



Newsletter Date 6.12.24

Together

Life at Lutley

Parent lunches continued in Year 1 this week. This event is a wonderful opportunity for you to experience part of your child's school day and to share a meal together in our school community.

Upcoming lunch dates – 11:30 – 12:10:

- 2TF – Monday 20th January
- 2KR – Tuesday 21st January
- 2LO – Wednesday 22nd January

The children have enjoyed a range of trips and visits linked to our school curriculum this week. Year 2 and 3 performed their Carol Service to parents at the church and Year 2 have also visited a Hindu Temple.

On Monday 16th December, we will be holding our Christmas Mini Market. Please can your child bring in some change to purchase items on sale throughout the morning. The money raised will be donated to our Trust charities.

Important Dates Coming Up

December 2024

- Monday 9th December – 2KR Forest School
- Tuesday 10th December – RJG Nativity at Forest School - 9:30am
- Wednesday 11th December – RHH Nativity at Forest School - 9:30am
- Friday 13th December - Year 1 Nativity - 9.30am
- Monday 16th December – Mini Market
- Monday 16th December – EYFS and Year 1 disco
- Tuesday 17th December – Year 5 and 6 disco
- Wednesday 18th December - Christmas jumper day, Christmas lunch day, ABC afternoon and Year 2, 3 and 4 disco
- Friday 20th December - Toy Day and last day of term – school day ends at 2pm

January 2025

- Monday 6th January – Spring term starts for children
- Monday 13th January – EYFS RHH Inspire workshop – 9:15am
- Tuesday 14th January – EYFS RJG Inspire workshop – 9:15am
- Monday 20th January – 1LI Inspire workshop – 9:15am
- Monday 20th January – 2TF Parent lunch – 11:30 – 12:10
- Tuesday 21st January – 1SB Inspire workshop – 9:15am
- Tuesday 21st January – 2KR Parent lunch – 11:30 – 12:10
- Wednesday 22nd January – 1KH Inspire workshop – 9:15am
- Wednesday 22nd January – 2LO Parent lunch – 11:30 – 12:10

Learning

Attendance

2nd – 6th December 2024

Class	%	Class	%	Class	%
RJG	93.33	RHH	88.10		
1KH	96.15	1LI	85.83	1SB	98.26
2KR	98.33	2LO	95.67	2TF	93.33
3EG	97.41	3AC	97.50	3ES	95.52
4GO	92.90	4KM	95.00	4LH	92.67
5LO	95.81	5ZB	93.79	5SM	98.67
6BR	97.50	6EG	95.67	6AO	96.77

Worker of the Week 6th December 2024

Class	Name	Class	Name	Class	Name
RJG	Mia N Grayson W	RHH	Jack P Casper S		
1KH	Soleia B	1LI	Rose B	1SB	Jaxon H
2TF	Ronnie R	2KR	Kate- Leigh M	2LO	Ranbir B
3EG	Evie M	3AC	Joshua R	3ES	Emily M
4GO	Evie S	4KM	Alfie G	4LH	Lara T
5LO	Thomas G	5ZB	James G	5SM	Jude J
6BR	Oliver W	6EG	William D	6AO	William M



Learning



Get ready for the Winter Cup!

Winter Cup starts 10th
November!

It's that time of year!

CENTURY's Winter Cup will be running from 10th November – 8th December 2024. To help promote learning on CENTURY and increase your child's chance of winning the trophy, please support your child to complete their weekly nuggets. We will also be promoting this in school.



Wellbeing



Our Junior Leadership Team have been trained in ensuring our daily mile is organised effectively. They encourage all children to participate to help them to stay active.

Children in Year 4 are coming the end of term for swimming lessons. Many of our children have shown great confidence in water safety by using a range of strokes effectively over a distance of 25 meters.

Forest School Wellbeing Group

Our Outdoor Wellbeing group is a small group of pupils who attend weekly for a term. As part of this sessions, the children are taught 'coping tools' to support them in everyday life, eg 'flower breathing' and '321'. This all takes place in our Forest Classroom, as nature has its own therapeutic benefits, such as reducing stress and anxiety, improving concentration and helping us to feel positive emotions such as joy and creativity.

Last week, we welcomed the parents of our Outdoor Wellbeing group in to join us, to share what we do. We enjoyed taking part in a strategy together that helped us to connect with our bodies and feel relaxed. We made some beautiful wreaths, allowing us to connect with nature and get creative. After exploring the site, we came together around the fire. This helps to build a sense of community within the group, as we reflect on our feelings and positive things that have happened, whilst cooking s'mores and drinking hot chocolate.



Well done to everyone for great results with over 90% usage!

Well done to 3EG for 100% usage.

Congratulations to our star class, 5SM, for 100% usage and an increase in all

scores!



Accelerated Reader Millionaire Club

As a school, last year, we read
17,099,144 words.

This year, our target is to
read **20,000,000** words!



Each week, we will share a useful parent guide on a range of online safety topics. These are also available free to you if you sign up to National Online Safety. Keep your children safe by staying up to date! Also, take a look at <https://parentzone.org.uk/> for more.



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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.



WHERE IS IT FOUND?

SOCIAL MEDIA
Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING
Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING
The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS
Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH
Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT
If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL
After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP
Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM
Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert
Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



Sources: <https://www.education.gov.za/documents/about/programme/bullying-prevention-programme> | <https://www.sesky.gov.za/education/training-professionals/professional-learning-programme/teaching-inappropriate-content-fact-sheet/> | <https://www.wellbeing.gov.uk/well-being/consent/updates/2020/04/children-media-view-year-7.pdf>