



**Newsletter**  
**Date 13.10.2023**



**October 2023**

Wednesday 18<sup>th</sup> October - Sandwell Valley Nature Reserve Trip – Year 2RT

Thursday 19<sup>th</sup> October - Sandwell Valley Nature Reserve Trip – Year 2RA

Friday 20<sup>th</sup> October- Sandwell Valley Nature Reserve Trip – Year 2AB

Monday 23<sup>rd</sup> October – EYFS RHC Parent drop-in 2.45pm

Wednesday 25<sup>th</sup> October – EYFS RKD Parent drop-in 2.45pm and ABC Afternoon

Thursday 26<sup>th</sup> October - EYFS REP Parent drop-in 2.45pm

Half term Monday 30<sup>th</sup> October – Friday 3<sup>rd</sup> November.

**Visitors to School**

We keep children and adults safe in school by ensuring that whenever visitors are in school the children are able to identify who they are. All adults in school wear a lanyard.

**Staff wear blue lanyards**

**Professionals who have DBS check wear green lanyards.**

**All other visitors wear red lanyards and are accompanied by staff members when in school.**

Children are also taught this so that they can ensure that adults are safe in school too!

**School Nurse drop in sessions**

Our school nurse will be in school for drop-in sessions on:

Wednesday 25<sup>th</sup> October at 8:45 am

Please call the office to arrange a time slot from 8:45 am onwards.

**Forest School for Year 2**

**Clothing**

Children can come in non-uniform on their Forest School days – long trousers please and preferably long sleeves. As the weather becomes colder, please ensure children have a jumper or fleece, a waterproof coat and a hat and gloves. **Please also send wellingtons and extra socks in a carrier bag.** We will have a few spares but not many. We do have waterproof dungarees which we can loan out if necessary but if your child has their own waterproofs, they can bring them and put them on before we leave the classroom. We serve Galaxy hot chocolate and may toast marshmallows (vegan option available) so please remind us if your child cannot have these items.

| Session          | 2RT                   | 2RA         | 2AB         |
|------------------|-----------------------|-------------|-------------|
| 3                | Mon 9/10              | Thurs 12/10 | Mon 16/10   |
| 4                | Thurs 19/10           | Mon 23/10   | Thurs 26/10 |
| <b>HALF TERM</b> |                       |             |             |
| 5                | Dates to be confirmed |             |             |
| 6                |                       |             |             |

**Attendance**

**9th – 13th October 2023**

| Class | %     | Class | %     | Class | %     |
|-------|-------|-------|-------|-------|-------|
| REP   | 96.00 | RHC   | 97.20 | RKD   | 94.04 |
| 1HH   | 95.52 | 1LI   | 100   | 1SB   | 99.67 |
| 2AB   | 94.67 | 2RT   | 86.33 | 2RA   | 93.47 |
| 3EG   | 99.26 | 3KR   | 93.73 | 3LO   | 94.49 |
| 4GO   | 96.80 | 4HG   | 100   | 4LH   | 99.62 |
| 5LW   | 94.29 | 5RF   | 91.97 | 5SM   | 98.52 |
| 6BR   | 91.08 | 6EG   | 96.67 | 6ES   | 96.17 |

**Worker of the Week 13th October 2023**

Well done to all of these children who have been noticed for their hard work throughout the week!

| Class | Name                | Class | Name             | Class | Name              |
|-------|---------------------|-------|------------------|-------|-------------------|
| REP   | Harper G<br>Bella L | RHC   | Leo S<br>Annie M | RKD   | Myles O<br>Kyra J |
| 1HH   | Archie K            | 1LI   | Ronnie           | 1SB   | Ranbir<br>Jaxon B |
| 2AB   | Blake D             | 2RT   | Esme L           | 2RA   | Zac D             |
| 3EG   | Olivia M            | 3KR   | Logan T          | 3LO   | Harry G           |
| 4GO   | Amelie              | 4HG   | Ayva A           | 4LH   | Lottie S          |
| 5LW   | Darcie H            | 5RF   | Autumn W         | 5SM   | Charlie B         |
| 6BR   | Molly W             | 6EG   | Bethany R        | 6ES   | Tom B             |

Each week we will share a handy parent guide on a range of online safety topics. These are also available free to you if you sign up to National Online Safety. Check out our feed on X as we use this regularly too! Keep your children safe by staying up to date!

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 apps which we believe trusted adults should be aware of. Please visit [nationalonline.com](https://nationalonline.com) for further guides, hints and tips for adults.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Coyley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Source: <https://www.bbc.com/news/health-6202006> <https://www.nhs.uk/health-supporting-your-child-with-upsetting-content/> <https://www.uncare.org/parenting/how-to-prepare-children-about-conflict-and-war> <https://www.bbc.com/news/health-middle-east-202007>