

## Hot Chocolate Club!



Every week class teachers will award two children with a hot chocolate club token. The token entitles children to join Mr Tyers on the Friday for hot chocolate and a biscuit. Children are selected for showing impeccable behaviour all week.

This week's club members...			
Year 3	Year 4	Year 5	Year 6
Isaac T Esme L	Amelia W Kiara Lyra Kirill Rosalie Oliver H	Lily Mackenzie Jodie Summer Ollie Chloe	Lexi Qemal Amalie Grace Noa Katie R

## Attendance

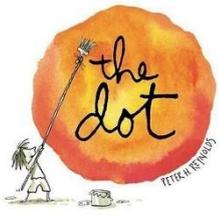


Best attendance goes to **Palm and Rowan with 97.9% attendance!** Extra 'Star Time' coming your way!

Year 3	Year 4	Year 5	Year 6
Juniper: 96.5%	Maple: 95.4%	Holly: 92.9%	Ash: 96.8%
Palm: 97.9%	Cedar: 93.0%	Rowan: 97.9%	Hazel: 92.9%
	Sycamore: 94.1%	Hawthorn: 94.1%	

## Dot Day

All of the children have participated in dot themed art and creative activities this week inspired by the fantastic book 'The Dot' written by Peter H Reynolds. The children created some wonderful pieces of art and the sound of the dot song could be heard throughout the school! Such a lovely day.



## Medical Information

Thank you to all of those parents that have completed the annual medical declaration form for their child. It is really important that you complete this **even if your child does not have a medical condition** as we can't assume a child has no medical issues simply because we have not received a form for them. If you did not receive the form, you can access it here. If you would prefer a paper copy please let us know.

<https://forms.office.com/Pages/ResponsePage.aspx?id=rVOWGVbBBUq60whMGjC2GGKR2iclrLZGgDIQq6zTw7NUNDNIWUFYmjNjT0JXV1hUTEpHUVIZMTNHMi4u>

## School Census Day

Next Thursday 1<sup>st</sup> October is school census. To support this we would encourage as many children as possible to have a school lunch on that day. We have opted for the popular all day breakfast with sausage, bacon, hash browns, tomatoes, mushrooms and egg. There is also a vegetarian option available.

## Keeping children safe on social media

Messaging services such as WhatsApp, Facebook Messenger and Kik have revolutionised the way we communicate. They have also created a whole new social sphere in which new rules of etiquette are still being tested out.

Messaging apps are hugely popular with both children and adults, due to the fact they are free to use and allow users to talk to each other regardless of whether they have an iPhone, Android or Windows device. As well as text, users can also send images, video and audio messages. Using these apps, you can talk to someone one on one, or with more than one person in a group chat. The group chat function is very popular amongst users, as it's an effective way to share messages with lots of people at once.

### How can you support your child?

Remind your child that if they get added to a group chat, there may be other members who they don't know, who have also been invited by the host of the group. Even though those people are friends of the host, they are still strangers, so children need to be careful about not giving away any personal information. Sometimes this is difficult, as on WhatsApp your phone number is shown by default. Go through the blocking tools of the service with your child, so they know how to stop someone contacting them.

Let your child know that if anything worries or upsets them online, they can always come to you for help. It's important to only accept invites to groups from people you are friends with in real life, and it is okay to leave the group if it is making you unhappy. Encourage them not to reply to mean messages, and save the evidence by taking a screen shot, so they can show you what has been going on.

As parents please be mindful of the age restrictions on apps, as many are deemed unsuitable for primary aged children. For more information on social networking and keeping your child safe, please find the link the leaflet below.

<https://www.childnet.com/resources/young-people-and-social-networking-services>

## Leadership Blog from Miss Bignell - SENDCo



Three weeks into the first term back and we are all settling into a new way of life, another new normal and another routine. The pandemic has affected us all in many different ways and as a school we believe that the well-being of all of our families is vital. There are so many ways to reduce anxiety, over the last two weeks we have shared online resources to support children with anxiety as well as the self care September poster produced by Action for children. This week I would like to share with you 3 key benefits of a good routine.

### 1. Time

Time, the most precious asset we have, once lost is never retrievable. In following a routine we free up time that would otherwise be spent on planning, decision-making and preparing.

### 2. Reduces Stress

In life there are always things beyond our control, and when we accept that and begin to take control of the things we can influence we reduce our levels of anxiety and stress. When we design and stick to a routine, it eliminates stress, we no longer have to think and worry about what needs to get done. The act of 'doing' gives us a sense of control and helps us relax.

### 3. Uncertainty becomes certainty

When we have a routine that is the same; daily, weekly, monthly, what was once uncertain becomes certain. What was once the unexpected becomes the expected and we begin to feel safe in the certainty of everyday events.

As our children begin to fall into the routine of being back at school, following the same routines; daily, weekly, monthly, we aim to reduce the stress and anxiety that the uncertainty of the pandemic has caused. My role as SENDCo at the academy allows me the opportunity to support all of our pupils with their mental health and well-being, this is also extended to our families. If you would like any advice and support with setting up routines, anxiety or stress please contact the school office and ask to speak with me.

## Dates for your diary

01.10.20	School Census – All day breakfast hot meal
26.10.20 - 30.10.20	Half Term
18.12.20	Last day of term
04.01.21	INSET
05.01.21	INSET
06.01.21	First day of term
12.02.21	INSET
15.02.21 – 19.02.21	Half Term

**Have a wonderful weekend everyone!**