



The Wickford C of E School



# Newsletter

Headteacher: Mrs. Louise Johnson  
17<sup>th</sup> May 2019

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## ATTENDANCE

**TARGET: 100%**

### WHOLE SCHOOL

**ATTENDANCE FOR THIS WEEK: 97.9%**

### CLASS ATTENDANCE:

- Penguin:** 97%
- Wren:** 99.6%
- Puffin:** 100%
- Robin:** 100%
- Flamingo:** 91.1%
- Parrot:** 98.8%

### PADDINGTONS:

- Penguin:** Mitchell, Jacob, Evie and Ellie.
- Wren:** Cameron, Lilly, Amelia B and Gabriel.
- Puffin:** Charlie W, Teddy, Kaitlin and Erin.
- Robin:** Paige, Max, Sophie H and Ethan.
- Flamingo:** Ronnie C, Elsie, Eston and Felicity.
- Parrot:** Drey, Annabelle, Ariella and Laydeen.

### GOLDEN TABLE:

- Penguin:** Benaiah
- Wren:** Lilly
- Puffin:** Miah
- Robin:** Charlie-Joe
- Flamingo:** Ivy
- Parrot:** Stefan

Dear Parent/Carer,

Good afternoon! A fantastic week, I am proud to say that our children are working incredibly hard and it is a pleasure to see the progress that they are making. Thank you for your support.

**AFTER SCHOOL CLUB COLLECTIONS** A reminder that access for Kids at Heart is via Franklins Way, not Mount Road please.

**SUN CARE** Hopefully we will get some fine weather this term. Please could all parents ensure their child brings a water bottle and a sun hat to school each day. These should be clearly named. Parents should apply sun cream to their children before school each day, as an extra precaution in order to protect them from the sun. Please note that children are only permitted to wear sun glasses at school if medical evidence can be provided to support the need for the glasses (e.g. a letter from the doctor/optician).

**READING CHALLENGE** A reminder that we are going for Gold this term - 55 + reads needed to attend the cake party!



**SHARING ASSEMBLIES** Going forward, these events will permanently start at 2pm; hopefully this will also support parents making the dash to other schools. Friday 24<sup>th</sup> May will be sharing for FS.

**UNIFORM** A reminder that children may now be in brown shorts and summer dresses. Children may not wear open toed sandals.

### LEARNING OUTSIDE THE CLASSROOM

Year Two have been busy planting in Father Philip's garden this week, Mitchell proved to be awesome at 'freshening up the soil' and weeding, the next Percy Thrower in the making! Foundation Stage have made bird feeders, take a peek at the trees around the school grounds.



**TECH TOP TIP** Please see the attached information on Social Media & Mental Health.

### MOMENT OF LOVELINESS

Miss Spalding met with: R: Stefan, Annabelle, Felicity, Jack Yr 1—Jeremiah, Erin, Sophie H, Matilda Yr2—Thomas, Gabriel, Ronnie and Ariella for a Talk Time session.

She asked for their feedback, supporting the Computing development plan for this year:

**Do you enjoy computing lessons?**

Yes, - "I enjoy exploring the internet safely", "I like using the bee-bots"

"I like 2Create a Story because I can add text and pictures"

"I like using the iPads and using different apps".

**What do you do in your lessons?**

"We write Algorithms" "We use 2 simple software and play some of the games on it".

**What skills have you learnt?**

The children told me that they have learnt how to:

- Search for images on Google/Kiddle
- Turn a lap top on and off
- Log on and off the laptop
- Code and debug
- Save/print work
- Use powerpoint to create slide shows

**Do you know our e-safety rules?**

S—SPEAK OUT

A—ASK AN ADULT

F—FRIENDS AND FAMILY ONLY

E—ENJOY AND EXPLORE SAFELY

**Do your teachers remind you of the e-safety rules?**

- Yes, most of the time.

Thank you, I was in this meeting for some of the time and the children spoke articulately and confidently. They were clear to know the rules and were able to share the information that their classes had shared. Well done!

**PLANTS** Today we were given some lovely plants by Jenny from the Lets make Lunch team. Mrs Boswell is very excited to be able to brighten up the tubs in the playground. Thank you very much Jenny.

**THANK YOU** To Noah's daddy who has fixed the wooden picnic benches in the playground. No more wobbly benches!

**DONATIONS** We have been lucky enough to receive a very generous donation from a member of our school community that will be going to help repair our ball court. We are so grateful and are pleased to say this will be used for a very good cause. Thank you very much.

Erin's Dad has received some money to donate to charity, he has chosen to donate to the DIPG charity Abbie's Army in memory of Olivia. Thank you so much for this, it is really going to help us reach our target.

**DATES FOR DIARY ADDITION** Drumming Assembly for FS has now been confirmed for Friday 5<sup>th</sup> July; please add to your diaries.

**HIRE THE HALL**

Need to organise a children's party? Need some space to run an event? If so, please note that the school hall is available for hire. Prices start at £85 for a three hour slot, but we can arrange bookings for shorter or longer periods to suit your needs. Just call into the office and let them know what you are planning. We will try our very best to help.

Have a fantastic weekend, see you Monday!

Mrs Johnson

# SOCIAL MEDIA & Mental Health

## What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

## Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

**NOS** National Online Safety®

#WakeUpWednesday

## 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.



## 1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

## 2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

## 3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

## 4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

## 5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

### HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

### OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspn.org.uk/uploads/assets/uploads/62be270e-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warming-signs-mental-health-risk>