

This **ANTI-BULLYING WEEK**
we are holding

ODD SOCKS DAY on
MONDAY 13TH NOVEMBER 2023

Odd Socks Day 

Come to school wearing your odd socks to celebrate what makes us all unique!



The Bethany Project are a charity working together to help the most vulnerable children and people in a rural area of Tanzania. They rely on donations from schools and churches to help care for more than 140 children at their children's home and over 370 children in their primary school. For this reason, we are asking for a 50p donation to help support The Bethany Project. Emma along with Abigail, Luckvela and Neema will be coming into school on Friday 3rd November to talk with our children. Donations to be brought into school on Friday 3rd November and given to your child's class teacher.

A Taste of Africa
Songs, Video, Dance and Stories

Meet Emma who came to Bethany children's home at the age of 6yrs and is now the head teacher. She is accompanied by 3 of her students; Abigail, Luckvella and Neema. Hear their songs and the stories of the challenges they face in Tanzanian (one of Africa's poorest countries) and the help they receive from Bethany



Abigail Luckvella Emma Neema

Please remember to visit our website for long term dates. Thank you.

- Monday 30th October:** School reopens for Autumn 2– 8:45am. **Entries for the carved pumpkin competition can be brought in to school—50p per entry.**
- Monday 30th October:** Flu immunisation day.
- Monday 30th October:** **KS2 SATs Workshop for Y6 parents/ guardians—5:30pm**
- Tuesday 31st October:** School Council carved pumpkin competition—50p per entry.
- Monday 6th November:** **Reception Maths workshops— 9:00am, 2:45pm & 5:30pm.**
- Friday 10th November:** School choir to attend cenotaph.
- Monday 13th November:** Interfaith & Anti-bullying week: Odd Socks Day 13.11.2023.
- Monday 13th November:** **KS1 Maths workshops— 2:45pm & 5:30pm.**
- Thursday 16th November:** School disco (Reception/Year 3 disco: 3:45-5:00pm, Years 4-6 disco: 5:15-6:30pm)
'Bring a Bottle' for Friends of Tonacliffe Non-uniform Day (bottles to be used for the Christmas Fair).
- Monday 20th November:** Donations for 'Fill a Cup' for the Christmas Fair.
- Friday 1st December:** Non-uniform day—donations of chocolate for the Christmas Fair
- Friday 1st December:** Tonacliffe Christmas Fair: 5:00pm-7:00pm.

STAR PUPILS

Nursery: Sumayyah H.

Green Class: Sayaam K.

Pink Class: Louie H.

White Class: Libby H.

Red Class: Seb M.

Yellow Class: Millie B.

Orange Class: Joshua H.

Lime Class: The Whole Class.

Turquoise Class: Georgia M.

Gold Class: Eydi T.

Purple Class: Rhys L.

HOUSE POINTS

Dolphin: 281

Octopus: 312

Seahorse: 327

Starfish: 296

Well done

to the Seahorse Team who are this week's winners!

ATTENDANCE

We aim for at least 97% attendance each week; here are the attendance figures for last week:

Yellow Class: 94.6%

Green Class: 93.1% Orange Class: 98.6%

Pink Class: 97.1% Lime Class: 99.3%

White Class: 95.3% Turquoise Class: 93.1%

Red Class: 98.7% Gold Class: 96.3%

Purple Class: 97.2%

Our overall school attendance figure for week ending

Friday 13th October 2023 is 95.7%

FRIENDSHIP AND KINDNESS AWARD

Oliver A.

For always being ready to help his classmates and being a very good role model!



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.

FIND OUT WHAT YOUR CHILD KNOWS 1

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.



RIGHT TIME, RIGHT PLACE 2

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.



KEEP IT AGE APPROPRIATE 3

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.



EMPHASISE HOPE 4

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.



MONITOR REACTIONS 5

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.



CONSIDER YOUR OWN EMOTIONS 6

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.



SET LIMITS 7

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.



TAKE THINGS SLOWLY 8

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.



ENCOURAGE QUESTIONS 9

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.



FIND A BALANCE 10

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 'doomsday' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE 11

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.



IDENTIFY HELP 12

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's essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley 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.



NOS National Online Safety®
#WakeUpWednesday



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@nationalonlinesafety



@national_online_safety



Term Dates – 2023-2024

September 2023						
S	M	T	W	T	F	S
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October 2023						
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November 2023						
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December 2023						
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31						

January 2024						
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February 2024						
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March 2024						
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April 2024						
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May 2024						
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June 2024						
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July 2024						
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August 2024						
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	Training Days (children do not attend school)
	Holidays