



Careers Week

As part of careers week, we have been lucky to have paramedics, a veterinary nurse and the Royal Navy in school.

The Paramedics taught us about the life saving equipment they carry with them and answered lots of our questions. They also explained how they need to still drive safely, even when attending emergency situations.

For the Royal Navy visit, we learnt lots of information about all the different roles they do in many locations around the world. It was very exciting. Year 6s then had a lesson where we learnt all about helicopters and how they work, made paper helicopters, and then made them fly. We all had lots of fun!



'We loved the experience and we hope that we can do it again' Grace 5/6P



'Today was absolutely amazing, if I had a choice to be anything that I wanted, the top one that I would choose is the Royal Navy because I am really interested in it!' Tommy 5/6P



'The Navy told us a lot about the importance of the roles on the ship. We had a lot of fun and enjoyed every single moment.' Arthur 5/6P

The experiences throughout the week have given us lots to think about and plan for our futures. We are all very excited.

Dates for your Diary

Mon 3rd July & Tues 4th July

Year 6 transition days

Fri 7th July

5H Newport Girls High School Trip

Mon 10th July

5S Newport Girls High School Trip

Mon 10th to Wed 12th July

Y6 Group 1 Arthog

Wed 12th to Fri 14th July

Y6 Group 2 Arthog

Wed 19th July

Year 6 Leavers' Disco 5pm-6:30pm

Thur 20th July

Year 6 Graduation Assembly 10am see letter

Achievement Award	TA Award	Star of the Week		Headteacher Award
Charlie D	Tyler K	Darcy J	3B	Logan C
Archie B		Kloe G	3W	
Nikita A		Penelope B	3/4G	
Scarlett M		Idris W	4B	
Faith R		Megan S	4C	
Ameliah H				

Dance Classes with TPS

Classes 6J, 6S and 5/6 P have been lucky enough to take part in some dance classes with a dance teacher and her students from Charlton. The children thoroughly enjoyed it and they are looking forward to all the other skills that secondary school can offer



Health Eating Week

Healthy Eating Week ran alongside sports week, it was a huge success with all children taking part - they thoroughly enjoyed it. The children began by disassembling the foods they were going to make, to identify ingredients and flavours, choosing their favourites (these then made up their final makes). They discussed the importance of choosing foods in season and how to make processed foods a little healthier. The children made a range of foods including smoothies, pasta salads and savoury flapjacks. The children extended their cooking skills by practising chopping, grating, weighing and baking in Years 3 and 4. In years 5 and 6 we added to these skills by frying onions and boiling pasta and rice.

Well done to the whole school!





E Safety

Please use the link to find guidance on how to support parents with keeping their children safe on line:

<https://saferinternet.org.uk/blog/help-my-child-wants-to-play-games-that-are-too-old-for-them-2>



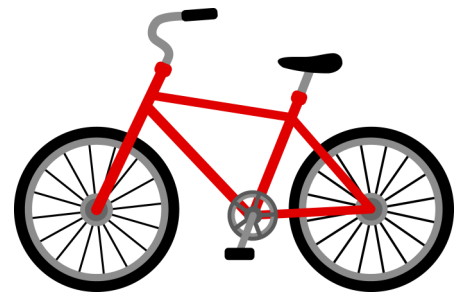
Year 6 Fitness Session!

On Friday 23rd June, year 6 had a fitness session with their parents, led by some fantastic sports leaders from TPS and organised by the Energize team from Telford and Wrekin Council. They completed a range of different fitness activities then finished off with a delicious lunch prepared by our fantastic kitchen. Thank you to the parents who

then stayed on for a session led by Energize, detailing low-cost and easy ways to maintain fitness and overall wellbeing over the school holidays.

Bikes

Reminder that for the safety of everyone, children MUST NOT ride their bikes on the school premises. The bike must be pushed to the exit gates. Can we also ask that children entering school down the St Luke's drive dismount their bags and walk them sensibly into school. Sadly younger children have nearly been knocked down by some children not using their bikes considerately. Thank you.



Attendance

Our overall attendance figure for last week was 94.14% which is still above national average of 92.7%. Our attendance league is just as competitive again this week, huge congratulations to 5/6P who are back in the lead of upper school, with 98.89%. Meanwhile, in lower school, we congratulate 4B with a fantastic 99.26%. Well done everyone, not long now until the end of term. Let's end on 100%!!!



Sports Superstar

Well done to C who received a trophy at his club presentation evening.

C only joined his new team recently and has been praised for his hard work, dedication and commitment. Keep it up C we are very proud of you!





Shropshire Beam

Shropshire Beam are pleased to provide Virtual workshops for Parents & Professionals from July 2023. All virtual workshops will take around an hour.

All details below in the chart, you need to click on Link at the appropriate time of chosen Workshop. All workshop will be done via M S Teams Video call, we are unable to record sessions. The Workshops are derived to be informative and engaging sessions, please be willing to participate during the sessions.

There are four Workshops which will be rolled out at 4pm to enable more people to attend, please see the following details of content:-

Managing Anxiety – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experience issues with anxiety.

Understanding & Responding to Self-Harm - – aims & Objectives are to pass over psycho - education within the topic followed by practical suggestions of methods & techniques to help support the youth experiencing issues with self-harm.

Wellbeing Planning – a workshop which explains & provides a tool for Children & Young people to support their general Emotional Health & Wellbeing, it recognises triggers and promotes self-awareness, his can also be used as a relapse tool to support resilience.

Sleep Support - aims to pass over psycho - education within the topic followed by practical suggestions & advise of methods & techniques to help support the children & young people having difficulties with getting to sleep and staying a sleep. This workshop will be rolled out twice over the four weeks, due to popular demand.

<p>Wednesday 2nd August at 4pm for approximately one hour.</p>	<p>Sleep Support</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 333 511 426 358 Passcode: zN7dD4 Download Teams Join on the web Learn More Meeting options</p>	<p>Wednesday 23rd August 4pm for approx. one hour.</p>	<p>Managing Anxiety</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 361 622 085 94 Passcode: Vd9V5v Download Teams Join on the web Learn More Meeting options</p>
<p>Wednesday 9th August at 4pm for approx. 1.5 hour.</p>	<p>Supporting and understanding Self-harm</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 354 027 794 125 Passcode: ZQfeUY Download Teams Join on the web Learn More Meeting options</p>	<p>Wednesday 30th August August 4pm for approx. one hour.</p>	<p>Sleep Support</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 375 113 438 730 Passcode: dgHAee Download Teams Join on the web Learn More Meeting options</p>
<p>Wednesday at 16th August 4pm for approx. one hour.</p>	<p>Wellbeing Planning</p>	<p>Microsoft Teams meeting Join on your computer, mobile app or room device Click here to join the meeting Meeting ID: 324 105 836 478 Passcode: SXeZzT Download Teams Join on the web Learn More Meeting options</p>			

ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

