



Be Internet Legends



The Summer is finally here... sunshine has arrived!

Some exciting sporting news...We are pleased to say our school has retained our Silver School Games award due to the number of sporting events our school has attended alongside the sporting activities the children have taken part of in school.

Last week, the Summer Rocksteady Concert showcased some great talent using keyboards, electric guitars, drums and singing. The children showed great collaboration and a large bundle of valiance. The children played together in their separate bands with such confidence shining out. We were super proud of the talent and energy shown- well done!

This week the children experienced a taster session from the amazing 'Magic Maths' team where they experienced some amazing magic tricks using numbers. See the leaflet below if you would like to sign up your child for this after school club.

Reception had an opportunity to go to the cinema as an end of term treat to watch Inside Out 2. They also did really well walking there and back!

Year 1/ 2 have been busy creating displays linked to a hilarious book called 'The Eyebrows of Doom.' They have created their own animals of dooms who misbehave with naughty eyebrows!

Lights, camera, action...Year 3/ 4 took part in a mini 'Bicester Film Festival' at Southwold. All the children dressed up to impress, walked the red carpet where they had their photos taken. While they watched all the film entries from Bicester Primary and Scondary Schools, they had a delicious treat of popcorn to complete this experience. We were awarded a glass trophy and the runner up children were presented with a certificate.

The whole school took part in a Spelling Bee Competition today which was lots of fun. Last week, Benjamin Wong was in Swindon taking part in the WHF Spelling Competition while he was supported by his class cheering him online which was a great support.

Year 6 have done so well, performing their Robin Hood play to our school and the parents. They worked hard alongside the staff to learn lines, practice songs and create some great costumes and props. They also took part in a 'Step Up' assembly with Be Internet Legends from Google which will help them to transition between primary and secondary schod with advice about internet use, phones. As we celebrate Year 6 children's accomplishments, we also bid farewell to them and wish them well with their new adventures and future endeavours. You got this!

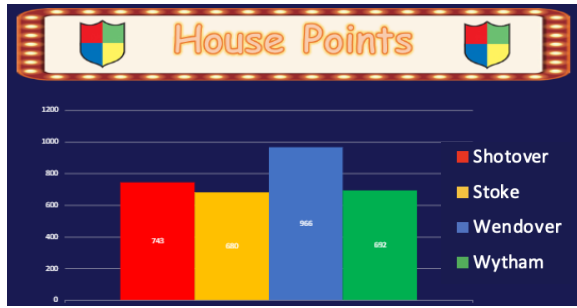
Three more days to go! We wish you a wonderful Summer holidays.

Southwold Team

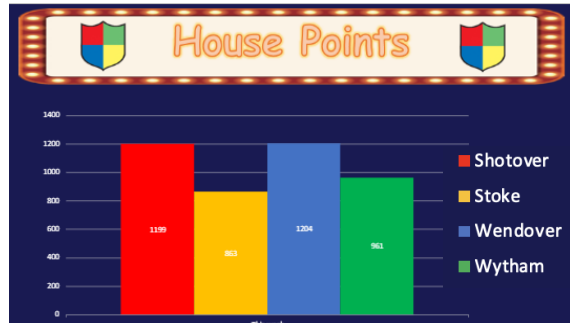




House Points



Week 6 winner: Wendover



Week 7 winner: Shotover

Awards

A
WE ARE **AMBITIOUS** AND WANT TO SUCCEED

C
WE WORK TOGETHER AS A TEAM THROUGH **COLLABORATION**

H
WE ACT WITH **HONESTY**

I
WE ARE **INCLUSIVE**, APPRECIATE DIFFERENCES AND MAKE EVERYONE FEEL WELCOME IN SCHOOL

E
WE CARE FOR OUR **ENVIRONMENT**

V
WE SHOW **VALIANCE** AND COURAGE WHEN FACED WITH A CHALLENGE

E
WE AIM FOR **EXCELLENCE** IN ALL THAT WE DO



Week 6: Birch Class, Cherry Class, Kaleb, Oliver, Demirkan, Jayden, Harper, Melanie, Skye, McKenzie, Olivia Shavin



Week 7: Leynah, Ayda, Norah, Arthur, Harley, Freddie, Pine Class, Jason, Mia, Evie, Laycrus, All of Year 6

Attendance Award



Week 6: Oak Class 97%

Week 7: Ivy Class 98%



Purple Mash is giving you all Serial Mash Reading access over the Summer!

'Serial Mash' Reading is a great additional way to engage in reading. Your child can:

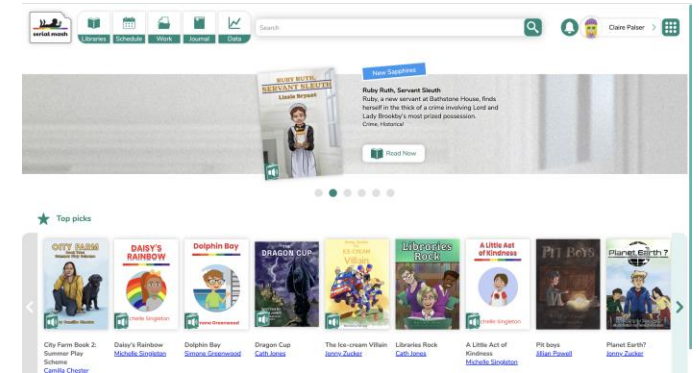
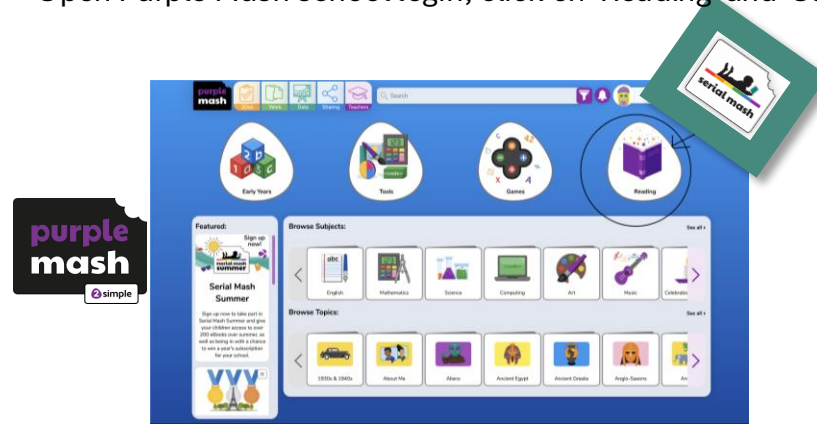
- Read an online book
- Listen to a story read to them
- As the book is read to them, they can choose whether to see each word highlighted as its read
- Watch a video of the book being read.
- Complete optional reading comprehension questions
- Change the background colour of pages
- Change the font of the book text.
- Read by choosing an author or from a selection of books appropriate for their reading age (Diamonds: readers, Emeralds becoming more confident, Sapphires confident readers, Fire bolts motivate & promote eager learning, Comets larger novels), read poetry and DK Learning books.

The more reading minutes, we tot up as a school, the more opportunities we have to win some prizes. Your child can choose by authors or reading age.

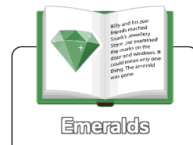
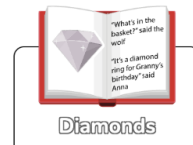
School News

To get going:

Open Purple Mash school login, click on 'Reading' and 'Serial Mash' Reading will be ready to use!



Libraries



Some tips about technology from NOS...

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about SHARING INTIMATE IMAGES

An intimate image depicts sensitive – often sexual – content, and sharing these photos or videos is commonly known as ‘sexting’. As of January 2024, it is a criminal offence to distribute any intimate images shared by a third party without consent, with offenders facing prison time. Naturally, misuse of intimate images can lead to emotional distress and reputational damage.

WHAT ARE THE RISKS?

EMOTIONAL DISTRESS

Victims of the misuse of intimate images and so-called ‘sexortion’ (blackmail involving sexual material) often experience a significant emotional distress. The threat of having these photos or videos shared publicly can lead to anxiety, depression and a sense of helplessness. This emotional turmoil can affect daily life, academic performance and personal relationships.

DAMAGE TO REPUTATION

Intimate images being made public can severely damage a person’s reputation. This can lead to bullying, social ostracism and long-term impacts on personal and professional relationships. If a blackmailer gets their hands on any intimate images, the fear of reputational damage can also make a victim far more vulnerable to ongoing extortion.

PRIVACY VIOLATIONS

Once intimate images are shared online, it can be difficult to quickly determine who they are sent to and who else sees them. This loss of privacy can have lifelong repercussions, including identity theft and persistent online harassment.

WARNING!

FINANCIAL EXPLOITATION

Perpetrators of sexortion may demand money from victims under the threat of releasing their intimate images publicly. This can lead to severe financial problems for victims and their families, compounding their emotional and psychological distress.

LEGAL CONSEQUENCES

If a child or young person creates and/or sends intimate images to others – especially adults – this is considered a form of child abuse under UK law. Having to disclose this type of abuse, although necessary, can be harrowing, leading to further trauma. It’s crucial for parents, carers and educators to understand the legal processes and be able to provide proper guidance and support.

TRUST ISSUES

Sharing of intimate images without consent can lead to long-term trust issues. Victims may find it difficult to trust others, impacting future relationships and their ability to form healthy, supportive connections. This erosion of trust can have profound effects on mental health and social wellbeing.

Advice for Parents & Educators

FOSTER A CULTURE OF OPEN COMMUNICATION

It’s vital to encourage open communication with children and young people about the dangers of sharing intimate images. Create a safe space where they feel comfortable discussing their online activities and any concerns they may have without fear of judgement. Be sure to respond to any worrying information with an attitude of support and learning.

PROMOTE DIGITAL LITERACY

Digital literacy is incredibly important for children and young people to understand how to protect their privacy online. Teach them about secure online practices, such as using strong passwords, enabling privacy settings and recognising suspicious behaviour. This empowers them to be proactive in terms of their own safety.

EDUCATE CHILDREN ON THE RISKS

Children and young people often want to understand why certain rules are in place. Educate them about the risks of sharing intimate images online, explaining the reasons for monitoring and other security measures. Highlight the potential for misuse, including sexortion, and the long-term consequences that can arise from these actions.

PROVIDE SUPPORT RESOURCES

Ensure that children and young people know where to seek help if they become victims of sexortion or any other online abuse. Help them identify in advance which adults they can turn to and provide them with information about trusted resources like helplines (e.g. Childline) that can be accessed if they need help.

Meet Our Expert

Gabriella Russo is a safeguarding and neurodiversity consultant with over 20 years’ experience working with children, families and adults in education, local authority and mental health settings in the UK and abroad.

#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com

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If you would like more online safety help or advice, please visit the ‘Online Safety’ top tab on our website:

<https://www.southwoldschool.org/about-us/school-information/online-safety>

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What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It’s essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child’s daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person’s mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It’s essential to address these concerns proactively and provide appropriate support and intervention.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children’s mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people’s concerns can help them feel understood and supported, reducing the situation’s intensity. Creating opportunities for regular check-ins and discussions about one’s feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child’s daily functioning, interferes with their relationships or academic performance or causes significant distress, it may be necessary to consult with a mental health professional. Early intervention can prevent long-term consequences and promote positive outcomes for children’s psychological wellbeing.

Meet Our Expert

Adam Gilliett is Associate Vice Principal for Personal Development at Paristone Grammar School and works on an in-school one-day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.

#WakeUpWednesday

The National College

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Online Fun in the holidays!

Play fun and educational games for primary students. Explore the page to discover lots of science, maths, history and English games <https://www.bbc.co.uk/bitesize/primary-games>

EYFS

Join the Numberblocks in this [educational maths game](#) all about the core numeracy skill of subitising. Developed with Early Years experts, this game will support children to have fun whilst consolidating learning.



KSI

[Build and test history skills](#) through interactive storytelling. Learn about the life, legacy and expeditions of Ibn Battuta, Amelia Earhart and Neil Armstrong.



KS2

Learn facts about different human bones, escape the snot zombies and help the doctors put Billy Bones back together in this [interactive science game](#).



[500 Words](#), the UK's biggest children's writing competition for 5-11 year-olds, opens on **Tuesday 24 September 2024**. Why not get started this summer and kickstart your pupils' story writing?

Next term, your child has the chance of attending a Magical Maths after school Club...

**Professor Poopenstinken's
MAGICAL MATHS**

**Magical Maths is coming to
Southwold Primary!**



Dear Parents/Carers,
Professor Poopenstinken and his friends will be coming to **Southwold Primary** to introduce a brand new after school club, designed to show your children just how much fun can be had with numbers!

Our fantastic after school clubs will help to boost your child's engagement and enjoyment in maths through really fun and challenging games, tricks and activities.

This 9 week club begins **Monday 30th September** and is priced at just **£74.00**. To find out more or to book your child's place, visit our website www.magicalmathsclub.com or call us on **07950411706** but hurry as places are limited!

We look forward to welcoming your children for lots of Mathemagical fun!

Brand New This Year:
Magical Maths Online is now **FREE** with every booking! Don't miss out on over 260 hours of interactive content designed to compliment our after school clubs and continue the fun and learning from home!

www.magicalmathsclub.com
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MAG002-CVS

**Bicester Summer
Tennis Camp**

ALL AGE GROUPS AND ABILITIES WELCOME

DATES :
MONDAY – FRIDAY

1st week 29th July - 2nd of Aug .
2nd week 12th - 16th of Aug

TIMES :
9am – 12pm

£100 for the week or £25 per day

Please contact Ariadne to book you space:
ariadne2010@hotmail.co.uk
07710541227

Bicester Lawn Tennis Club **Bicester Lawn Tennis Club**

The Garth, London Road Bicester OX26 6BU

**FREE
SCHOOL UNIFORM
SHOP**

**TESCO COMMUNITY ROOM
7TH & 8TH AUGUST 10AM-2PM**



Following the success of our Free School Uniform Shop last year, we would love to help and support our local community!

Please bring your preloved, clean & good quality uniform to our collection point at Bicester TESCO Superstore from 20th – 27th July. Be mindful that we cannot accept garments with holes, discolouration or faded fabric. Our Free School Uniform shop will open to ALL on Wednesday 7th & Thursday 8th August 10am-2pm in our Community Room.

Please come along and get what you need!

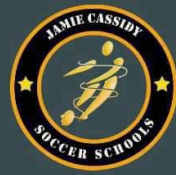
Open Doors Café, 10:00am–1:30pm
Methodist Church, Sheep Street

**Kids
ART**

FREE FAMILY ARTS AND CRAFTS

- > FRIDAY 26TH JULY
- > FRIDAY 2ND AUGUST
- > FRIDAY 9TH AUGUST
- > FRIDAY 16TH AUGUST
- > FRIDAY 23RD AUGUST
- > FRIDAY 30TH AUGUST

SUMMER HOLIDAY FOOTBALL CAMPS 2024



- Children aged 4-13
- Week 1: Monday 29th July - Friday 2nd August
- Week 2: Monday 5th August - Friday 9th August
- Week 3: Monday 12th August - Friday 16th August
- Week 4: Monday 19th August - Friday 23rd August
- Week 5: Thursday 29th August - Friday 30th August

St Edburges Primary School, Bicester
9am-3pm (Early drop off and late pick up available)

£75 per child per week (EXCLUDES WEEK 5) / £20 per day per child if not doing full week. Siblings discount available

LOTS OF PRIZES TO BE WON THROUGHOUT THE SUMMER!
ALL ABILITIES WELCOME!!

TO BOOK PLEASE VISIT
www.jamiecassidyfootballschools.com

Jamie Cassidy Soccer Schools

07429581376

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TECH CAMP 2024

TWO WEEKS OF TECH FUN AT EACH LOCATION

WEEK 1

ROBOTICS, VR & TECH FUN

WEEK 2

MINECRAFT & LEGO ENGINEERING

What to bring to camp?

- Packet Lunch or Home Made
- Water Bottle
- Headphones (if playing)
- Weather Appropriate Clothing

We are in your area!

We have more than 80 camps running this Summer. Find your local camps on our website: www.nextthingeducation.com

SAVE REVIEWS ★★★★★

"Both my son and daughter had lots of fun, made new friends, learnt new skills and will not stop talking about the Robotics!"

Logi Han - St Edburges Primary School

Only
£175
for 5 DAYS

OR

Only
£299
for 10 DAYS!

FOR BOYS AND GIRLS AGES 5-11, 9 AM - 4 PM DAILY

FIND YOUR NEAREST CAMP ON OUR WEBSITE

www.nextthingeducation.com

www.nextthingeducation.com

E: info@nextthingeducation.com
T: 01442 873150

Everyone's invited.

Learn to ride, build confidence and enjoy the smiles.

21st July
09:30 - 12:00

At Whitelands Sports Ground

Free Face Painting & Bike safety checks

letsride.co.uk/pedalparty

HOLIDAY SPORTS COURSE

FOR 4-12 YEAR OLDS

Fun, inclusive sessions covering a range of sports and activities

Monday 29th July - Friday 2nd August
Monday 12th August - Friday 16th August
9am - 3pm

Bure Park Primary School,
Bicester OX26 3BP

£15 per day or £70 for all 5 days

BOOK HERE

Advanced Coaching & Education



Bicester Blue Fins Swimming Club

Interested In Competitive Swimming?

- Is your child interested in furthering their swimming, health & fitness?
- Would they like to be part of a swimming community?
- Does training together & competing as a team appeal to them?

Contact us today to arrange a swim trial.

Swimmers must be able to confidently swim 25m front crawl, breaststroke & backstroke plus display an understanding of butterfly kick.



To arrange your free trial please email:
bbf.squads@gmail.com





PROVIDING FUN FILLED HOLIDAY ACTIVITIES FOR CHILDREN AGES 4 - 12



BOOK NOW
www.kidzzoneclub.com

Summer Multi-Sport Holiday Club

Thurs 25th July - Fri 30th Aug 2024
Langford Village School

Over 20 activities on offer!

Enrichment Activities
Laser tag - Scooters - Nerf Wars - Disco
A different one each day

Our Ofsted registered Multi-Sport holiday club held at **Langford Village Sch** is open from **Thursday 25th July - Friday 30th August 2024**. The venue has fantastic facilities including; indoor areas, a large hall, playground and a large field. Each full day consists of 4 guided activity hours where children take part in 'Sports Starz' & 'Creative Starz' activities. Accompanied with free play and weekly themed activities, there is something for everyone!

WHAT'S ON THIS SUMMER

10% EARLY BIRD DISCOUNT available 'KZSUN' exp 20.07.2024



Thurs 25 - Fri 26 July
'Outdoor Explorers'



Mon 29 July - Fri 2 Aug
'Olympic Games'



Mon 5 - Fri 9 Aug
'Disney & Superheroes'



Mon 12 - Fri 16 Aug
'Sports Around the World'



Mon 19 - Fri 23 Aug
'50/50 team challenge'



Tue 27 - Fri 30 Aug
'Detectives'

Activities to try..
Den building, Scooters, Themed Arts & Crafts, Puzzles, Quiz's, Circus Skills, Talent Show, Nature Explorers & more!

Sports we play..
Running Games, Dodgeball, Nerf, Indoor Curling, Archery, Ball Games, Football, Cricket, Outdoor & Adventure & more!

Free Play..
Football, Ball Games, Hoops & Skipping, Swing Ball, Air Hockey, Table Football, Ping Pong & more!

Childcare vouchers/tax free childcare accepted!

Email : hello@kidzzoneclub.com
Phone : 01525 591036
Website: www.kidzzoneclub.com

PRICING & PAYMENT

Passes	Times	Price per day	Price per week
Normal hours	9:00am - 4:00pm	£25.50	£120
Extended hours	9:00am - 5:30pm	£31.50	£147.50
Normal hours 'early bird'	8:00am - 4:00pm	£28.50	£132.50
Extended hours 'early bird'	8:00am - 5:30pm	£34.50	£162.50

Book now: www.kidzzoneclub.com (10% off listed prices: 'KZSUN')

4 year old pass: Children age 4 can attend for 4 hours 9am - 1pm - cost £20 (per day) & £100 (per week).
To book this please email hello@kidzzoneclub.com

Holiday Club Dates and Venues

VENUES

Langford Village Sch, Peregrine Way,
Bicester, OX26 6SX

DATES

Thurs 25th July -
Fri 30th Aug 2024

Holiday Club Activity Timetable

8:00am - 8:30am	Free play	12:00pm - 1:00pm	Lunchtime & free play
8:30am - 9:00am	Indoor games	1:00pm - 2:00pm	Creative Starz
9:00am - 9:30am	Free play	2:00pm - 2:30pm	Free play
9:30am - 10:30am	Sports Starz	2:30pm - 3:30pm	Sports Starz
10:30am - 11:00am	Snack time & Free play	3:30pm - 4:00pm	Reward time 'presentation'
11:00am - 12:00pm	Sports Starz - Outdoor & Adventure Activity	4:00pm - 5:30pm	Snack & Movie time / Free play

IMPORTANT REMINDERS

- Please book online before your child's first day.
- Packed lunch, snacks and drinks are required. **Please note: all Kidz Zone Clubs are nut-free zones**
- Please label all clothing and items being brought to the club.
- Please wear suitable clothing and trainers for indoor and outdoor activities: sun hats & sun cream during warmer days, or warm clothing & a waterproof when the weather is cooler or more seasonal.
- We suggest packing spare clothes.
- Sessions that are not attended are still charged unless 10 days notice is given.
- Any children booked to stay past 4pm will receive a snack (sandwich or wrap / fruit or veg / biscuit).

Daily Activities..

Children will take part in 4 different activities each day linked to the daily theme; from the list below:

Sports Starz!

- Running Games
- Ball Games
- Nerf Wars / Curling
- Go-Fencing
- Arrows Archery
- Cricket / Rounders
- Tri Golf
- Tennis

Creative Starz!

- Themed puzzles / quiz
- Themed Arts & Crafts
- Nature Explorers
- Circus Skills
- Talent Show

Free Play!

A choice of:

- Balls
- Swing ball
- Hoops & Skipping

