



## **May 2022 Newsletter**

Welcome back! We hope that everyone had a restful and chocolate-filled Easter holiday. It is hard to believe that we are into the final term of the year. There are lots of things going on this term and some further opportunities to come and see us in school. We are lucky to finally be in the position to have a summer fair and sports day for the first time in two years so we hope that you will come and support us with these. There are a number of trips taking place this term and other opportunities for fun activities in school. We always endeavour to give as much notice as possible but sometimes opportunities arise with little notice so things can change quickly. Please keep a close eye out for emails and Facebook posts to keep up to date with what is going on. As always, please get in touch if there is anything we can help with.

Mrs Lizzie Jackson

### **Staffing**

It is with a heavy heart that we announce the early retirement of Mr Colin Wonders. Colin first started working at Amble First School in 2011 and has worked in different classes across the school, taking on different roles, most recently as Year 1 teacher and PE co-ordinator. He has inspired many children and staff over the years with his creativity and humour and I know that he will be a huge miss to our school community. However, Colin has asked that we always keep him in mind as a volunteer for school trips and other events so I'm sure it will not be long before you see him again! I hope that you will join us in wishing him a restful and enjoyable retirement.

Miss Byerley will continue to teach Year 1 for the summer term and we will be advertising for a new member of staff to join the team from September.

### **Sports Day**

I am pleased to announce the return of Sport Day this year! It will take place in the afternoon of **Wednesday 6th July** in the JCSC High School sports hall. We will send further details about the structure of the afternoon nearer the time.

## Careers Day

We need your help! On Thursday 16th June we will be holding a careers day in school. We want to show our children the huge range of exciting opportunities that are available to them and help to build their aspirations for the future. We would really like to invite parents/grandparents/carers in as possible to come in and share with the children what it is that they do. If you could be available at any time during the day to talk to the children, please contact the office and we would love to welcome you. Free tea and biscuits available!



## Traffic

We are aware that the parking and traffic situation around the school has always been problematic. However, could we politely request that you do not drive up to the school unless absolutely necessary in order to avoid having moving vehicles around the children.



Unfortunately, we have been made aware of some 'near-misses' involving children on the road.

Cars can very quickly appear from around the corners so please be vigilant when arriving at and leaving school. We will also be reminding the children about the need to stay safe near roads.

## Parents' evening

Parents' evening appointments will be available during the **week beginning 23rd May**. This term, appointments will take place in school. Please look out for a letter coming soon that will detail the days and time slots available.



## Parent/class sessions

We were delighted with the success of the parents' sessions that took place last term and we would like to invite you in for another session next half term. As before, there is no need to book, please just come to the main office at the time stated below for your child's class.



**Nursery** - Wednesday 25th May 9am-10am

**Reception** - Monday 23rd May 2pm-3pm

**Year 1** - Tuesday 14th June 2pm-3pm

**Year 2** - Thursday 9th June 2pm-3pm

**Year 3** - Thursday 26th May 2pm-3pm

**Year 4** - Wednesday 15th June 2pm-3pm

## Non-uniform days for Summer Fair

In order to start collecting goods for raffles, tombolas etc for the summer fair, we will be holding a number of non-uniform days over the term. Children will be able to come to school in non-uniform in return for a small donation for the fair.





## **Online Safety**

Even with the best restrictions and monitoring of children's internet usage, they can unfortunately still come across content which they may find upsetting or disturbing. In school, we encourage all children to go straight to an adult if they see or hear something online that they are uncomfortable with. Below is some advice on how to handle any instances where your child/children may see things that you or they are unhappy with.

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, overwhelmed. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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