We all Shine!

Take a look at this week's superstars, who were awarded certificates in assembly.

Congratulations!

TELL A GOOD TALE

> For always being kind to people around her.

SHOUT OUTS

Each week children can nominate each other for a 'shout out' for displaying our core values.

Tiago, Chloe

SHOUT OUTS

Spring Fair

We are sorry to tell you that due to the latest government advice we have taken the decision to cancel the planned Spring Fair.

We will look to hold some fundraising events during the summer term, should this be possible.

STEM QUESTION OF THE WEEK

What would the world be like without any colour? 🤔

READING RAFFLE

Congratulations to Ethan for winning our raffle this week.

Enjoy your book!

Learning from Home

Please make sure that your child can access the range of learning platforms that we use in school.

These can be used when your child is at home over the next few weeks.

These include:

Mathletics

Spellodrome

Purple Mash

Espresso

Speak to your child's teacher if you need the logins again.

LATEST NHS ADVICE FOR CORONA VIRUS

Stay at home if you have coronavirus symptoms

Stay at home for 7 days if you have either:

a high temperature (above 37.5)

a new, continuous cough

Do not go to a GP surgery, pharmacy or hospital.

Telephone school to inform us of the absence.

ATTENDANCE

Our whole school target for attendance is 96%,

Year 1	89.3%
Year 2	95.6%
Year 3	94.8%
Year 4	99.3%
Year 4/5	93.7%
Year 5	94.8%
Year 6	97.5%

Congratulations to Green Class (Y4) for the best attendance last week!

School Closure

We will be closing on **Friday 20th March at 3.30pm,** until we are instructed to open again by the DfE.

We will be sending a separate letter about this.

Please continue to check text messages, emails, school twitter account and the website for further information during the closure.

Food Packs

We will be giving out food packs at the end of the school day on Thursday and Friday– please do come and collect one.

Thank You!

A huge thank you to all our families for your support and understanding during this period.

Key Dates

TERM DATES 2019-20 :

Spring Term:

Tuesday 7th January– Friday 14th February

HALF TERM: 17th– 21st February

Monday 24th February– Friday 3rd April

Summer Term:

Tuesday 21st April– Friday 22nd May

HALF TERM: 25th—29th May

Monday 1st June– Friday 17th July

Parent Workshops

There will be no further workshops this term.

Thank you to all the parents who have attended workshops and events this term. We hope you have found them useful.

We will be organising further events when school reopens.

We look forward to seeing you there!

E-safety

Each week we will be sharing an internet safety guide with you. This week it is about 'Social Media and Mental Health' . See the information on the final page.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT:
SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online - sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to "Fear Of Missing Out" has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger affect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman. Anna 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 of Education, advising them on their mental health green paper.

National Online Safety
NOS
#WakeUpWednesday

HELPFUL APPS:
- Hub of Hope - https://hubofhope.co.uk/
- Mindshift
- Smiling Mind

SOURCES OF HELP:
- Childline, 0800 1111 or visit their website
- Bullying UK, 0808 8002222
- Young Minds Parents line, 0808 802 5544

SOURCES: https://www.centerformentalhealth.org.uk/publications/social-media-young-people-place-of-mental-health, https://natcen.gov.uk/prongoing-embanc-research-y/wellbeing/articles/research-publication-wellbeing/2015-10-29, https://www.mysph.org.uk/upbase/intranet-upload-ss5%20ne%20ne%2020-29-web%20address%20to-20-pdf, https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201503/7-warning-signs-mental-health-risk