



### March 2022 Newsletter



We hope that everyone had a relaxing half term break and that you enjoyed spending some time together as families. Thankfully the weather seems to be improving which means we can hopefully look forward to some beach days and some trips out.

You will probably be aware that the latest guidance regarding Covid 19 has changed over the holidays. There is now no legal requirement to self-isolate should you receive a positive test. However, the advice remains that you should stay at home and avoid contact with other people. Therefore, we would please request that children who test positive for Covid 19 do not attend school until they have tested negative for 2 days using a lateral flow test. The test can be taken from day 5. As soon as we receive any further information or if the guidance changes, we will share this with you. As a school, we will continue to remain vigilant with high levels of hygiene, however staff will no longer wear face coverings.

Please see <a href="https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/">https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/when-to-self-isolate-and-what-to-do/</a> for the latest guidance.

Please continue to inform us of any positive cases and get in touch if you need any support or advice.

Mrs Lizzie Jackson

#### Parent/class sessions

It feels like a very long time since we have been able to invite families into school and we are very pleased to say that we have organised some sessions this half term for you to finally come in and see us. Each class will host a one hour session where you can come in, see some of the things that we do and perhaps take part in some activities. There is no need to book in for the session, please just come to the main office at the time stated below for your child's class.



Nursery - Wednesday 30th March 9am

Reception - Monday 28th March 2:15pm

Year 1 - Tuesday 5th April 2pm

Year 2 - Thursday 7th April 2pm

Year 3 - Tuesday 29th March 2:15pm

Year 4 - Thursday 31st March 2:15pm

#### **Website**

You may have noticed that our school website has been revamped recently. The children at the top of the page at last have the correct school jumpers on! Over the next few weeks, we will continue to make changes to ensure that you have easy access to everything that you need. We have also included our Facebook feed on the main page so that you can see any photos that we share, even if you do not have a Facebook account. We would really appreciate any feedback you may have about the website and if there is anything that you would like us to include or that you think would be helpful for others, please let us know.

#### **Bedtime Book Bags**

You may have seen our Facebook post before half term showing some new Amble First bags. We know how much our children enjoy daily story time in school and we recognise how much children benefit from story time at night with parents, grandparents, carers, siblings and even pets! Therefore, we have purchased some brand new books and each class has two Bedtime



Book Bags. These will be sent home at some point over the half term for you to enjoy with your child/ren. Each term we will add new books. We have also included a sachet of hot chocolate to make it an extra special time!

#### First Lego League

We are thrilled to say that we have been successful in securing sponsorship to take part in First Lego League. This is a global Science, Technology, Engineering and Maths (STEM) programme for 4-16 year olds. It is designed to teach children real-



world STEM skills, including coding and robotics, in a fun and engaging way. We will be starting this over the summer term and can't wait to show you what we make!

#### **British Values**

Each week, one of our assemblies focuses on the British Values. Last half term, we learnt about democracy, the history of democracy and what this means for us in school. As part of our work, we tasked the whole school to think of and vote for some new crew names and some class names. Each child in the school belongs to a crew and through their hard work,



they gain points for these crews. At the end of each half term, the crew with the most points gets a reward. Following many discussions, the children decided that the crews should be named after famous people and the classes should be named after animals. We are very proud to announce that we now have 5 new crew names and six new class names!

**Crew Names** 

David Attenborough Nicola Adams Class Names

Nursery Parrots

**Reception** Flamingos

Malorie Blackman Year 1 Gorillas

Joe Wicks Year 2 Tigers

Tim Peake Year 3 Chameleons

Year 4 Jaguars

We are looking forward to introducing some 'Crew Days' where we will learn more about the people who inspired our choices.

#### Year 2 SATs

Mrs Graham will be hosting a session to discuss the Key Stage 1 SATs on <u>Tuesday 15th March</u> after school at 3:00pm. Year 2 parents are welcome to join us to find out what these tests entail and how you can support your children with these. You do not need to sign up for this session.

#### World Book Day 2022

This year we will be celebrating World Book Day on <u>Thursday 3rd March</u>. Children are welcome to come to school in fancy dress or in pyjamas ready for a bedtime story. Look out for your book vouchers which will enable children to get one of the WBD books for free or they can use them as a discount towards a book of their choice.



To celebrate our love of reading ahead of World Book Day, we would love for you to send us your "Shelfie". A Shelfie is a photograph of your child in front of their bookcase, with their favourite book or at the library. Please email your shelfie photograph to <a href="mailto:admin@amblefirst.northumberland.sch.uk">admin@amblefirst.northumberland.sch.uk</a> if you are happy for these to be shared on Facebook.

#### **Red Nose Day**

This year Red Nose Day is <u>Friday 18th March.</u> We will be taking part in lots of activities in school on that day. For a £1 donation, children are welcome to come to school in non-uniform. We will also be selling red noses during the week at the cost of £1.50.



#### My Child's Art

This week you will receive a leaflet with information regarding our latest project in school. As Mothers' Day is fast approaching we thought that it would be nice for families to have the option to purchase some items designed by their child/ren. Before half term, every child created their own self portrait. We have now shared these with the My Child's Art company, who will turn these into a range of items such as mugs, coasters,



key rings and other gifts etc. Please look out for your leaflet which will contain the code that you can use to access your child's artwork. All orders should be placed online with the company, as we are unable to do these from school.

#### **Movie Night**

On <u>Thursday 7th April 3-5pm</u> we will be hosting a movie night in school using our brand new TV in the hall! The film will be Encanto. Places can be booked at a cost of £3 on Eduspot. This will include a drink and a snack. Please book by <u>Monday 4th April</u> so that we can organise staffing and refreshments.



#### Toys/jewellery

Could we kindly request that children do not bring non-essential items into school. We have had a number of instances where children have lost items, damaged them or swapped them and they have then become upset. Staff are having to spend time searching for these items or trying to resolve disagreements which impacts on lesson time. Please could you ensure that these items remain at home.

#### **Attendance**

Our school target for attendance is 96%.

#### **Attendance for February 2022**

**Rec** - 96.56%

Year 1 - 96.06%

Year 2 - 95.56%

Year 3 - 91.55%

Year 4 - 95.91%

#### **Key dates Spring Term**

Tuesday 1st March - Year 4 residential meeting 3:15pm

Thursday 3rd March - Y4 Bikeability

Thursday 3rd March - World Book Day

Wed 16th - Fri 18th March - Year 4 Residential

Friday 18th March - Red Nose Day

Friday 25th March - Teacher training day - school closed

\*Monday 28th March - Reception parent session 2:15pm

\*Tuesday 29th March - Year 3 parent session 2:15pm

\*Wednesday 30th March - Nursery parent session 9am

\*Thursday 31st March - Year 4 parent session 2:15pm

\*Tuesday 5th April - Year 1 parent session 2pm

\*Thursday 7th April - Year 2 parent session 2pm

\*Thursday 7th April - Movie night

#### \*Week beginning 4th April - Easter Egg decorating - more information to follow

Friday 8th April - last day of term

#### E-safety

Last month was Safer Internet Day and we had some very interesting discussions with the children. We are aware of the different websites and platforms that our children use and it is our aim to teach them to use these safely, responsibly and with respect for others. Please see below some advice

## 10 Top Tips for Respect Online:

# INSPIRING CHILDREN TO

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.



#### WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.



APPRECIATE DIFFERENCES

ACCENTUATED ANXIETY

PRO-SOCIAL BEHAVIOUR

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

BE A GOOD ROLE MODEL

SHOW COMPASSION

#### ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.



It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

#### THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually. **6**0

#### BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post. W W

#### HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

#### Meet Our Expert

Dr Carole Francis-Smith is an experienced counseiling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.

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# Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the Internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.



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@natonlinesafety





