



Wrockwardine Wood C of E Junior School

'Wrockers' Weekly

'Love, Laugh and Learn'

This Half Terms Value — Forgiveness

Friday 17th March 2023

"Happy Lunchtimes" Initiative

On Tuesday Steve from "Happy Lunchtimes" came into school to give all of our lunchtime staff training on how we as a school can make lunchtimes more engaging and exciting for our children. He held an assembly at 9:00 and spoke to everyone about the initiative and what he would be doing throughout the day. At lunchtimes he was outside demonstrating some of the activities he recommends. All of the children and staff had a great time. We are going to launch this initiative in our school after the Easter holidays. We will provide further information and details through our school website and signpost you to this through the newsletter.



Dates for your Diary

Mon 20th March –
Wed 22nd March

Standon Bowers

Wednesday 29th
March

Arthog Parents meet
2:40pm

Easter

Eggstravaganza

29th March

Designs to be in
school at 9am

Thursday 30th
March

Year 4 Easter Service
at church—Year 4
parents welcome to
attend

Friday 31st March

Break up normal time

**Normal school
uniform**

Achievement Award	TA Award	Star of the Week		Headteacher Award
Scarlett M	Chloe K	Evelyn M	3B	Kylie K
Lacey H		Sarah A	3W	
Rajveer K		Patrick T	3/4L	
Beau M-D		Niall M	4B	
Denis A		Bailey C	4C	
Alex G				

Parents Evening

Parents have been welcomed into school this week to share their children's books and talk to the teacher about their child's progress and attainment. It has been lovely to hear all of the positive feedback from parents who have been overwhelmed by the quantity and quality of their children's work. I would like to thank all of the parents for their contribution to this and supporting the school by regularly hearing their children read at home, practising spellings and supporting with the homework projects. With this continued team effort, all of children will go from strength to strength and reach their full potential.

Year 3 Forest School



At Forest School this week year 3 were learning all about shelters. They identified the main purposes of a shelter; to protect, keep dry and warm. They then watched a demonstration how to build a triangular shelter. They recreated this for a woodland creature. These were very effective and well camouflaged using leaves. We then all worked together to make a large version of the shelter that a child could fit inside. We had lots of fun even through it was raining but we did get a bit muddy!

Next week we will make a shelter with rope and tarpaulin.

Attendance:

Attendance: Once again, thank you all for your effort with ensuring your child attends school. The figure this week stands at 93% which is a drop from the previous week. Our weekly in school attendance league is still as competitive with 6S (96%) at the top of upper school & 3W (96%) in lower school. Well done everyone, not long now until Easter Break!



Watch this space!

We have been given the opportunity to hold a 'Feeding the Family' cooking session, led by a tutor from Family Learning at Telford and Wrekin Council. The sessions will start on the second week back after half term and run for the length of the half term. Each session will last roughly 2 hours (1:10-3:10) and will involve designing and creating quick, healthy and cost-effective meals for the whole family to enjoy. Your child will have the opportunity to join you for the last 30 minutes of each session too. More details will follow soon. Spaces are limited and will be provided on a first come, first served basis.



Staying Safe Outside of School

With the Easter holidays fast approaching we would like to ask you to reiterate to your children how to keep themselves safer outside of school by sharing the following points:

- * Do not talk to strangers
- * Walk to and from school in groups
- * Do not take gifts from people you do not know
- * Never accept a ride from strangers
- * Tell someone you trust if someone is making you feel uncomfortable
- * Report all suspicious behaviour and 'new adult friends' to parents/carers
- * Never leave home without telling your parents/carers where you are going
- * Shout loudly if someone is asking you to do something you are not happy about
- * If you go out with your friends make sure you stay together even if you fall out
- * Never take shortcuts. Always stick to routes selected by parents, and stay on the main roads
- * For more information visit Think U Know



MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-63204605>
<https://sproutsocial.com/insights/social-media-algorithms/>

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