

Dear Parents/Carers,

During Collective Worship this week, we spoke about what Mental Health is and how important it is that we keep both our body and mind as healthy as can be. The children thought about times when they have felt happy, excited or proud and the positive feelings we get from this as well as when they may have felt lonely, sad or anxious. We talked about how doing our best to help others feel positive and good about themselves is important as well as looking after our own mental health, which is important too. The children were reminded that they can talk to someone they trust whenever they need to, both in school and at home. The children will discuss this further in their classrooms and help to create posters to display around school.

Wishing you all a lovely weekend.

Lyndsey Wood

Acting Headteacher

GENERAL MESSAGES

Tuesday 28th January – Parents invitation to join their child/ren in Pangolins Class (arrive for 11.45am)
INSET DAY: Monday 24th February
Parent Consultation Evenings – 25th and 26th March

Week Beginning 27th January



Week commencing Monday 27th January is Menu 2, starting with French bread pizza (meat free day), corn on the cob, Tri colour pasta, salad bar or Jacket Potato with choice of fillings: tuna, cheese or baked beans

Milkshake Friday! Every Friday, Mrs Pitts will be serving milkshakes with every school meal.



GRANDPARENTS INVITATION TO FOREST SCHOOLS

Thank you for the wonderful response to our invitation for grandparents to join the children in Forest Schools for marshmallows and hot chocolate around the campfire.

Due to the number of grandparents interested, and wet weather making the forest area very boggy, we have decided to do a "Grandparent Week" starting Monday 2nd March – Friday 6th March. A timetable will be sent out shortly.



The 1st-8th February is National Storytelling Week! As part of events that week, we would like to invite parents/carers to tell a short story, either read from a book or one you have created yourself. This will take place every day at 3:00pm, Monday to Friday. Please contact the school office if you are interested in taking part. We only have 5 classes, so places will be limited.



Tuesday 10th February is World Pulses Day and we will be taking this opportunity to look at world hunger and world pollution. The children will be involved in writing about pollution and recycling and have the chance to learn more about world hunger.

6-15 March
**British
Science
Week
2020**



British Science week more information to follow!

CONGRATULATIONS



House Winners

House winners for the week ending 17th January 2020 are **St John**



Overall Attendance Week ending 24th January 2020 = **94.6%**

Attendance Winners Attendance Winners for the week ending 24th January 2020 = **Pangolins = 97.44%**

Punctuality Winners

Punctuality winners for the week ending 24th November 2020 = **Snow Leopards = 1 Late, Pangolins = 1 Lates**

Stars of the Week



Our stars are awarded on Monday assemblies to children who have shown particular commitment to our school values during the week. To say thank you we ask them to come to the front in our assembly and they can sit on the bench that day.

Class	Name	Value(s)
Siberian Tigers	Sydni Woodford	Perseverance (For working hard in Maths/English to achieve the Year 6 standard).
Pandas	Oscar Tristram	Perseverance (For persevering across the curriculum).
Snow Leopards	Ava Harper	Respect (For always being respectful to adults and peers and choosing to do the right thing!).
Turtles	Mia-Louise Wenden	Perseverance (Doing very well in her maths).
Pangolins	Isabelle Lewis	Perseverance (Working hard to remember and order numbers to 10 and beyond).

E-SAFETY TIP OF THE WEEK

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



What parents need to know about SOCIAL PRESSURES LINKED TO 'APPEARANCE'



ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self-image and an overall sense of never feeling good enough. Having poor self-image can affect the way that your child interacts with others and how we care for ourselves.

AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or erasing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



FILTERS

Filters applied to manipulate a photograph are another way of creating a delusion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.

APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.

MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



Safety Tips For Parents

QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- How often do they talk about their physical image in a negative way?
- Do they often talk about wanting to gain comments and 'likes'?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering app's.

DON'T GO COLD TURKEY

Talk with your child about taking one unfiltered image of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.

BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.

DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self-image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.

WHEN TO GET HELP

If your child becomes overly despondent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.bacp.co.uk/research/therapists> <https://www.thembx.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves.

Meet our expert

Anna Bateman 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.



PUPIL'S ACHIEVEMENTS

Noah from Pandas Class learning to play the guitar.



PHOTO GALLERY

Our chickens loving the story "I'm Big Enough Now!" being read to them by Ivy and Isabelle from Pangolins.

