

Leadgate Primary School – Friday Newsletter

Caring, Sharing, Learning Together

Friday 31st March 2023

1867 Alaska Purchase: US buys Alaska from Russia for \$7,200,000 (\$109 million in 2018), roughly 2 cents an acre

1889 The 984-foot (300-metre) Eiffel Tower, a wrought iron technological masterpiece created by Gustave Eiffel to commemorate the centenary of the French Revolution, was officially inaugurated in Paris this day in 1889.



Whole School Attendance Weekly Attendance figures

Reception = 92%
Year 1 = 83.5%
★ Year 2 = 92.2 %★
Year 3 = 95.5%
Year 4 = 91.7%
★ Year 5 = 98.2%★
Year 6 = 89.4%



Congratulations
Well Done Year 2
for the best attendance in Lower
School and Year 5
for the best attendance in Upper
School.

School Easter Egg Competitions

Thanks for all your fantastic entries. At Upper School Miss Sharon, School Cook, found it extremely hard to judge the competition again this year. She loves to see all the creative ideas that the children have come up with.

I am pleased to announce our Easter Egg Competition
Winners are:

Year 3

1st Timestables Rockstars – Oliver, 2nd Emoji Ball Pool
– Kacey, 3rd Easter rabbit Garden - Neave

Year 4

1st Captain Explorer – Olivia, 2nd Tuesday Frogs –
Chloe, 3rd Hoppy Easter - Harrison

Year 5

1st Happy Eggless Presley Festival – Eboni, 2nd
Woodland Patch – Amelia-Mae, 3rd Egg Sheeran - Lola

Year 6

1st Eggs-tra Terrestrial – Naomi, Joint 2nd Up – Annie,
Joint 2nd Football Match – Leyland, 3rd Ant Man

Marvel - Lexi

Parents

1st Pirate Ship – Brooke's Mam, 2nd Eggstreme Sports –
Matilda's Mam

Thanks for all your fabulous Easter Eggs.

Lower School



EASTER Competition Winners



Nursery
1st -Frankie
2nd - Joe
3rd Logan

Reception
1st -James (Spider Man)
2nd - Shay (Avengers)
3rd Arya (Pink Angel)

Year 1
1st -Elliott (Pet Cats)
2nd - Caleb (Superhero)
3rd Mia (Dragon)

Year 2
1st -Teddy (Dragon)
2nd - Nathan (Thor)
3rd Lacey-Jo (Alien)



Parents
1st -Mrs Marshall (Nursery Be Kind)
2nd -Mrs Armstrong (Y2 Mario Brothers)
3rd Mrs Hinnigan (Reception Alien)



School Dates



School Holiday Dates

The next school Holiday is the Easter Holiday.



School closes today and reopens Monday 17th April.

Staff Changes – Lower School

Next term there will be some changes to the Early Years staff team. We would like to take this opportunity to thank Mrs Nesom for her ongoing commitment and dedication she continues to show to everyone at Leadgate Primary School. Mrs. Nesom is a valued member of our staff team showing exemplary classroom practice using her wealth of knowledge and experience to support both pupils and their families. Mrs Nesom will shortly be taking a sabbatical and will be due to return to school after Christmas. Miss Fisher, who is an experienced early years teacher, will be taking over the role as our nursery class teacher next term and I am sure you will all give her a warm welcome to our lovely school. There have been a number of days leading up to the Easter Holidays where Miss Fisher has worked alongside Mrs Nesom getting to know the children and their routines. Some of you may have met Miss Fisher at the recent nursery stay and play session. Mrs Nesom will ensure there is a comprehensive handover at the beginning of the new term and her final day in school will be Tuesday 18th April. I am sure you will join us in sending our best wishes to Mrs Nesom and we look forward to her return in January.



Polite Reminder No Dogs allowed on site

As you will already be aware dogs are not allowed on school premises either on Alder Grove or West Street site. Recently we have been made aware that there have been dogs on site or tied up directly outside the gates at drop off and collection times. We are aware that most dogs are loving family pets, however, even well-behaved dogs can behave unpredictably when placed in busy, noisy and crowded school environment. Children can also behave unpredictably when in the presence of dogs or when in contact with dogs.

Dogs are not allowed on the grounds of Leadgate Primary School at any time (unless used as an aid to visual impairment or disability) and we kindly request that dogs are not tied up and left unattended at the school gates.



Easter Egg Donation

Thank you very much to Joyce Blackwood, who has kindly donated chocolate Easter Eggs to the children at Lower School before we break up for the Easter Holidays.



Happy Easter Everyone



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 for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

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.

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.

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.

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.

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 continual 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.

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.

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.

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.

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.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting 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 Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



NOS
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#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.nos.gov.uk/people/populationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>



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