



# Newsletter 31<sup>st</sup> March 2023

## SPECIAL CERTIFICATES

<u>The Creative Award</u>	
Reception	Callum Quinn
Year 1	Minnie Annie
Year 2	Georgina Arnold
Year 3	Lexie Egbert
Year 4	Eloise George
Year 5	Ronnie Georgia P
Year 6	Isabella Cadie

## The Sporting Award



Reception	Sophia Oliver
Year 1	Harry Archie
Year 2	Nieve Thomas
Year 3	Phoebe William
Year 4	Lily Zac
Year 5	Lucia Fin
Year 6	Herbie Eliza

## The Academic Award



Reception	Jack H Isabelle
Year 1	Ashton Max
Year 2	Ophelia George
Year 3	George Sylvie
Year 4	Olivia William
Year 5	Arabella Georgia K
Year 6	Emily Jaycob

The Sue Dean Writing Award has been  
given to:

Rhiannon Jones

For exceptional writing

# GOLDEN BOOK

# AWARDS

Our Golden Book Awards are to celebrate the excellent behaviour we see at lunchtime. Each week, the lunchtime staff choose 5 children from across the whole school to be written into the golden book. These children will receive a certificate at Celebration Assembly on a Thursday. This week, the lunchtime staff have chosen the following children:

<u>Child</u>	<u>Reason</u>
Chloe – Year 3	<b><u>All for:</u></b>  <b>Exceptional manners</b> <b>Fantastic behaviour</b>
Ella – Year 4	
George – Year 2	
Freddy – Year 2	
Finnlay – Year 2	

## FRIENDLY REMINDERS



- We are a NUT FREE SCHOOL – please don't send food items into school (snacks or packed lunches) that contain nuts.
- Please ensure that your child wears/brings a waterproof/warm coat to school every day. With the weather being quite unpredictable, we need the children to have their coats ready as we do try and get them outside come rain or shine.
- If your child is going to someone else's for tea after school, please ring school to tell us.
- School CLOSES for Easter at the normal time this Friday 31<sup>st</sup> March
- School REOPENS for the Summer Term on Monday 17<sup>th</sup> April
- **Please remember to pay for the ROCK KIDS day on Tuesday 18<sup>th</sup> April using ParentPay**

*Learning together with enjoyment, challenge and Christian Values, we enable everyone to succeed.*

## **Safeguarding**

The Designated Safeguarding Leads for School are:

**Mrs White**

**Mrs Madeley**

**Mr Stell**

**Mrs Burcher**

Please do not hesitate to contact us if you have any concerns at all about children's welfare.

## **Swimming Gala**

On Wednesday, some Year 6 pupils participated in the local Swimming Gala! They all did their best and we are so proud of them – well done!



## **Parent Consultations**

Parent Consultations are the first week back after Easter. Please make sure you've booked an appointment using our online system.

Class	Date of Parent Consultation
Reception – Miss Harper	Tuesday 18 <sup>th</sup> April
Year 1 – Mrs Burcher/Mrs Pickering	Thursday 27 <sup>th</sup> April
Year 2 – Mrs Madeley	Wednesday 19 <sup>th</sup> April
Year 3 – Miss Nicoll	Thursday 20 <sup>th</sup> April
Year 4 – Mrs Lopiccolo	Wednesday 19 <sup>th</sup> April
Year 5 – Mrs Stansfield	Thursday 20 <sup>th</sup> April
Year 6 – Mr Stell	Thursday 20 <sup>th</sup> April

## **YEAR 6 PARENT MEETING – SATS AND TOWERWOOD**

The Year 6 parent meeting to discuss SATS and their residential to Tower Wood has now be rescheduled to take place at 5.45pm on 27<sup>th</sup> April.



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## **LET'S GO SING**

On Monday, our choir attended the Let's Go Sing concert at King George's Hall. They have been rehearsing for this from October and they all really enjoyed! We are so proud of them for participating in this and singing their hearts out!



## Attendance

Week commencing 27<sup>th</sup> March 2023

**We are aiming for every child/class to have at least 96% attendance**

Class	Attendance Percentage
Reception	97.1%
Year 1	96.2%
Year 2	91.6%
Year 3	84.2%
Year 4	97.7%
Year 5	95.2%
Year 6	96.7%

**Well done to Reception, Y1, Y4 and Y6**

## Rainbow (House) Team Points

The Rainbow team that has the most points at the end of the half term gets to come in non-uniform the first Friday back after half term.

Week	Winners
W/C 20.2.23	RED
W/C 27.2.23	RED
W/C 6.3.23	INDIGO
W/C 13.3.23	YELLOW
W/C 20.3.23	ORANGE
W/C 27.3.23	RED

**The overall winning house team this half term is: RED with 1262 points**

2<sup>nd</sup> were Yellow with 1242 points and 3<sup>rd</sup> were Orange with 1234

# Online Safety

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](http://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 quicktime 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.

#### 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.

#### 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.

#### 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.

#### 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.

#### 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 Carole 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/eggs/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourandonlinevalues/yearendingmarch2020>

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#WakeUpWednesday



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## **CONTACT US**



Please always request to speak to your child's class teacher as first point of contact if you have a query or concern. If it cannot be resolved with the teacher, a member of the Senior Leadership Team will aim to make themselves available to you as soon as possible.

School contact details: 01200 422915 or [bursar@wwb.lancs.sch.uk](mailto:bursar@wwb.lancs.sch.uk)

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