

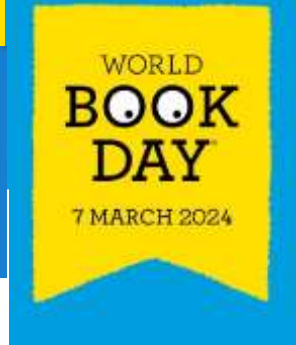
Kindness and Co-operation	Thankfulness	Friendship and Sharing	Respect	Unity	Responsibility
Hope and Peace	Patience and Perseverance	Trust and Honesty	Happiness	Courage	



Newsletter

Friday 8th March 2024

What an amazing **World Book Day** we had yesterday. The school was filled to the brim with book characters—thank you to all our wonderful parents and carers for the costumes. You are super-parents! Check out below for updates from each class.



Mulberries

Mulberries children really enjoyed dressing up as their favourite book characters and listening to some of the story books they bought to school, for example Goldilocks and the Three Bears and The Very Hungry Caterpillar.



Fir

Fir class had a whole day of reading the children's favourite books. We read those they brought in and some of our classroom favourites.



Yew

In Yew class, we talked about our character, who they were and what book they were from. We also shared stories with our partners. At the end of the day we read the traditional tale 'Little Red Riding Hood'.



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In **Aspen** Class the children had a super photo with the banner, they had the chance to stand up and share their costume, the rest of the class had to guess who they were and which book they were from. They read any book of their choice that they felt drawn to and also created book-marks.



Rowan discussed favourite books they had read so far, their favourite characters and reasons why. After, they created a comic strip based on their characters.

In **Poplar** we discussed the books that we like and why, completed a world book day quiz and designed our own book covers. We also spent some time reading the books from which our characters came from.



Juniper have taken part in a World Book Day lesson, investigating different genres and designing a library with genres they would like in their libraries. They then used this to design their own book cover, using water colours, to include in their library. This afternoon we did a bit of performance poetry, studying different poems in small groups and acting them out to each other.



Elder class took part in a footy-booky quiz webinar. There were many stars from the world of football who asked questions relating to books where football was the main theme.



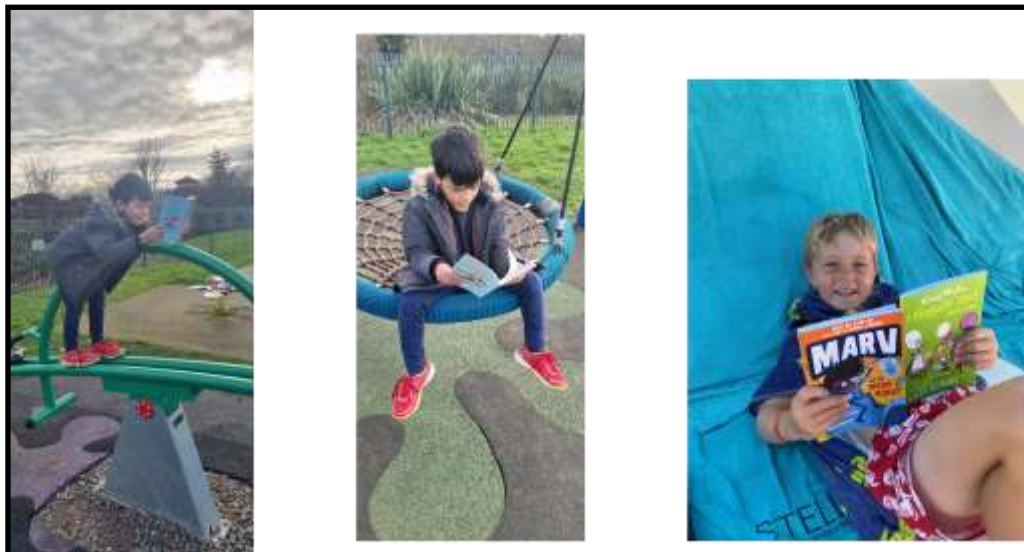
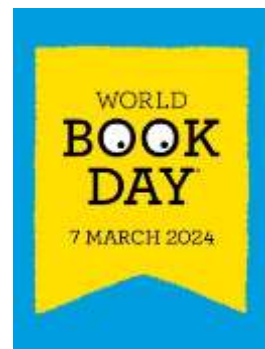
In Sycamore, we par-took in the Footy, Booky Quiz of 2024, a live-stream where footballers are endorsing reading and some football/literature related quiz questions. We also looked at the impact that literature has had on popular culture, how books have become films and the soundtracks of films (linked to our Music topic) have influenced our lives and culture.



Some of our wonderful staff!

Photo Competition

Thank you to all children who entered the photo competition. They were asked to take photo reading their books in lots of different places or positions. Check out the inventive entries below and the winner!





We are taking part in the 15th year celebration of Sustrans Big Walk and Wheel, the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 11-22 March 2024. It's free to take part and we would love everyone to be involved.

What do you need to do?

Encourage your child(ren) to walk, use a wheelchair, scoot or cycle to school on as many days as possible during the event.

Why we are taking part

Sustrans Big Walk and Wheel is a great way to build physical activity in children's daily routine which is important for their physical health and mental wellbeing.

Active school runs also help to reduce congestion and air pollution outside the school gate. [A 2021 YouGov study](#) showed nearly half of UK children worry about air pollution near their school. And that children thought active travel was the best way to bring down these pollution levels.

Plus there are some great prizes to be won every day if we get enough children taking part!

Useful resources

To help you prepare, Sustrans has developed a handy free guide to walking, cycling or scooting to school. It is packed with advice to help you have hassle-free journey to school.

Download your free family guide using this link: <https://www.sustrans.org.uk/sign-up-to-receive-your-free-school-run-guide/>

For more information about the event go to www.bigwalkandwheel.org.uk . Enjoy the challenge!

Comic Relief: Red Nose Day

On **Friday 15th March 2024**, we would like to invite children to wear non-uniform for a minimum donation of £1 in aid of Comic Relief.

During the week beginning 13th March, children will learn about where their donations go and who they might be helping with it. Please use the link <https://shorturl.at/lnzN7> to pay your donations.

Children can also wear red face paint, red hair and, of course, their red nose.



This week's House Winners



Congratulations!

DATES FOR THE DIARY

Tuesday 12th and Thursday 14th March Year 2 re-scheduled Parents' Evening

Thursday 14th March – Year 5 stargazing evening

Friday 15th March Non-school uniform day for Red Nose Day

Thursday 21st March 2.30pm Parent Forum

Monday 25th March 3.30-4.30pm Mulberries parent drop in

Thursday 28th March 9.10am Reception and KS1 Easter assembly - parents welcome

Thursday 28th March 9-10.30am Pre-school Easter activity session. If attending the Easter assembly, please do feel free to join us afterwards.

Thursday 28th March FoMT Easter activity afterschool


Friday 29th March Easter holiday begins

Term dates for **2024-2025** can be found [here](#).

Attendance Awards

Week beginning 4th March 2024

Thank you for your support this week during our norovirus outbreak.

Mulberries 91%	Fir (YR) 92%
Yew (Y1) 95%	Aspen (Y2) 95%
Rowan (Y3) 96%	Poplar (Y4) 97% 
Juniper (Y5) 93%	Elder (Y6) 93%
Sycamore (Y6) 94%	Our target is 97%

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are, it's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Coyley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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