

# Leadgate Primary School – Friday Newsletter

*Caring, Sharing, Learning Together*

## Friday 17<sup>th</sup> March 2023

**432** Saint Patrick aged about 16 is captured by Irish pirates from his home in Great Britain and taken as a slave to Ireland.

**1845** Bristol man Henry Jones patents self-raising flour

**1901** At a show in Paris, Vincent van Gogh's paintings cause a sensation, 11 years after his death.

**1992** Nearly 69 percent of white South African voters backed F.W. de Klerk's reforms—which effectively endorsed the dismantling of apartheid.



## Whole School Attendance Weekly Attendance figures

Reception = 94.3%

Year 1 = 91.1%

★ Year 2 = 94 % ★

Year 3 = 93%

Year 4 = 93.7%

Year 5 = 93.9%

★ Year 6 = 94.3% ★



### Congratulations

Well Done Reception  
for the best attendance in Lower  
School and Year 6  
for the best attendance in Upper  
School.

## Upper School Easter Egg Competition

**Great Creative!!**

*It's that time of year again and a chance to participate in the Annual Easter Egg competition.*

Please bring your entry to school on Monday 27<sup>th</sup> March (including any parent / carer entries), if you'd like to take part in the competition.

Judging Wednesday 29<sup>th</sup> April.

All entries returned home Thursday 30<sup>th</sup> April.

First, Second and Third Prize for every class.

We can't wait to see how creative you can be!



## Reception, Year 1 & 2 Mother's Day Afternoon Tea

It was lovely to see so many mums and grandparents in school to celebrate Mother's Day. Everybody thoroughly enjoyed the special afternoon tea lunch. The sun was shining and it was a perfect afternoon for some games outside before joining in with an Arts 'n Crafts session. A huge thank you to the staff for all their hard work without their support events like these would not be possible.

A special thanks to Antonia and Tina in the kitchen for making a delicious lunch. We were delighted that the feedback from parent was so positive! We look forward to future events.



## School Meals Price Increase

School meals are subject to a price increase after half term, from Monday 27<sup>th</sup> February a school meal will cost £2.41 per day.

A further increase to £2.50 will start from September 2023

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## School Dates



### School Holiday Dates

The next school Holiday is the Easter Holiday.



School closes on Friday 31<sup>st</sup> March and reopens Monday 17<sup>th</sup> April.

### School dates confirmed so far:

- 20<sup>th</sup> March - Lower School Japanese Artists – Origami lesson
- 22<sup>nd</sup> March – Nursery Stay and Play (9-10am)
- 23<sup>rd</sup> March – Reception Stay and Play (9-10am)
- 24<sup>th</sup> March – Year 1 Library Visit
- 27<sup>th</sup> and 28<sup>th</sup> March – Parents evenings
- 28<sup>th</sup> March – Dragon visit to Lower School!
- 29<sup>th</sup> March – Year 1 Easter Parent Craft Session
- 30<sup>th</sup> March – Year 2 Easter Parent Craft Session
- 31<sup>st</sup> March – School closes for Easter Holiday

### Science Club

This week in Science Club, the children began to make bug habitats to put in our outdoor area. They thought about what should go inside to attract the bugs. They searched the outdoor area to find leaves, twigs and stones and then arranged them in a plant pot. They decided to add some sugar to feed the bugs. They predicted that when we come back to Science Club next week, the sugar will have been eaten - proving that bugs had visited the habitats we made. We can't wait to look at the bug habitats again next week.

### Year 2 Ducklings!

Our duck eggs arrived this week and by Thursday morning all 5 had hatched. Children and staff loved watching them hatch throughout the day and were fascinated by the process. Year 2 are learning all about different animals and their young. Year 2 have also been learning all about data handling this week so we decided the best way to work out the most popular names would be to make a pictogram. We are pleased to welcome Diego, Daisy, Maisy, Debbie and Quackers into Year 2. We look forward to looking after the ducks next week and teaching them how to swim! They will return to the farm on Friday.



### Lower School Easter Egg-stravaganza

Next week children in Nursery and Reception have an Easter themed stay and play session from 9-10am (see dates) We would ask parents if they can provide a hard-boiled egg on the day of their session as they will work with their adult to create their easter egg entry.

Year 1 and Year 2 will have an Easter, Cake and Craft session the following week. This will be when we create our eggcellent entries for our Easter competition. Please provide a hard-boiled egg for Tuesday 28<sup>th</sup> March. There will be 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prizes.

### RED NOSE DAY

A huge thank you and well done to everyone for participating in Red Nose day today. We raised a total of **£185.21** for this amazing charity that supports incredible projects and organisations who are making a difference for people across the UK and around the world.



# E-Safety Update / Information

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 issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

### WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

### MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

### KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

### REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

### PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

### GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

### Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**NOS** National Online Safety®  
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