

Felton C of E Primary School Newsletter

'Loving, Learning, Living as we journey together to enable everyone to flourish'

Friday 18th March 2022

We are racing through the half term with some incredible work going on in all the classes. Everyone has been using their art and DT skills. There are a few photos over on our [Twitter Feed](#) showing the signs of Spring and all the lovely daffodils we have in school. Please could you make sure that your children are not picking any of these flowers on their way in and out of school - Thank You!

In Forest Based Learning, the classes have been thinking about gardening and growing skills. Each of the classes has also been thinking a lot about Climate Change in our mini adventure work, collective Worship, and in FBL. This has led to some really interesting discussions about what we can do in school to reduce our impact on the environment. The Voyagers have been doing some planning and will soon be replanting our flower beds, and the Adventurers are busy moving their keyhole garden so that we can start composting and growing again! The Pioneers have come up with a plan to save us from throwing away bits of plastic that would normally go into the bin, which cannot be recycled - **Eco Bricks!** Here is a message from the Pioneers:



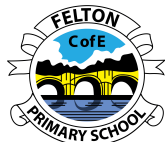
*We would really like you to fill an eco brick to save small bits of plastic from going in the bin. **How do I make one?** Take a used plastic bottle (no bigger than 1.5l please), wash and dry it out. **Please don't go out and buy a new bottle!** Fill it up with small, clean bits of plastic that you cannot recycle e.g. plastic film, crisp packets, straws ... anything! Use a stick to push the plastic down the bottle so that you can fit in as much as possible. Leave a gap of 1-2 cm at the top, and screw the lid on tightly. When full, the bottle should weigh a third of the original volume (so a 1l bottle should weigh about 333g) to be successful. When you have made your ecobrick, bring it to school and start a new one! Each class is also starting to make their own Ecobrick. You can find out more [here](#). When we have enough, we are planning to build some furniture for the yard and forest area and a raised bed to plant flowers. Thank you so much for your help - we look forward to seeing your eco bricks!*



Spotlight on ... **The Voyagers!**

This half term, the children in Voyagers have been taking part in a Mini Adventure called 'Disappearing Coasts'. This mini adventure has a Geography focus, with children finding out how weathering, erosion and deposition can shape the land, and in particular coasts. We will be considering whether we should try to slow down the process of coastal erosion or whether we should allow it to happen! In Science, we are looking at plants and what conditions they need to be at their very best. We have been very busy watering our plants and hiding plants in the cupboard, to see how they react! We are using our skills of observation! In English, we are reading The Mousehole Cat, written by Antonia Barber and beautifully illustrated by Nicola Bayley - well worth a read! We have been exploring the dramatic and moving Cornish tale of Mowzer, the cat and his companion, Tom, who brave the fury of the Great Storm Cat to try and save their village. This has also been our inspiration for our work in Dance, retelling this story through movement.





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National Online Safety Hub Guide

At the bottom of this newsletter you will find a Guide from the NOS Hub about supporting children to deal with upsetting content. Given the news at this time, you might find it helpful to read. You can download it yourself [here](#). Remember that we provide access to this site for any information you need around supporting your child and family online.

PGCE Student

From the beginning of next week, March 28th, we will be welcoming Miss Deck to the Pioneers class, as she completes her final teaching practice whilst training to be a teacher at Northumbria University. Miss Deck will also be visiting the explorers for a couple of days to experience the full age range of our school. We are really looking forward to having her working with the Year 5-6 children until the end of June.

Dates for your Diary

29.3.22: Dr Bike in school - complete the google form sent out this week for a free bike service
30.3.22: Kielder Observatory in school - free workshops for Years 1 - 6
3.4.21: Messy Church at St Michael's
8.4.22: Break up for Easter
25.4.22: Return to school
27.5.22: Queen's Jubilee Celebrations; break up for half term
6.6.22: Platinum Jubilee Bank Holiday - School Closed.

Have a lovely weekend!

J. Leithead

Ms Jane Leithead, Acting Headteacher

Messaging Devices

Could parents be aware that *any* device which is used to send messages should not be in use during school hours. This includes watches that can receive messages - these should be deactivated or disconnected from any messaging services during school hours. We really appreciate your support with this in order to keep the focus on the experiences and learning we are providing, thank you.

Sport and PE

Explorers (Nursery and Reception)

PE kit and Wellies / outdoor clothes to be left in school or brought daily

Adventurers (Years 1 and 2)

Wednesday: *Adventurers do not need to bring uniform on a Wednesday*

Arrive ready to run and bring Swimming Kit

Thursday: PE kit and Trident Soccer after school club

Friday: Arrive ready for Forest Based Learning

Voyagers (Years 3 and 4)

Tuesday: bring PE kit

Wednesday: *Voyagers do not need to bring uniform on a Wednesday*

Arrive ready to run, bring a change of PE kit if you wish

Friday: Arrive ready for Forest Based Learning

Pioneers (Years 5 and 6)

Tuesday: Arrive in PE Kit, bring uniform

Wednesday: Arrive ready to run, bring uniform

Thursday: Bring PE kit for Football

Friday: Arrive ready for Forest Based Learning

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 www.nationalonlinesafety.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 the continuing impact of COVID-19 to the war in Ukraine, 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 have 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 is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. 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 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 screentime and content can be difficult at the best of times, 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 and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime 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

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.



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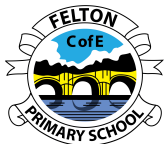


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#WakeUpWednesday



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**Sunday 3rd
April**

3.30 – 5.00pm



**St Michael's Community Room,
Felton**

Everyone is invited to come along to our

"Messy Church Easter Afternoon"

This will be a fun filled afternoon of games, crafts, stories and, of course, Easter eggs!! It is for all the family and all ages. There will also be tea for everyone.



Do come along and have some fun, chat and all friends and families are welcome. It will be lovely to see you there. For more information see Julia Butlin or Sue Inglis-Jones or email ju.butlin@googlemail.com