

*Issue No: 14 Date: Friday 12th Jan 2024*

*Our Newsletter comes out every Friday with updates about what the children have been up to during the week, information, things to celebrate and important dates for the diary. Please take the time to read through and if you have any questions, please speak to Mrs Taylor in the office.*

**This Week’s Achievements**

**Willows Stars of the Week**

**Sycamores Stars of the Week**



For being a fantastic role model and inspiring those around him in PE this week.

Courbon for settling in really well.

CHALLENGE

NURTURE

INSPIRE

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INSPIRE

**Oaks Stars of the Week**



For fantastic work in Maths and great class contribution during Science.

**Class Attendance**

Willows – 100%

Sycamores – 98.81%

Oaks – 98.53%

**House Points for this week**

Stephen Hawkings – 111

Beatrix Potter – 84

Benjamin Britten – 86

Kelly Holmes – 62





Willows: 1st Ned

2nd Jack M M

3rd Courbon

Sycamores: 1st Rupert

2nd Finlay

3rd Hector

Oaks: 1st Charlie T

2nd Lucas

3rd Nora

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Finlay – Breakthrough Artist

Nora – Support Act

Finlay & Phoebe P – Rock Legend



Congratulations to

**Jack D** for completing the **TIN,** and **Dotty** for completingthe **Brass** stages in NumBots this week!

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**Online Safety**

Six tips to improve your family’s online wellbeing

**1. Screen-time savvy** Spending less time on screens is a great way to improve wellbeing both online and offline. Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.

**2. Navigate the negative** Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this. They can also use settings that block words, phrases, or posts they don’t want to see. Encourage them to make their online space a positive one!

**3. Seeing isn't believing** Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they’re viewing. This includes content that might be making them feel bad about themselves, or like they’re missing out. If this does happen, you could talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.

**4. Mistakes happen** If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity! This is a part of building digital resilience, which will help you all feel better about being online.

**5. Take the lead Your** children look to you as an example. Make sure you’re acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content.

**6. Get chatting** Have regular chats with your child about what they like doing online and how it makes them feel. Don’t forget to talk about the positives of being online as much as the negatives, and really listen to what they’re telling you.



Dodgeball Tournament 3.50pm until 5.30pm

For the children that are attending the Dodgeball tournament at Hobart High school on Monday evening, we will be supplying them with the Woodton PE kit, but they will require their own trainers, a bottle of water and a small snack to eat beforehand.

Children must arrive by 3.50pm for a 4pm start. Parents are unable to stay due to the event being indoors. Mrs Hinton will be there to support the team.

**Dates for the Diary**

**Monday 15th Jan** – Dodgeball at Hobart High School

**Tuesday 16th Jan** – Active Leaders Training at the UEA

**Thursday 18th Jan** – Space Explorers Special Lunch

**Monday 19th until Friday 23rd Feb** – Half Term

**Thursday 28th Mar until Friday 12th Apr** – Easter Holidays

**Monday 6th May** – May Bank Holiday

**Monday 27th until Friday 31st May** – Half Term

**Monday 22nd July until Tuesday 3rd Sept** – Summer Holidays

Reminders:

**Oaks Class** – PE on Mondays & Wednesdays

**Sycamore Class** – PE on Wednesdays & Thursdays

**Willows Class** – Mondays & Wednesdays

**Forest School lessons** – Reception/Year 1 and Sycamores this term

**Space Explorers Special Lunch** – Thursday 18th Jan

Active Leaders

For the play leaders who are attending the training day on Tuesday the 16th of Jan, just a reminder that a home packed lunch and a water bottle will be required for this day, as well as a full PE kit to be worn.

Thank you !