



## 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 3<sup>rd</sup> February 2023

Dear Parents and Carers,

It has been a rather strange week for everyone this week and I do know that everyone was pleased to be back to normal on Thursday. The staff have been working very hard to revamp reading areas in all the classrooms and I am sure you will be treated to some lovely photographs on twitter very soon! I greatly admire the staff for their amazing ideas and creativeness in enhancing our learning environment. This week has been quite a challenge with so many staff out and yet the team work, enthusiasm, flexibility and positivity across school amongst the staff has been second to none.

### **Children's Mental Health Week – Let's Connect**

Human beings thrive in communities and this connection is vital for our wellbeing and our survival. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. When our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

**Let's Connect** is about making meaningful connections for all, during Children's Mental Health Week - and beyond. For Children's Mental Health Week 2023, we are encouraging people to connect with others in healthy, rewarding, and meaningful ways.

In school, we will be spending time during some afternoon sessions, thinking about our wellbeing and positive mental health. On Friday 10<sup>th</sup> February, we will also be having a 'Wear your Scarf to School' Day in support of everyone's positive mental health.

### **Cleaners Needed**

We are currently advertising for two new cleaners to join our successful support team. Each position is 10 hours per week and the working hours will take place after school, for example, 4:15pm-6:15pm each day, although we would be open to discussions if anyone is interested but can only work before school hours i.e. 6:30am-8:30am. The positions are both permanent, whole-time contracts with at least 25 days holiday (which must be taken during the school holidays).

We offer a competitive salary, a friendly team in which to work and a supportive wider community to be part of! We do ask that you are supportive of our Christian ethos and are willing to have a DBS check. If you, or anyone you know, is interested please contact Miss Rippon for more information. Closing date is noon on February 14th.

### **Cost-of-Living Crisis**

I am more than aware of the many pressures facing families this winter - the cost-of-living crisis is not just a headline; everyone is feeling the pressure. However, I must remind you to check your child's ParentPay accounts regularly to ensure that they are kept up to date. If you find yourself in a situation where the money owed to school is spiralling and feels out of control, please do not ignore the weekly reminders. Contact me directly or speak to Miss Rippon for any discrete help - we do want to help if we can.

### **New Data System**

Just a reminder that we are now in the process of moving over to a new data system in the School Office. Please do not be concerned if your child's attendance on eSchools is incorrect, as at the moment we are unable to add their attendance to the eSchools system. This does not impact on their actual attendance, as

this is still being marked correctly internally and will be sorted once we have fully moved over to the new system.

### **Parents' Evening Appointments (Reception - Year 6)**

Please do not forget to book a parents' evening appointment to see your child's class teacher. The appointments will be held in the Junior Hall on Tuesday 14<sup>th</sup> February and Thursday 16<sup>th</sup> February, from 3.30pm until 6.00pm. Each appointment should last ten minutes, and you will have the opportunity to go through to their classroom and have a look at their books too.

Appointments can be booked via your eSchools log in, or you can email, phone or pop into the School Office and they will be able to book an appointment for you. Booking online closes on 12<sup>th</sup> February, and any bookings made after that will need to be done via the School Office.

### **Parents' Evening Appointments - Nursery**

Nursery parent's evenings are taking place all week during the final week of this half term. You will now be able to book these through your eSchools log in – if you have not received yours, please contact the School Office. Appointment bookings will close on 12<sup>th</sup> February, and any bookings made after that will need to be made via the School Office.

<b>Keyworker/Teacher</b>	<b>Group Name</b>	<b>Appointment Dates</b>	<b>Appointment Times</b>
Miss H Brown	Nursery Teacher Shark	Tuesday 14 <sup>th</sup> February Wednesday 15 <sup>th</sup> February Thursday 16 <sup>th</sup> February	3.30 – 6.00pm
Mrs L Moralee	Dolphin	Monday 13 <sup>th</sup> February	3.30 – 5.00pm
Mrs S Davis	Starfish	Tuesday 14 <sup>th</sup> February	3.30 – 5.00pm
Mrs N Newby	Seahorse	Wednesday 15 <sup>th</sup> February	3.30 – 5.00pm
Mrs J Evans	Jellyfish	Thursday 16 <sup>th</sup> February	3.30 – 5.00pm
Miss E Tilney	Turtle	Friday 17 <sup>th</sup> February	3.30 – 5.00pm

### **Photograph Deadline**

The deadline to order the photos taken in January is Thursday 9<sup>th</sup> February. Any photos ordered after this date will have an increased home delivery charge of £3.99.

### **Nursery September 2023**

An email has been sent out this week to the parents and carers of children on our waiting list for Nursery asking for their session preference for September 2023. If you have a child turning 3 on or before 31<sup>st</sup> August 2023 and you have not received the email, but are interested in a place at our Nursery, please email the School Office and we will get them added to the list.

If you are planning to apply for 30-hours, either to use for fulltime Nursery or to split between Nursery and a Childminder, you can apply from when your child is 2 years and 36 weeks old, and you must apply and have a valid code by the end of the month before a new term starts.

<b>When your child turns 3</b>	<b>When they can get 30 hours funding from</b>	<b>Recommended time to apply</b>
1 <sup>st</sup> September – 31 <sup>st</sup> December	Term starting on or after 1 <sup>st</sup> January	15 <sup>th</sup> October – 30 <sup>th</sup> November
1 <sup>st</sup> January – 31 <sup>st</sup> March	Term starting on or after 1 <sup>st</sup> April	15 <sup>th</sup> January – 28 <sup>th</sup> February
1 <sup>st</sup> April – 31 <sup>st</sup> August	Term starting on or after 1 <sup>st</sup> September	15 <sup>th</sup> June – 31 <sup>st</sup> July

## **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.

## **World Book Day**

World Book Day is now just a few weeks away - 2nd March 2023. We have a really exciting day of activities planned for children in school, including live lessons, extra story times and secret readers in school. We also wanted to give you plenty of warning, as the children will be invited to bring in their favourite books and dress up as their favourite characters.



## **Early Years News**

Following the excitement of last week's trip to the Laing Art Gallery, we are busy planning our next trip for Reception. We are hoping to visit Hardwick Park on Wednesday 22<sup>nd</sup> March for an outdoor workshop based on 'The Odd Egg' by Emily Gravett. More information will be sent out about this soon. If you think you might like to come along to support this trip, please save the date!

Nursery are also planning a trip for the children who are due to start Reception in September. We will let you know about this in the next weekly letter.

Thanks to our Reception parents for sending back all the children's reading books this week. It makes the job of organising books to send home so much easier. The phonic reader that your child brings home is a book they have already read with us in school. We are always interested to know how your child gets on with their book at home. You can add a comment to their 'home reader' observation on Evidence Me. Please ask your child's teacher if you are unsure how to do this.

## **KS2 News**

We are approaching the end of what has been a very busy half term. The children are very settled in class and continue to work hard.

To improve the children's enthusiasm with their reading, staff are in the process of creating new reading areas in each classroom in Key Stage 2. The aim of these areas is to create a warm, inviting and cosy place for the children to enjoy reading a book. To achieve this, staff have made links with their class texts, added additional books to support other areas of the curriculum and have provided a range of soft furnishings, decoration, plants and other items to raise the profile of reading and develop a love of books.

We look forward to you being able to see and experience our reading areas during parents' evening in the last week of the half term.

## **DIARY DATES**

### **Monday 6<sup>th</sup> February – Swimming Gala**

We have a group of children from Years 3 – 6 participating in a local swimming gala at the Louisa Centre on Monday morning. Parents and carers have been informed if their child will be representing the school. We are sure they will be great ambassadors for the school as well as enjoying this great opportunity.

### **Tuesday 7<sup>th</sup> February – Safer Internet Day**

Safer Internet Day takes place on the 7<sup>th</sup> of February 2023, with the theme this year of 'Want to talk about it? Making space for conversations about life online'.

Coordinated in the UK by the UK Safer Internet Centre, the celebration sees thousands of organisations get involved to promote the safe, responsible and positive use of digital technology for children and young people.

At Lanchester EP Primary School, teaching children about safe and responsible use of the internet and social media, is embedded across the curriculum, as we know just how important it is for children to be able to navigate the world online in a safe way. This also links to our Children's Mental Health Week 2023 theme 'Lets Connect'.

Throughout the week we will be sharing with parents, carers and children some guides from National Online Safety which fit with this theme. We hope you find them useful.

#### **Thursday 9<sup>th</sup> February – Coffee Afternoon**

We are holding a coffee afternoon from 2.30pm on Thursday 9<sup>th</sup> February in the Junior Hall. All parents and carers are welcome to come along and enjoy this social occasion in school. Children from our Fairtrade steering group will be baking for a cake stall and we also have a group of Year 6 children who are raising money for the WWF (World Wide Fund for Nature). Please see what they have to say below:

On the 9<sup>th</sup> February next week, some Year 6 girls are holding an environmental stall selling small objects less than £3. All of the money that is raised for this stall will go to the WWF (who help endangered animals). The young fundraisers will sell charms, paintings and Spirograph drawings, loombands and mini clocks. The stall will be held at the coffee afternoon in school. So please come. The Y6 girls selling the items are: Lacey, Annabel, Poppie, Ella, Erin, Lucy and Milly.

#### **Friday 10<sup>th</sup> February – Wear Your Scarf to School Day**

We are finishing the week celebrating Children's Mental Health Day with a 'Wear Your Scarf to School' Day. We are encouraging the whole school community to come to school in their scarf on Friday. We look forward to seeing the wide variety of scarves that will be worn!

#### **Positive Thinking**

***Beneath every behaviour, there is a feeling and beneath each feeling, there is a need.***

***When we meet that need, rather than focusing on the behaviour,***

***We begin to deal with the cause, not the symptom.***

Best Wishes,

*Jane Davis*

**Mrs Jane Davis**  
Head Teacher



# 10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

## WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

## 1 SEE THE OTHER SIDE

Usually when we're online, we can't use the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

## 2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

## 3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

## 4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if there's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

## 5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

## 6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

## 7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

## 8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

## 9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

## 10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.onis.gov.uk/people/population-and-community/crime-and-justice/online-safety/online-safety-in-england-and-wales/young-mind-2020>  
[https://www.researchpublishing.com/papers/view/book/chapter/145643\\_the\\_online\\_definition\\_effect](https://www.researchpublishing.com/papers/view/book/chapter/145643_the_online_definition_effect) | [https://www.researchpublishing.com/publication/145643\\_the\\_online\\_definition\\_effect](https://www.researchpublishing.com/publication/145643_the_online_definition_effect)

**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.02.2022



# 10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: In 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

## WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.

### 1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

### 2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

### 3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

### 4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

### 5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

### 6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

### 7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

### 8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

### 9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

### 10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



**NOS**  
National  
Online  
Safety®  
#WakeUpWednesday

Source: [https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/815616/10-top-tips-for-respect-online-2022.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/815616/10-top-tips-for-respect-online-2022.pdf)  
<https://www.nationalonlinesafety.com/press-releases/10-top-tips-for-respect-online-2022>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.02.2022