



# Newsletter

Friday 21st June 2024

## Dates for your diary

<b>Tuesday 25th June</b>	School photo day
<b>Mon - Weds 1st - 3rd July</b>	Year 6 Transition days
<b>Tuesday 2nd July</b>	Year 3 & 5 Drumming Performance 3pm School Hall
<b>Friday 5th July</b>	Year 5 Big Camp Out
<b>Friday 12th July</b>	School Discos

## Attendance



**1st Place - Class 5 - 96.15%**

**2nd Place - Class 2- 95.22%**



**3rd Place - Class FS1 - 93.93%**



Please continue to promote good attendance.

We are trying to ensure all children are in and ready to learn before we close the gates at 9:00am.



**Whole School Attendance**

**90.26%**



## Just a Reminder

School Photographs are on Tuesday 25th June.  
Please make sure children attend school in their uniform.

## Forest School

**Year 4: Monday 24th  
June**

**Year 3: Thursday 27th  
June**

Please make sure children  
wear  
appropriate clothing.



## Head Lice

Please could we ask all  
Parents/Carers to check  
their children's hair  
thoroughly and treat as  
necessary.

Please ensure children  
with shoulder length hair  
**MUST** have it tied up as  
per school policy.



## Year 6 London

As the end of the year  
draws nearer, we would  
like to remind parents  
that the final date for  
payment of the London  
2024 trip is due by:

**Friday 28th June**





## This Weeks House Points



**Purple  
Amethysts  
Points**

**492**

**Red  
Rubies  
Points**

**536**

**Green  
Emeralds  
Points**

**534**

**Blue  
Sapphires  
Points**

**549**

**Yellow  
Diamonds  
Points**

**585**



## Merit Points



**80 merits:** Grace D

**500 merits:** Poppy-Lou P,  
Darcie-Mae O'N

**600 merits:** Harley H

**800 merits:** Jasmine T

**900:** Paisley D, Amelia B

**1000:** Alice S, Ben H,

Ashleigh C-J, Noah D

**1100 merits:** Frankie F

**1200 merits:** Lexi O, Mikel L,  
Esmae T

**1300 merits:** Brandon T,  
Lexie B, Cameron W

**1500 merits:** Skyla D, Brooke  
E

## 'I ask questions to extend my learning'



**Y6.** Esmae T



**Y5.** Grace D



**Y4.** Ruby M



**Y3.** Lilly D

**Y2.** Jayden-James O

**Y1.** Lucas B



**FS2.** Sawayok R





Wednesday 17th June

Harlow Carr

On Wednesday 17<sup>th</sup> June, our Year 6 children attended an event at Harlow Carr to celebrate our achievement of 'Bronze' status for Healthy Schools.

Our Year 6 children represented us very well and came away with some ideas of improving our Health Schools Status next year - we are gunning for 'Silver' next!

The children took part in different activities and had some time to enjoy the beautiful gardens at Harlow Carr.



## Loud and Proud Corner



Thursday 20th & Friday 21st June

Sports Day

Sports Day this year was another amazing day!

The weather was fantastic, the support from parents and carers was amazing and the children, albeit very hot, enjoyed themselves very much.

Thank you to those who came and supported.

A big thank you to the children who showed amazing resilience, sportsmanship and teamwork.





# Safeguarding spotlight on:

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.

## What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

### 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

### 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

### 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

### 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

### 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

### 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

### 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

### 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

### 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

### 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

### Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



National  
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#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-55264505>  
<https://www.ipsos.com/insight/ipsos-media-intelligence>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



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# ONLINE SESSIONS For Parents/ Carers **UNDERSTANDING YOUR CHILD'S NEEDS**

For parents/carers of neurodiverse children  
(with a diagnosis or awaiting assessment)

**Presented by  
NYC Children and  
Families Service:  
Early Help**



**NORTH  
YORKSHIRE  
COUNCIL**

**WEDNESDAY 1<sup>ST</sup> MAY, 18:00 – 19:00**

**Supporting you to support your child through  
shutdown, meltdown and crisis**

[Click here to join the session](#)

**WEDNESDAY 5<sup>TH</sup> JUNE, 18:00 – 19:00**

**Supporting you and your child with their  
emotional and sensory regulation**

[Click here to join the session](#)

**WEDNESDAY 3<sup>RD</sup> JULY, 18:00 – 19:00**

**Supporting you and your child with sleep**

[Click here to join the session](#)

For more information contact

[candfhubhambleton@northyorks.gov.uk](mailto:candfhubhambleton@northyorks.gov.uk) or  
[candfhubrichmond@northyorks.gov.uk](mailto:candfhubrichmond@northyorks.gov.uk)





**DAISY  
CHAIN**  
Autism & Neurodiversity



**Autism  
Central**  
For parents and carers



# **Autism Central and Home-Start Drop-In**

**Do you have an autistic child (with or without diagnosis) and need support?**

Autism Central and Home-Start coffee mornings are an opportunity for families and carers of autistic people to connect with each other and get advice and support from Autism Central and Home-Start staff.

This group is suitable for you if you have a family member who is diagnosed/going through the diagnostic process/has been identified as having a need relating to autism, ADHD, sensory processing difficulties, anxiety and social communication differences.

Autism Central offers high-quality and easily accessible support, education and training alongside a dedicated website.

**Tuesday 16th April 10am-12pm**

**Tuesday 14th May 10am-12pm**

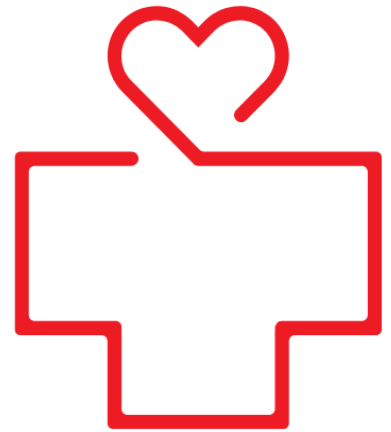
**Tuesday 18th June 10am-12pm**

**Tuesday 9th July 10am-12pm**

**Coverdale Suite, IPS Innovate, Colburn Business Park, Chartermark  
Way, Catterick Garrison,  
DL9 4QJ**

# MINI MEDICS

*Age*  
*6+*



Join us on our 'Mini Medics' course. The course is for children aged 6+ and will be £23 per child. It will run from 1.30 until 6.30 and includes learning about:

- Stranger Danger
- Buddy Buddy System
- First Aid

Once complete children will receive a certificate.



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