April/May 2023 Newsletter

Welcome back! We hope that you have all had a wonderful Easter break with plenty of chocolate and relaxation. As always, there is plenty going on this term and more opportunities for you to come and join us in school. Our list of dates will be displayed in the notice board outside of school but please check emails and Facebook for any changes or additions. Hopefully, we can rely on some sunny weather so that we can get outside as much as possible. Please make sure that if the sun does make an appearance, children are appropriately dressed and have sun cream on if necessary.

Coronation Celebration

On **Friday 5th May**, we will be hosting a celebration event for the King's Coronation. We have booked a surprise event for the children and we are inviting families to come into school from **2pm** to join the children in their classes for food and craft activities. We hope that you will be able to come along. Year 2 will not be swimming on this day so you will be able to join them in school.

Statutory assessments

The summer term is when some of our children will be undertaking statutory assessments. Year 2 will be taking their SATs tests during May, Year 1 will be completing the Phonics Screening Check in June and Year 4 will be undertaking the Multiplication Check, also in June. National tests are an important milestone in school life. They give useful information to your child's teachers and to the

government. But it's important to get them in proportion. They are just one of the ways the school works out how well your child is doing. As a school we want the children to do the best that they can without making it a stressful time for them. However, please can we request that holidays are not taken during this period in order to avoid children missing the tests or having to take them at different times to their peers.

Volunteers

We are always happy to welcome families into school to help us with our work. If you have any spare time to support the children with some reading or to come along on a school trip please get in touch and we would love for you to work with us. We do request that all volunteers working with the children in school undertake a DBS check, the cost of which will be met by the school. Please pop into the office and Miss Nowak will be able to organise this for you.

PE Summer term

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Reception	Thursday and Friday
Year 1	Thursday and Friday
Year 2	Tuesday and Friday (swimming)
Year 3	Monday and Friday
Year 4	Monday and Friday

Children are encouraged to come to school in their PE kit on these days. This comprises school jumper/cardigan, dark coloured shorts or joggers and suitable trainers or sandshoes. Full school uniform should be worn on all other days. A polite reminder that earrings should not be worn on PE days. If these are unable to be removed then they must be covered before coming to school.

Careers Day

Last year we held our first careers day in school and it was a huge success. We welcomed parents and other members of the community to come along and talk to the children all about their jobs and what these involve. We also made a record of what the children said they wanted to do as a job when they get older and we are looking forward to seeing if their ambitions have changed over the past year!. We are planning another careers day this year on **Wednesday 7th June** and would love for as many parents/carers/grandparents to come into school to talk to the children. If you are available, please could you get in touch with us. We would love for the children to learn about as many different jobs as possible.

Reading Breakfasts
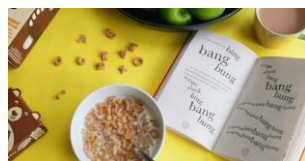
Please come and join us for light refreshments and enjoy sharing a book with your child. The school hall will be open from 8.35am until 9.00am so that you can spend some quality time reading with your child. There will be lots of lovely books for you to explore together and a chance to speak to staff about how you can support your child with reading at home. Sessions in the summer term will take place on:

May 10th - Reception	**June 14th** - Year 2
May 17th - Year 1	**June 28th** - Year 3&4

Class drop-in sessions

Our drop in sessions this term will all be taking place during art week so come prepared to get messy! All sessions will start at 2pm.

June 19th - Reception

June 20th - Year 2

June 21st - Year 1

June 22nd - Year 3

June 23rd - Year 4

Attendance Ladder

Equates to:

100%	PERFECTION	
4 SCHOOL DAYS off each year	98%	IMPRESSIVE
7 SCHOOL DAYS off each year	96%	GOOD
9 SCHOOL DAYS off each year	95%	NEARLY THERE
11 SCHOOL DAYS off each year	94%	NEEDS TO IMPROVE
20 SCHOOL DAYS off each year	90%	CONCERNS (referred to Educational Welfare / Persistent absentee)
30 SCHOOL DAYS off each year	85%	SERIOUS CONCERNS

Attendance March 2023

Reception   91.57%

Year 1   95.95%

Year 2   94.85%

Year 3   97.63%

Year 4   96.3%

Well done Year 3!!

Online Safety

It is hard to imagine a world without the internet and many of us use it in our daily lives. At Amble First we spend a lot of time talking to the children about how to stay safe online and what they can do if they come across something that upsets or worries them. Below is a useful guide for parents with advice about how to manage some of the anxieties and worries that children may experience around their use of the internet.

Helping children and young people with
MANAGING DEVICE STRESS AND ANXIETY

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.

WHAT ARE THE RISKS?

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.

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.

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.

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.

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.

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.

Source: https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/
https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020

NOS

National Online Safety®

#WakeUpWednesday

Key Dates Summer 2023

Below is a list of key events happening in school over the next term. There may be some changes and additions as the term goes on so please keep an eye out for emails and Facebook posts. We will endeavour to give as much notice as possible of any changes to these dates or times.

April

17th   School reopens for all pupils

18th   Reception height and weights check

May

1st   Bank Holiday, school closed

5th   Coronation party afternoon - families welcome

8th   Bank Holiday, school closed

9th   Year 3 trip to Clarty Commandos

10th   Reception reading breakfast

17th   Year 1 reading breakfast

WB 22nd   Parents' meetings

22nd   KS1 Beach Day

24th   KS2 Beach Day

June

7th   Careers Day

8th   Glendale Countryside Day (Y3&4)

WB 12th   Year 1 Phonics Screening Check

14th   Year 2 reading breakfast

19th   Reception drop in

20th   Year 2 drop in

21st   Year 1 drop in

22nd   Year 3 drop in

23rd   Year 4 drop in

27th   Year 2 trip to Clarty Commandos

28th   Year 3&4 reading breakfast

July

3rd   KS1 Beach Day

5th   KS2 Beach Day

6th   Reception Beach Day

11th   Nursery Beach Day

12th   Sports Day (am Rec & Y1, pm Y2,3,4)

13th   Year 4 Leavers' Event

14th   Summer Fair

21st   Nursery Leavers' Event

21st   Last day of term