



# Lanchester E.P. (Cont.) Primary School & Nursery

## *A Caring Community Where All Can Flourish*



*'Through God's love, we are the rich soil  
where roots grow and seeds flourish.'*

**Luke 8:4-15**



Friday 22<sup>nd</sup> September 2023

Dear Parents and Carers,

It has been a great week in school this week with so much happening. Year 2 had a great day at Hartlepool Marina as part of their 'Land Ahoy' topic even though they did get caught in a torrential downpour! Then Years 2-6 enjoyed a fabulous day for their beach walk yesterday. We really were incredibly lucky with the weather, especially considering how appalling it has been earlier in the week! The children were a credit to the school – just so happy, excited and joyous throughout the whole day! So many members of the public stopped staff during the walk to compliment the children on their behaviour and good manners. I would also like to say a huge thank you to the huge number of parents who joined us for the day too. You were a great help and we really do appreciate your support.

### **Collecting from Extra-Curricular Clubs**

I would like to remind parents and carers that if your child attends an extra-curricular school club such as Multi Sports, Football, Choir etc, these clubs are dismissed from the Main Reception on the top yard. Children from Year 2 – 6 at the payable wrap around care club need to be collected from the Junior Hall. Children from Nursery – Year 1 should be collected from Nursery up until 4.15pm; after that they should also be collected from the Junior Hall.

### **Changes in Arrangements**

It is really important that if your child is being collected by somebody different (eg another parent or family member) you contact the school office and your child's class teacher. It is important that you let the School Office know in case your child's teacher is not with the class/has not had chance to check their emails. We have had a number of occasions where the child has told their teacher they are going with another parent, but we have not been informed of that. Obviously, safeguarding the children is our highest priority and we cannot just allow other people to collect your child if we have not previously been informed of it. Thank you for your help with ensuring we keep your child safe.

### **WhatsApp Groups**

We are well aware that many of you will be part of class WhatsApp groups which can be a really good way of communicating with other parents. We also know some of our older children will be part of such groups and we spend many hours in school trying to educate the children about both the positive and negative aspects of such groups. What we always say to the children though is that they should never write or post anything about anyone in those groups that they would not say to the person themselves.

I am writing this to ask the same of you, our parents, with whom we work so closely, for the benefit of your children. We realise you will not agree with every decision we make in school and also understand that there will be some things that make you unhappy. However, if this is the case, please come and see us and talk to us face to face or email us directly.

I would just like you all to remember that we are also human beings with feelings – just like you all. Lanchester EP is a very special school because we have staff who are totally dedicated and committed to giving your children the very best start in life. Thank you.

## **Schools Rebuilding Programme**

We have received communication from the DfE (Department for Education) that we are in the next group of schools for the schools rebuilding programme work which should start sometime 2025. Whilst this might just initially be design work, we are pleased it will be sooner rather than later.

## **Footballs in School**

Unfortunately, for the foreseeable future, children will not be allowed to bring balls into school. Whilst there are still days when children can get onto the field, these days are becoming increasingly numbered because of the weather. With so many children then on the yard, there is just not the space to keep all children safe if there are lots of hard, footballs flying around. In addition to this, in the last year we have spent considerable amounts of money replacing broken windows in the Junior Hall as a result of footballs being used on the yard. Therefore, for health and safety reasons, we have no option to ban footballs from the school yard. Instead, when it is safe and we can get on the field, school will provide each year group with a ball which they will be given when they can be used safely outside.

We will be teaching the children a variety of traditional playground games in their teams and classes so that they have different activities and games to play on the yard. I am sure you will understand the reasons behind this and the need for these changes.

## **SEND News**

Over the next few months, County Durham CAMHS (Child and Adolescent Mental Health Service) is running a series of free online workshops for parents and carers. The details of upcoming sessions are below. If you would like to find out more or if you would like to book a place, please email:

[tewv.countydurhamcamhstraining@nhs.net](mailto:tewv.countydurhamcamhstraining@nhs.net)

## **Understanding why children might be anxious about school**

*Tuesday 26th September 09:30-11:30*

This is an awareness session to increase understanding of why children might be anxious about school, identify potential triggers and look at available support and strategies. This session is suitable for parents/carers of all school aged children but may be of limited value to parents of children with more complex needs.

## **Anxiety (two groups)**

*Over 11 years – Tuesday 10th October 09:30-11:30*

*5-11 years – Tuesday 24th October 09:30-11:30*

This session looks at what anxiety is, what the triggers might be, how to identify it and how we can support our children and young people.

## **Emotional wellbeing**

*Tuesday 14th November 09:30-11:30*

This session will focus on emotional wellbeing, what is it and how can we improve it for ourselves and our children. This session explores the link with mental health and looks at how we can manage our own wellbeing as well as that of our children and young people.

## **Child to parent violence and aggression**

*Wednesday 6th December 1:30-3:30*

This awareness training will begin by giving a brief overview on the role of forensic CAMHS and how it differs from generic CAMHS services. We will consider models of aggression in children and young people and identify key influencing factors. We will look to apply these models of aggression and consider them within the family / parent context and explore how aggression can become a pattern in households. Aggression will be discussed in a childhood mental illness and neurodevelopmental context with consideration given to NICE guidance and recommended treatment / intervention approaches for CAMHS and multi-agency partners. On completion of the training the participants should be able to determine how aggression develops in children and young people and what approaches may benefit and hinder family's approaches to manage it within their child(ren). The participants will also be aware of when a referral to forensic CAMHS is appropriate and

how this can be made. There will also be opportunity for participants to ask any questions at the end of the session.

### **Understanding Sleep**

*Wednesday 11th October 1:30-3:00*

### **Understanding Behaviour Development in Children and Young People**

*Tuesday 17th October 1:30-3:45*

### **Healthy Snacks**

Children receive free fruit and vegetables in Nursery, Reception and Years 1 & 2. Children in Key Stage 2 (Years 3-6) may bring in a healthy snack for their playtime. We would like to remind you that the healthy snacks KS2 children can bring is ideally fruit but healthy cereal bars (no nuts – we are a nut free school) are also acceptable. Please remember that Cool Milk is also available for all children across the whole school at a heavily subsidised cost. If your child does not already receive milk but would like to, please register via [www.coolmilk.com](http://www.coolmilk.com)

### **PE Hoodies**

I received some emails from a number of you last weekend about the PE hoodies and the initials peeling off after washing. I did get in touch with Moette who advised that this can occur if the hoodies are:

- Tumble dried
- Washed on too high a temperature
- Left on a radiator to dry
- Left damp in a washing machine for prolonged periods

If you have not done this and are experiencing problems, they suggest you get in touch with: [andrea@moette.co.uk](mailto:andrea@moette.co.uk) who will be able to advise and help.

### **Year 5 at Birchwood**

I am sure Year 5 are really looking forward to their time away next week at Cadbury World and the National Space Centre on Thursday and Friday next week. The children need to be in school for 6.50am prior to the bus leaving at 7am. A packed lunch is needed as well as some snacks! An email will be sent to Year 5 parents reminding them what they need to bring for their luxury overnight stay on the hall floor in our partner school in Tamworth! We will update parents and carers through Twitter on our return on Friday evening but we are aiming to return to school at approx. 6.30pm.

### **Reception Intake – September 2024**

I know some of our children have only just started, but applications are now open for school places for next academic year, starting in September 2024. These must be applied for through the online portal: <https://durham.gov.uk/schooladmissions> The deadline for applications is Monday 15<sup>th</sup> January 2024.

### **Attendance**

<b>Reception</b>	98.9%
<b>Year 1</b>	97.2%
<b>Year 2</b>	93.2%
<b>Year 3</b>	94.5%
<b>Year 4</b>	95.7%
<b>Year 5</b>	99.1%
<b>Year 6</b>	97.3%

## **Safeguarding**

Keeping children safe from harm is our number one priority. We will always act upon any concerns individuals have, or any disclosures from children. However, if you have any concerns outside of school, or if you have a concern about a child or young person's welfare, it is essential that you call First Contact on: 03000 267979.

## **Online Safety**

This week, we are looking at WhatsApp and what you can do as parents to help keep your child safe while using the app. As has already been mentioned, WhatsApp groups can be a brilliant resource for sharing information & keeping in touch with friends. However, these groups can also become toxic. The NSPCC has some brilliant tips on how to keep your child safe on WhatsApp:

### **Get to know privacy settings**

There are four main settings that you can use to help your child control who can see their information:

1. Everyone – allows all users to see your profile photo, about or status.
2. My contacts – only allows people from your phone contacts to see your profile photo, about, status, last seen and online.
3. My contacts except... – allows you to exclude certain people in your phone contacts from seeing your information.
4. Nobody – doesn't allow anyone to see your information.

The default setting on WhatsApp is 'everyone' but you can help your child to set their privacy controls by clicking the 'settings' cog and selecting 'privacy'. Here you can select each type of information and change it to the setting that you want.

To prevent children being added to groups by people they don't know, we recommend changing the group settings to 'My contacts except' and using the tick icon to select all contacts. This option means only your child's phone contacts, except those you exclude, can add your child to groups. But by selecting all contacts, it means that nobody can add your child to a group chat without first sending them an invitation.

In the same section, you can also switch off 'read receipts', which means other people cannot see when you have read their message. This might help if your child is feeling under pressure to respond to messages.

### **Make use of safety features**

Show your child how to block and report other users of the app or inappropriate content. For information on how to block or report on WhatsApp visit: [How to block and report contacts | WhatsApp Help Center](#).

### **Talk about sharing**

Talk to your child regularly about what they should and shouldn't share with others on WhatsApp. You can read more about this here: [Social media | NSPCC](#)

Remind your child that, even if they think what they are sending will stay private, others might save, forward or screenshot it. Talk to them about making sure others are comfortable with what they are sending and let them know they can come to you if they are worried about something they have shared on the app.

### **Set rules about location sharing**

Decide with your child if it is appropriate for them to share their location with others and who they are allowed to share it with. You can disable location permissions by going into your device settings and switching off location services for WhatsApp.

## **Diary Dates for Next Week**

### **Saturday 23<sup>rd</sup> September 2023 – Confirmation Service at All Saint's Church at 6pm**

We are delighted that a number of our pupils have decided to be confirmed this year. The Bishop is coming to confirm all candidates and it is very special that it is taking place in our church. We will all be thinking about those children who will be confirmed. Personally, I am very sorry to be missing this special event and send apologies to all children and their families. I do always try to attend the confirmation services but am

unable to this year as I had already booked to take my mother away for the weekend. I will be with you all in my thoughts though!

#### **Sunday 24<sup>th</sup> September 2023 – Harvest Festival Service at 10.30am in All Saints' Church**

Some of our children are leading the Harvest Festival Service in church at 10.30am on Sunday morning. All children are to meet for 10.20am and should be in their school uniform. The service should last no longer than an hour. Mr Innes has been supporting the children this week with their readings and I know he is very proud of them already! I am very grateful to Mr Innes for kindly volunteering to work with them and give up his Sunday morning to accompany them to church too.

#### **Monday 25<sup>th</sup> September 2023 – Phonics and Accelerated Reader Parental Information Sessions**

We are really looking forward to welcoming parents and carers into school at 9am and 6pm on Monday 25<sup>th</sup> September. The phonics sessions are useful for parents and carers of all ages. The Accelerated Reader sessions are useful for parents of Year 2 and above. Nursery and Reception parents will be able to leave after the Phonics input if they wish. These are really useful sessions so we hope you are able to come along to find out how we teach your children both phonics and reading. We hope to invite you in after half term to see these lessons in action as well!

#### **Monday 25<sup>th</sup> September 2023 – Girls' Football Match**

The girls football team have their first match on Monday at Catchgate Primary School. A separate email will go out to Year 5 parents and carers of those involved.

#### **Monday 25<sup>th</sup> September 2023 – St Bede's Open Evening for Year 5 & 6 Parents at 5.30 – 7.30pm**

All Year 5 & 6 parents and carers are invited to St Bede's Open Evening on Monday 25<sup>th</sup> September at 5.30pm. Our Year 6 children met the new headteacher last week and she was keen to welcome all families.

#### **Tuesday 26<sup>th</sup> September 2023 – Harvest Festival Services**

Our children will be celebrating harvest festival on Tuesday. KS2 will be going to church for 10am on Tuesday morning while EYFS and KS1 will be holding their services in school on Tuesday. These are all for children only. If you feel you are able to, please send your child with an item of food as these will all be collected and given to the foodbanks. Thank you.

#### **Tuesday 26<sup>th</sup> September 2023 – European Day of Languages**

We will be celebrating European Day of Languages on Tuesday with different activities planned for during the day. This will not only be French and we hope that some of our Year 5 children who visited different European countries last year will be able to share some of their newly found language skills!

#### **Tuesday 26<sup>th</sup> September 2023 – Year 2 Football**

Our Year 2 footballers are playing at Greenland School on Tuesday night after school. Parents are to take their children there where they will be met by Mr Graham. They enjoyed two wonderful victories last week beating Greenland School 4-0 and South Stanley 8-0.

#### **Wednesday 27<sup>th</sup> September 2023 – Year 5/6 Boys Football League**

The football league is due to start on Wednesday but we are still waiting to hear where these matches will be held. We know the boys will be really looking forward to their first matches of the year!

#### **Thursday 28<sup>th</sup> September 2023 – Year 5 Leave for Cadbury World and Birchwood**

The bus will depart at 7am on Thursday morning and head straight for Cadbury World. After the children have bought lots of chocolate, we will then drive to our partner school in Birchwood, Tamworth where they will enjoy a chippy tea!

#### **Thursday 28<sup>th</sup> September 2023 – Cross Country**

Our cross country teams will, once more, be competing at Delves Lane Primary School after school on Thursday. They show such great enthusiasm and resilience. Well done everyone!

## **Friday 29<sup>th</sup> September 2023 – Year 5 at The National Space Centre**

Year 5 will visit the National Space Centre and then make their way home and hopefully arrive at school around 6.30pm. We will update parents and carers over X (formerly Twitter) with our Estimated Time of Arrival.

### **Roald Dahl celebration day lunch**

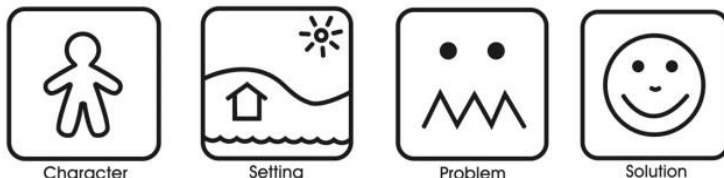
In order to celebrate Roald's work, we will be having a special themed lunch on Thursday 5<sup>th</sup> October. If your child is usually on packed lunch, they are more than welcome to join us for this. If your child is eligible for free school meals or is in Reception, Year 1 or Year 2, this is free. For pupils in Nursery and Years 3, 4, 5 & 6, the cost is £2.50. Please ensure you complete the online form sent earlier this week no later than midday on Monday 25<sup>th</sup> September with your child's choice. If your child is usually on school dinners and we don't receive a selected choice, they will be given the default vegetarian option which will be a cheese & 'snozcumber' sandwich.

### **Early Years News**

Thank you to all those who have sent in their wellies for school. We have certainly needed them this week! Just to remind you, children in EYFS should not be bringing anything in to school apart from a bag with changes of clothes and a book bag (for Reception only). Please ensure that all toys are kept safely at home and do not come to school with your child.

Children in Reception will be bringing a wordless book home with them this week. Please make sure that this is returned to their book bag each time it is shared at home.

Nursery children will be starting Tales Toolkit sessions from next week. Tales Toolkit uses easy to remember symbols for character, setting, problem and solution to represent story structure. During these sessions, your child will develop their communication and language skills, their creativity and their ability to problem solve as well as having lots of fun. For more information about Tales Toolkit, please watch this short video: <https://youtu.be/0aMF9rLyhRU?si=djOqfaVIWxYPm95k>



### **Key Stage One News**



It has been an action packed week in KS1. Year 2 enjoyed a fantastic trip to the National Museum of the Royal Navy in Hartlepool on Monday. They had a tour of the Trincomalee and had a lot of fun exploring the Horrible Histories pirate exhibition. Mr Osmond and Mrs Tate were extremely proud of the children who were great ambassadors for the school.

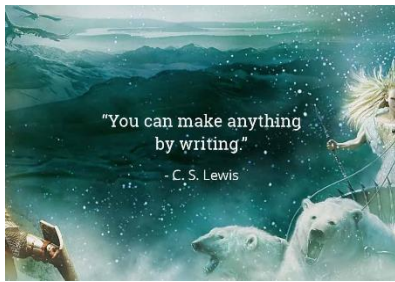
Y2 also took part in the whole school walk yesterday and all had a fabulous time walking along Roker Beach.

Whilst the rest of the school was out for a walk, Year 1 had a wonderful quiet day in Forest School. We made dinosaur fossils out of salt dough, made dens and cooked marshmallows on the fire. It was the perfect way to spend a sunny day.

**Mr Innes**



## **Key Stage Two – Writing Update**



This week, we would like to share with you the children's writing tasks for each Key Stage 2 class. Writing provides a valuable way for children to express ideas, thoughts and feelings. In Key Stage 2, the children are given meaningful contexts to develop their writing skills. We plan to enable your children to write in four different ways: writing to inform, writing to entertain, writing to persuade and writing to discuss. All our planned writing tasks are linked to the whole class texts and the current topic.

Our current writing tasks are as follows:

**Year 3** are travelling back to the Stone Age and are developing their informal letter writing skills. The children are imagining that they are a character in Stone Age Boy and writing a descriptive letter to a family member.

**Year 4** are linking their work to the Indian in the Cupboard. They are writing a diary entry from the point of view of Omri, which will include the thoughts and feelings of the main character in the novel.

**Year 5** have been working on their ability to write a detailed character description. They are writing a missing person description of Liam Digby, a twelve-year-old boy who wants to travel to space.

Finally, **Year 6** are re-writing a chapter of their novel Wonder from the point of view of another character. This will help them develop empathy as well as supporting their writing.

In writing lessons, children are given the opportunity to read, analyse and discuss a model piece of writing so they can identify the key features that they need to include in their own work. Staff teach these features before the children plan, write, edit and improve their next 'Gold Write.'

If you have any questions about writing in school or at home, please contact your child's class teacher.

## **Positive Thinking**

***Enjoy every minute of your life. Be happy now.***

***Don't wait for something outside of yourself to make you happy in the future.***

***Think how precious is the time you have to spend whether it's at work or with your family.***

***Every minute should be enjoyed and savoured.***

As always, if there is anything at all you would like to discuss, please do not hesitate to contact me.

Best Wishes,

*Jane Davis*

(Head Teacher)



# What Parents & Carers Need to Know about

# WHATSAPP

AGE RESTRICTION  
**16+**  
In UK and Europe;  
rest of the world 13+

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

## WHAT ARE THE RISKS?

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

### FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original – and might not be entirely factual, either.

### 'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

### CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

### VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

### EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

### THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

### CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'locked chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



National Online Safety®

#WakeUpWednesday

Sources: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/10700883962332> | [https://faq.whatsapp.com/36000888086245?helpref=he\\_inov](https://faq.whatsapp.com/36000888086245?helpref=he_inov)  
<https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private>  
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