

For further information on what's happening in school please go to our website www.sandylands.lancs.sch.uk



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Newsletter



Next holiday— After school 01.04.2022 Returning 19.04.22 Wk beg. 07.03.22

World book day!

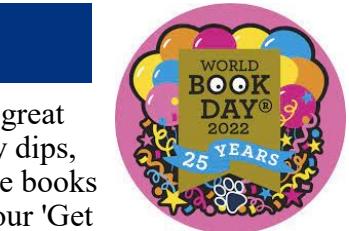
Thank you so much for getting involved and making World Book day 2022 such a great success. The children must have been exhausted .. We had book hunts, author lucky dips, footy and book quizzes, drop everything and read, assemblies about teacher's favourite books and reading to each other are just a few of the things we did Still to come... judging our 'Get caught reading' competition and the book raffle too. It was great to see just how enthusiastic the children were about reading and your costumes blew us away! Here are just a few photos from the day - more to follow on our website over the next few days.



Sandylands cooking club



Year 2 had a great time in their cooking club. We followed the instructions to make pin wheel pizzas. Have a look on our website for the recipe.



Dates for the Diary

7th March

Gymnastics competition at Bay Leadership Academy

Pupil Parliament meeting at Lancaster University

8th March

Y1 Sports coaching in school

9th March

Ruskin Art workshop in School working with Yr. 6

10th March

Yr.3 trip to the Dukes to see 'Stan'

14th March

British Science week— lots of fun activities planned throughout the week

Pupil Parliament meeting at Lancaster University

15th March

Yr.1 Sports coaching

15th & 16th March

Neil Wood (Artist) in to work with Yr.5

18th March

Comic Relief

21st March

World Science-Habitats workshop for Y2

Pupil Parliament meeting at Lancaster University



Be Safe, Feel Well

March 2022

Telephone: 01524 410286

Email: inclusionteam@sandylands.lancs.sch.uk

Website: [Inclusion Team](#)



Welcome

Welcome to our new Inclusion Team Member, Pippa Day. Pippa will be working closely alongside our current team, but is available to speak to on the above contact details.

Autism Support Hub

Join the conversation for free support on a range of issues affecting autistic children, adolescents and adults.

- Autistic people sharing real experiences of everyday challenges
- Free clinical advice from experienced clinicians
- Monthly email updates with advice and information
- Tips to help you manage everyday challenges
- Live online discussions and Q&A sessions

[Autism Support Hub](#)

Free advice,
support and
guidance on
autism



The Lancashire and Cumbria autism support hub

Join the conversation for free support on a range of issues affecting autistic children, adolescents and adults.

- Autistic people sharing real experiences of everyday challenges
- Free clinical advice from experienced clinicians
- Monthly email updates with advice and information
- Tips to help you manage everyday challenges
- Live online discussions and Q&A sessions



What's On - Children and Family Wellbeing

This service is here to provide early help on a whole range of issues affecting you and your family. In other words, offering you the right help, in the right place, at the right time.

[What's On Spring](#)

Westgate Neighbourhood Centre

Langridge Way

Morecambe

LA4 4XF

Online Safety

The children learn about Online Safety in school through Education for a Connected World. This month, take a look at '7 Top Tips for Supporting Children to Express Themselves Safely Online'.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children, should they need it. This guide focuses on one issue of many which we believe should be raised. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

National Online Safety
#WakelUpWednesday

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.



1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photo/photography or video competition at home, with some fun categories.



3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.



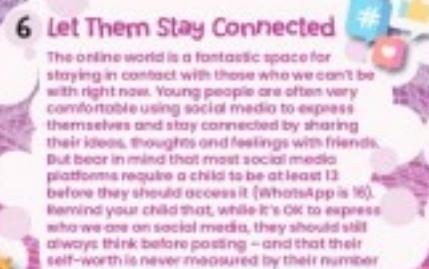
4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off. It doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.



5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).



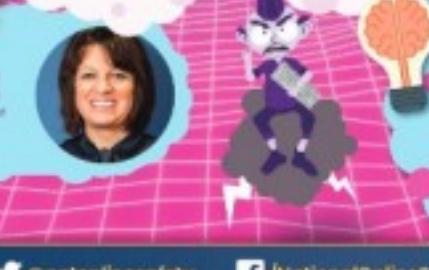
6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.



7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.



Meet Our Expert

Anne Buterman is passionate about placing prevention at the heart of every school. Integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



About Children's Mental Health Week

Around three children in every primary school class have a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021. Find out more at www.mentalhealthweek.org.uk

www.nationalonlinesafety.com [@natonlinesafety](https://www.nationalonlinesafety.com) [/NationalOnlineSafety](https://www.nationalonlinesafety.com) [@nationalonlinesafety](https://www.nationalonlinesafety.com)

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