WHAT ARE THE RISKS?

#### ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and feeling themselves endlessly scrolling through content.

#### CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or teased (intentionally organised online). On Facebook, this can happen through private messages (on Facebook Messenger), hurtful comments on their profiles and posts, pages or groups set up purposely to torment a victim or exclusion from pages or groups.

#### FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

#### CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

#### OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

#### INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now restricted from targeting under-18s based on their interests. Ofcom's content isn't always taken down instantly, however, so there's still a risk of children encountering it.

#### VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic for moderators. Short, user-generated clips called reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be exposed to doing something on camera that they wouldn't normally do.

### Advice for Parents & Carers

#### KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

#### ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

#### LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – as if you agree time limits on your child's Facebook use, then you should stick to them, too.

#### SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

#### RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

#### BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

#### Meet Our Expert

Also tonight is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.

**NOS National Online Safety**  
#WakeUpWednesday

[www.nationalsafeschoolsafety.com](http://www.nationalsafeschoolsafety.com) @natonlineafety /NationalOnlineSafety @nationalsafeschoolsafety

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## An 8-week online group by dads for dads



### What other dads said...

*"When I signed up I expected a tonne of advice and strategies. What I didn't expect was the sense of community I got from a bunch of dads who genuinely seem to understand."*

*S, dad of two, Lewisham*

*"I'm amazed with the honesty and openness from the group. Great sessions, useful tips and practical advice to help manage my two young boys. It's a regular feature of my week that I look forward to."*

*N, dad of two, Lambeth*

Good  
parenting  
ideas based  
on science,  
research &  
experience

**NHS**

## MESSAGE FROM THE SENCO

LEWISHAM CAMHS  
CHILD WELLBEING PRACTITIONER TEAM  
WITH RUSHEY GREEN PRIMARY SCHOOL

# ONLINE PARENTING WORKSHOPS FOR CHILDHOOD ANXIETY

Sessions will run on Wednesdays at  
1-2.15pm on the following dates:

Information session for prospective parents (45 minutes)- 11th of May

- Session 1 - 25th of May
- Session 2 - 8th of June
- Session 3 - 15th of June
- Session 4 - 22nd of June
- Session 5 - 29th of June

Review session - 6th of July

### WHAT IS THIS COURSE AND WHO IS IT FOR?

- This is a guided self-help workshop and is aimed at parents / carers of children with low - moderate levels of anxiety. The course consists of 5 one hour interactive sessions, based on the techniques outlined in the accompanying book 'Helping your child with Fears and Worries' by Cathy Creswell and Lucy Wilson
- Before each session, we will signpost key chapters which we encourage families to read prior to attending the group workshop. This allows more time to discuss, tailor and problem-solve techniques within the sessions
- We encourage families to commit to attending all 5 sessions, as you may find it difficult to catch up on missed workshops. If you are unable to attend a session, please email us in advance so we can advise on content.

### CONFIDENTIALITY

- We respect your confidentiality, and ask that you respect that of facilitators and other group members. Please do not discuss personal content shared outside of the group sessions.
- We will not record any of the online sessions and ask that you do not either - we will share relevant resources via email after each workshop
- We do not share information outside of our organization without your consent, unless we have immediate concerns about the safety of a child

### RECORD-KEEPING

- In order to take part in the online sessions, a referral form will be completed. This is so that we can record your attendance on our patient record system. Information is recorded and stored in line with South London and Maudsley NHS Trust's policies - additional details can be found on our website.

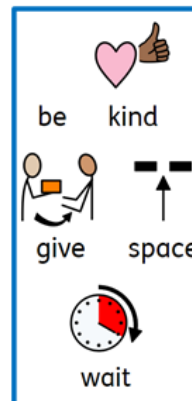
Please email the SENCO via [senco@rusheygreen.lewisham.sch.uk](mailto:senco@rusheygreen.lewisham.sch.uk) if you would like more information about joining this online parenting course.



### Message from the Autistic Young Experts:

"Autism is a difference not a deficit. Differences are to be valued not 'fixed'. My normal is different from your normal and the aim shouldn't be conformity but wellbeing."

This week is World Autism Acceptance Week. Last year it was called World Autism Awareness Week, but because so many people now know about autism, it's time to start understanding and accepting it. Two of our pupils would like you to all to know this about autism:



My superpower is being great at Maths. I find loud noises and crowds hard. When you speak to me, give me time to understand what you have said. I don't always understand jokes. I love to help people. (Y5 pupil)

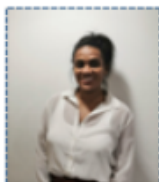
My superpower is my bravery and courage. I would like to meet more girls with autism. I find it hard to talk about how I am feeling, especially when I am sad. It helps if you are patient with me. (Y6 pupil)



## USEFUL INFORMATION

### SAFEGUARDING

Miss Stacey McIntosh



Pastoral Manager &  
Designated Safeguarding Lead

If you are concerned about the safety of a child at Rushey Green Primary School, please contact our Designated Safeguarding Lead Miss Stacey or the Designated Safeguarding Governor via the School Office.

If your concern is urgent and out of school hours, please contact:

**MASH: 0208 314 6660**



EMPOWERING  
PARENTS  
EMPOWERING  
COMMUNITIES



South London  
and Maudsley  
NHS Foundation Trust



Scan  
me

Good  
parenting  
ideas based  
on science,  
research &  
experience



VL 13/07/21  
IRAS ID: 297116

**Feeling overwhelmed?  
Trying to manage the  
stresses of parenting?**



Join our research into a new parenting group for parents of children, aged 2-11, who experience strong emotions and struggle to trust in relationships.

- Learn discipline strategies that work
- Improve communication
- Meet other parents who share your experience
- Enjoy family life more

For more information, sign up here:

[https://kclbs.eu.qualtrics.com/jfe/form/SV\\_3luWeTjmKHZaKYC](https://kclbs.eu.qualtrics.com/jfe/form/SV_3luWeTjmKHZaKYC)