



NEWSLETTER

ISSUE 11



STOKE HEATH PRIMARY SCHOOL

HEADS NEWS

Dear parents and carers,

Wow! How is it two weeks away from the summer term already! What a busy few weeks we have had. It was lovely to see parents this morning for our Super Learner assembly and if your child took part in the Easter bonnet parade, I hope you enjoyed it, the children certainly did. We had our Great Egg Race on Tuesday which the children thoroughly enjoyed, there were some worthy winners! I hope you have a great Easter break and I look forward to seeing you back at school on the 17th April.

Louise Kelman
Headteacher

ATTENDANCE

The attendance for this half term each class is as follows

Class	% Attend
1A	95
1B	92.7
2A	92.6
2B	99.2
3A	87.1
3B	86.7
4A	90.8
4B	85.8
5A	94.2
5B	88.6
6A	94.2
6B	95.4
NA1	95.9
NA2	84.8
NB1	89.8
NB2	85.6
RA	87.5
RB	92.5
Whole School Attendance	91.3

FAMILY FUN!

A new addition to the newsletter is 'Family Fun.' Each edition will have a new activity for you to complete as a family.

Today's activity is 'Shopping List.' The first person says, "I went to the shop and I bought a (item). The second person needs to repeat the process, saying the first person's item and adding a new item to the list. They would say, "I went to the shop and I bought a (first item, new item.)" This continues until a mistake is made. How many items can you remember? Who will remember the most? Please click on the link below to let us know how you did.

<https://forms.office.com/e/dnNQZt8HGP>

CHANGES TO LUNCH TIME

The children will get to choose their dinner on the morning when they come into school. Currently, the children come into class in the morning and press on their photograph on the classroom interactive whiteboard to confirm that they are in school. This will continue however upon self registration, they will then, with the assistance of their teacher, be able to choose either the red option or the green option for their dinner choice and blue option or yellow option for pudding choice. This also means that if there is a particular day that your child does not like either option, you could send them in with a packed lunch on that day. We have attached a copy of the menu for you to discuss at home with your child over the Easter break.

**Stoke Heath Primary School
Dinner Menu**

Below are choices of our new menus. You may pick one choice only from each section for each day. **Red or Green AND Yellow or Blue**
Please note we do not use Halal Meat.



	Meal Free Monday	Tuesday	Wednesday	Thursday	Friday
Meat	Red Option Cheese and Pepper Pot (Contains Wheat and Milk)	Jacket Potato with Cheese and Beans (contains milk)	Chicken Nuggets (Contains Wheat)	Tomato and Basil Pasta Bake (Contains Milk, Wheat)	Junio Fish Finger (Contains Fish, Wheat)
	Green Option Vegetarian Sausage Roll (Contains Wheat)	Homemade Cheese & Tomato Pizza (contains milk, wheat)	Vegetarian Nuggets (Contains Wheat)	Vegetarian Sausages (Contains Wheat, Gluten)	Cheese Sausage Wrap (Contains Milk, Wheat)
Both Dishes will be served with	Crispy Diced potatoes and Peas (Contains Wheat)	Baked Jacket Potatoes and Peas and carrots (Contains Wheat)	Waffles, Peas and Sweetcorn (Contains Milk)	Potato and Sweetcorn (Contains Wheat and Milk)	Chips and Peas
	Yellow Option Rice Pudding (Contains Milk)	Biscuits (Contains Wheat, Milk, Soya) (May Contain Nuts)	Lambic Spurge with Custard (Contains Wheat, Egg)	Yoghurt (Contains Milk)	Fruit Cocktail
Puddings	Blue Option Jam Tart (Contains Wheat, Sulphites, Egg)	Fresh Fruit	Vanilla Ice Cream Tub (Contains Milk)	Crackers and Cheese (Contains Milk, Wheat, Gluten)	Hot Chocolate Sponge and Custard (Contains Wheat, Egg, Milk) (May Contain Nuts)
	Week Two				
Meat	Red Option Meat and Cheese (Contains Wheat, Milk)	Sausages & Corn Fritters (Contains Wheat, Fish)	Chicken Curry (Contains Milk)	Beef Burger in a Bun (Contains Celeriac, Gluten, Wheat) (May contain Oats, Rye and Sesame)	Fish Finger (Contains Fish, Wheat, Soya)
	Green Option Quorn Vegetarian Sausage (Contains Wheat)	Cheese Pasty (Contains Wheat, Milk)	Vegetarian Curry (Contains Milk)	Quorn Burger in a Bun (Contains Barley, Gluten, Egg, Milk, Soya, Wheat) (May contain Oats, Rye and Sesame)	Jacket Potato with Cheese and Beans (contains milk)
Both Dishes will be served with	Fries, Peas and sweetcorn	Mashed Potato and carrots (Contains Milk)	Rice and Noodle Salad (Contains Milk, Wheat)	French Fries and Veggie sticks	Chips and beans (Jacket potato will not be served with Chips)
	Yellow Option Tropical Fruit Cocktail	Assort Assortment (Contains Wheat, Milk, Soya) (May Contain Nuts)	Ginger Ice Cream Tub (Contains Wheat, Egg)	Yoghurt (Contains Milk)	Fruit Cocktail
Puddings	Blue Option Vanilla Arctic Roll (Contains Wheat, Milk, Egg, Soya)	Fresh Fruit	Fresh Fruit	Crackers and Cheese (Contains Milk and wheat)	Chocolate Ice Cream Tub (Contains Milk)

In addition squash is served along with bread and salad

V - Vegetarian Meals

CHARITIES

On Friday 21st April Year 4 are raising money for the NSPCC by asking if children could wear an item of clothing/accessory that is of the colour GREEN and if you could donate any change that could go to the NSPCC.

Children should still wear their uniform however, for example, if it is a green jumper they can wear this instead of their school jumper.

NSPCC

DATES FOR THE DIARY

31ST MARCH

Last Day of Term

17TH APRIL

Children Return to School

27TH APRIL

Year 4 trip to York

1ST MAY

Bank Holiday

8TH MAY

Bank Holiday for Kings Coronation

TOYS FROM HOME

Please can we ask that children do not bring toys in from home, like footballs and Pokémon cards including fidget toys as they can get lost in school. If a child requires a fidget toy or one is requested by a class teacher they will be provided by the school.

FREE SCHOOL MEAL VOUCHERS

If you are in receipt of Free School Meals you will receive a £30.00 voucher from schoolvoucher.com today. This is to be used to buy food for your children over the break.

RAMADAN – EID

On Friday, our Stoke Heath community celebrated the Islamic Holy month of Ramadan with a presentation from teachers at Masjid Zeenatul Islam and an Iftar. Thank you to everyone who everyone who joined us for this special occasion, especially Jabir and Muhammad for the presentation.

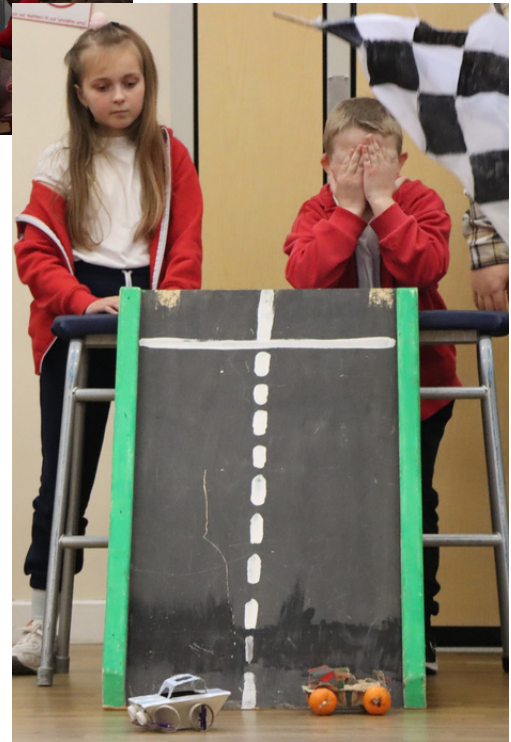


We are aware for many of our families that Eid is fast approaching. We understand that this is a time of celebration. As Eid is on Friday 21st April 2023 and falls on a school day, you may want to keep your children off school to enjoy this time with family.

We kindly ask that you inform us of your child's/children's absence by completing a holiday request form, you will need to collect and return this as soon as possible to the school office

THE GREAT EGG RACE

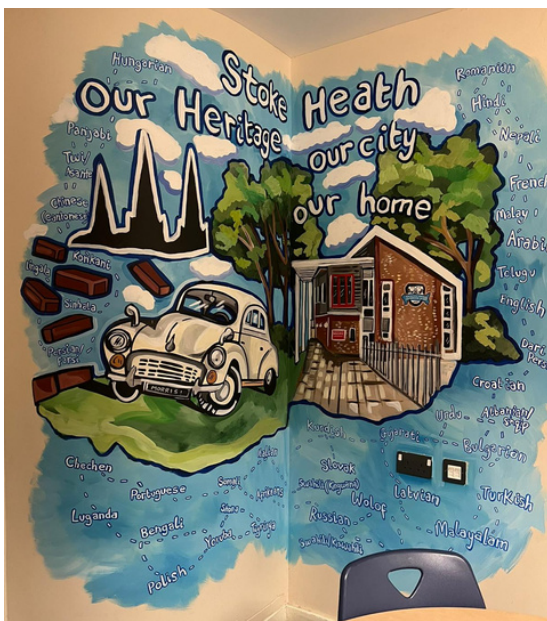
We have had another successful Great Egg Race! We had a special visit from the one and only "No Direction"!!



CHANGES TO SCHOOL SITE!

You will have noticed that there has been some changes around school!

We have had a new trim trail for the children to enjoy at playtimes and lunchtimes and there are a number of paintings popping up all around school.



PTA FUNDRAISING

Thank you for all of your support this half term with Break the Rules Day and the Spring Raffle. We have raised a HUGE £720 towards the PTA!

Also a massive thank you to everyone who donated prizes to be raffled off!

We had 3 Easter Baskets,
2 x £100 Asda vouchers from TG Escapes
£40 Smyths voucher from AC Electrics.
and much much more!



PTA FUNDRAISING

The winners of the Raffle are as follows,

X3 Easter Baskets : Layton 3A

Iga 1A

Ariona 3A

X3 Easter Bags : Zuzanna 5A

Mariam 5A

Noah 2B

Easter Bundles: Scarlett 4B

Ava 2B

£20 Bronze Voucher: Tyler NB2

£50 Smyths Voucher donated by AC Electrics: Michalina 2B

£100 ASDA Vouchers donated by TG Escapes : Curtis 6A

Chairis 3B



ONLINE SAFETY

We can access new music and movies in seconds. We can get products delivered to our door the very next day. We can chat or play games with people in other houses. For all of the remarkable benefits the digital age has brought us, however, it's presented us with lots of new pressures and anxieties, that we're all still learning to cope with.

From continual notifications to the fear of missing out, today's children and young people have stresses to manage that previous generations simply never had. The latest National Online Safety guide highlights ways to reduce the anxiety that digital devices can bring.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, tips and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory; creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time - it may not always be appropriate, and children may not have the ability or the support to deal with it.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people - both in digital and real life - and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text - but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including flame war arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common - while there are online opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how - and why - content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder 'who's really in charge: the person or the device?' Checking our phone as soon as it goes off is an easy habit to fall into - especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same; you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away - so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger - raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky - and may depend on the child's age - but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device - and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're off in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Setting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Corinne Francis-Smith is an experienced counselling psychologist who specialises in protecting vulnerable children and young people. She consults with and offers expertise to businesses and organisations, supporting positive and effective digital communication, to help young people overcome some of the more hidden aspects of the online experience.

Source: <https://www.childcommission.gov.uk/report-the-big-ask-big-ambition/>
<https://www.bbc.com/news/health-57192909>

NOS National Online Safety
#WakeUpWednesday

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