

Parkhead Community Primary School

# Weekly News Bulletin



**Be kind. Be ambitious. Be the best you can be!**

**Issue Number 9 : Friday 8<sup>th</sup> November 2024**

We have all had a great first week back at school. It has been lovely hearing all about what the children have been up to over the half term holiday. We started the week off with our assembly where we introduced all of the children to 'Zones of Regulation', an approach we are now using throughout school. Please see section below for further information.

This week, I have had the pleasure of spending every lunch time with the children, either in the lunch hall or playing outside. It has been lovely to see them all having lots of fun, ranging from playing football both on the yard and the field, building cars and lots of other things with the tyres and crates to simply spending time on our library bus, chilling and reading.

I have also spent time popping into classes, where, as always it has been great to see all of the children working extremely hard on all of their set tasks. Year 5 have enjoyed their first ukulele lesson; when I dropped in they were keen to invite me back in a few weeks to hear them playing a Christmas tune.

Reception, Year 1, Year 1/2 and Year 5 have had their first session with Mr Elliot from NUF. They all enjoyed themselves and are looking forward to taking part in further sessions with him.

Next week we will be marking anti-bullying week by completing a range of activities across the week. Don't forget that Tuesday is odd sock day!



I hope you all have a lovely weekend.

*Mrs Chard*

## **PARENTS EVENINGS:**

We are looking forward to welcoming you into school next week to meet with your child's class teacher to share with you how your child has settled in to their new year group and how they are doing academically.

Don't forget  
parents'  
evening!

## **ASDA REWARDS:**

We now have a massive £430.00 in our Asda Rewards Cashpot. Don't forget to link our school to your Asda rewards, with school receiving 0.5% of your total spend every time you shop. Asda will also add £1 to our school Cashpot for every Reward Member who chooses to support our school. Hopefully we will raise lots before the end date which is 30th November. Thanks to everyone so far for adding us.

## **CLUBS:**

All of our Autumn 2 clubs started this week. It has been great to see so many of our children taking up the clubs offer. This term we have a range of clubs running, including football, cheerleading, reading, jigsaw and science. It is great to see the children having lots of fun.

## **CHRISTMAS:**

We have some exciting Christmas events planned for next half term. These include singalongs, performances and carols and reading in church. Please save the dates in your diary.

## **CHRISTMAS LUNCH:**

Our Christmas lunch day at school will be Wednesday 11<sup>th</sup> December and can be ordered on School hub up to three weeks prior.

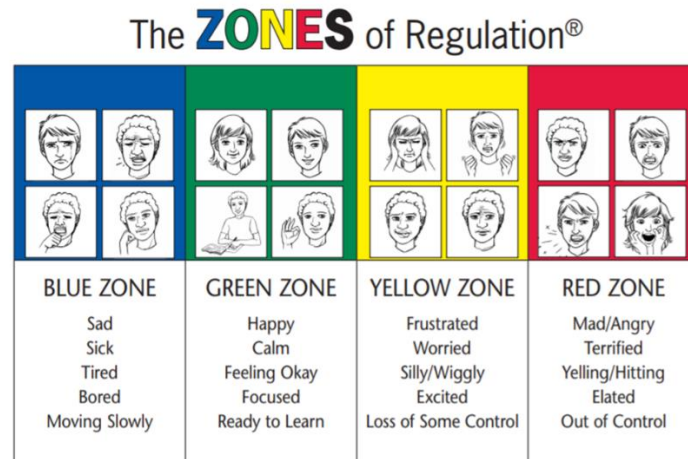


## SWITCH OFF FORTNIGHT:

Miss Brown and our Eco ambassadors have alerted us to switch off fortnight. This commences on Monday. Our ambassadors will be encouraging everyone to switch off appliances such as our whiteboards in school when not in use in order to save energy.

## ZONES OF REGULATION:

The Zones of Regulation is an approach which supports children in managing their feelings. By categorising the different ways we can feel and states of alertness, children can be supported to identify their own feelings and understand how their feelings can then affect their behaviour.



### Why do we use it? To teach our pupils:

How to identify their feelings as well as read others' facial expressions.

Understand how their behaviours can influence others' thoughts, feelings and behaviours.

How to regulate their own feelings and in doing so, develop their own 'toolbox' of strategies to self-manage their thoughts and emotions.

Problem solve and find positive solutions to different emotions.

The ultimate goal is for independent regulation.

### How can it be used at home?

Ask children 'how are you feeling?'/check in with their feelings.

Identify which zone they are in. 'Which zone are you in?'

Talk through strategies in their toolbox.

If you would like to know more about this, please do speak to a member of staff who would be happy to share further information with you.

### CAN YOU HELP?

We are, once again, working with charities to support families over Christmas. If you are in a position to buy an extra gift this year, which could help a family in need, we would love to accept these into school or you can donate via the following:

- Buy gift donations via their Amazon List and have them sent directly to us at Norah's North Pole <https://bit.ly/AmazonNorahsNorthPole2024>
- Donate money via their GoFundMe page- all money is used to buy new toys and essential items to pack into the Santa sacks <https://bit.ly/NorahsNorthPoleDonations>
- Drop off donations at one of their collection points around the North East- you can find a list of their collection points at [www.norahsnorthpole.co.uk](http://www.norahsnorthpole.co.uk) (all gift donations must be new)

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### ANTI-BULLYING WEEK 2024:

Next week, Anti-bullying week will take place. The theme for this year is Choose Respect. We will be doing lots of activities throughout school to mark this important week. Odd socks day will take place on Tuesday 12th November; this is an opportunity for everyone to express themselves and celebrate their individuality and what makes us all unique!

### CHILDREN IN NEED:

This year, we will be supporting Children In Need in school. On Friday 15th November, your child can wear something spotty, Pudsey clothing / accessories or come to school in non-uniform. Any donations can be paid online direct to the charity on the following link.



<https://donate.bbcchildreninneed.co.uk/>

### WORLD NURSERY RHYME WEEK:

From 11<sup>th</sup> – 15<sup>th</sup> November, Early Years will be celebrating world nursery rhyme week. For more information about this event please click on the link: <https://www.worldnurseryrhymeweek.com/>

Keep an eye on our school facebook page throughout this week as Early Years will be using it to share lots with you.

### REMEMBRANCE DAY:

This year's Remembrance Sunday will be marked on 10<sup>th</sup> November, with Armistice Day on Monday 11<sup>th</sup> November 2024. Within school, classes have been learning about this appropriate to their age. All classes have been completing art work related to poppies. Next week, the History ambassadors will be taking some of the wonderful art work over to Winton Court to share with the residents. On Monday, Mrs Myers and our History ambassadors will also lead a Remembrance day assembly within school, where we will take part in the two minute silence.



# FunClub



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**SAFEGUARDING:** What parents/carers need to know about group chats.

# What Parents & Carers Need to Know about GROUP CHATS

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Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

## WHAT ARE THE RISKS?

### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



**DATES FOR YOUR DIARY:**

Mon 11 <sup>th</sup> Nov		Remembrance Day	
Mon 11 <sup>th</sup> – Fri 15 <sup>th</sup>		Antibullying week	
Tues 12 <sup>th</sup> Nov		Wear odd socks day - antibullying	
		Parents evenings	
Thurs 14 <sup>th</sup> Nov		Parents evenings	
Fri 15 <sup>th</sup> Nov		Children in Need	
Tues 3 <sup>rd</sup> Dec	2.15	Y3/4 Christmas crafts with parents	
Thurs 5 <sup>th</sup> Dec	2.15	Y5/6 Christmas crafts with parents	
Fri 6 <sup>th</sup> Dec		Cosy Christmas day – trees up	
Tues 10 <sup>th</sup> Dec	9.15	Y3/4 Christmas singing concert	
	2.00	Reception Christmas Nativity	
Wed 11 <sup>th</sup> Dec		Christmas dinner day and festive wear	
	11.00	Nursery Christmas sing a long	
	2.30	Nursery Christmas sing a long	
Thurs 12 <sup>th</sup> Dec	2.00	KS1 Christmas performance (only need to attend one)	
Fri 13 <sup>th</sup> Dec	9.30	KS1 Christmas performance (only need to attend one)	
Tues 17 <sup>th</sup> Dec	9.15	KS2 Carol Service	
	2.00	Y3/4 Christmas party (come in uniform and change)	
Wed 18 <sup>th</sup> Dec	2.00	Nur/Rec Christmas party (come in uniform and change)	
Thurs 19 <sup>th</sup> Dec	2.00	KS1 and Y5/6 Christmas party (come in uniform and change)	
<b>Fri 20<sup>th</sup> Dec</b>		<b>Last day of term</b>	<b>Mon 6<sup>th</sup> Jan Back to school</b>

**Term dates:**

<b>Spring Term</b>		
<b>Start of Term</b>	<b>Half term</b>	<b>Last day of term</b>
Mon 6 January 2025	Mon 24 February - Fri 28 February 2025	Fri 11 April 2025
<b>SCHOOL CLOSED: training day Friday 21 February 2025</b>		
<b>Summer Term</b>		
<b>Start of Term</b>	<b>Half term</b>	<b>Last day of term</b>
Mon 28 April 2025	Mon 26 May - Fri 30 May 2025	Fri 18 July 2025
<b>SCHOOL CLOSED: Bank holiday Mon 5 May 2025 and Occasional day Mon 2 June 2025</b>		

**Important dates to note for next year:**

KS2 SATs dates:	Monday 12 <sup>th</sup> May – Thursday 15 <sup>th</sup> May 2025
Year 4 Multiplication tables check:	Mon 2 June – Fri 13 <sup>th</sup> June 2025
Year 1 Phonics screening check:	Mon 9 <sup>th</sup> June – Fri 13 <sup>th</sup> June 2025

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**KLUBZ After School Focussed Activity Timetable – Week Commencing Monday 11<sup>th</sup> November 2024**

Monday	Tuesday	Wednesday	Thursday	Friday
Bird Feeders	Kindness Day Activities	Leafy Hedgehog	Traditional Board Game Night	Children In Need fun

# Star of the week

Class	Star
Seedlings	Darcie
Acorns	Scarlett
Saplings	Evelyn
Beech	Carson
Elm	Geordie
Willow	John
Cherry	George
Spruce	Yaqub
Maple	Adem
Birch	Maisey
Cedar	Jan
Pine	Georgia

Mrs Chard's Stars of the week	
Early Years	Rex C
Key Stage 1	Brooke B
Key Stage 2	Leon D-P Harvey M



**Parkhead Community Primary School is a safeguarding school and we have a duty to pass on any concerns to Children's Services.**