



NEWSLETTER



Friday 13th October 2023

Join us on Twitter @nutgroveprimary

LOVE HOPE RESPECT

For I know the plans I have for you,
declares the LORD, plans to prosper you
and not to harm you, plans to give you
hope and a future.

Jeremiah 29:11



'My Best, Always, Everywhere'

Nutgrove Star Awards of the Week

YEAR GROUP	GOLD	SILVER	BRONZE
Reception	Alivia	Myla	Timi
Y1	Elliott J	Samuel	Reid
Y2	Isla P	Joshua J	Jacob W
Y3	Libby	Ernie	Hallie
Y4	Minahil	Olivia B	Eliza
Y5	Isla	Eddie	Mae
Y6	Emeli	Jessica Mc	Finley

Our Christian Value for this half-term is Love

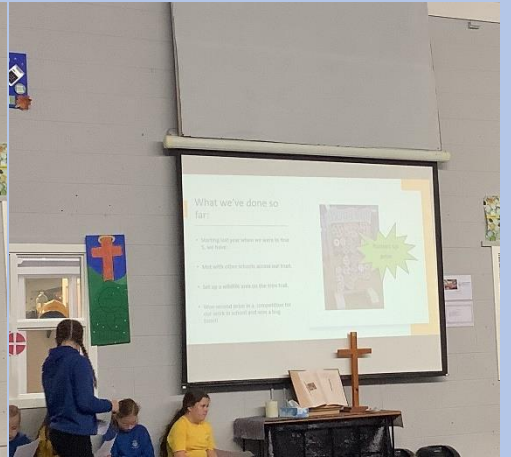
Shine Award - Alicia A for her kind caring nature, and her fabulous smile.

Headteacher's Awards - Teona (Reception), Olivia M (Y4) Hanna (Y5), Seb, Charlie, Dexter and Finley (Y6)

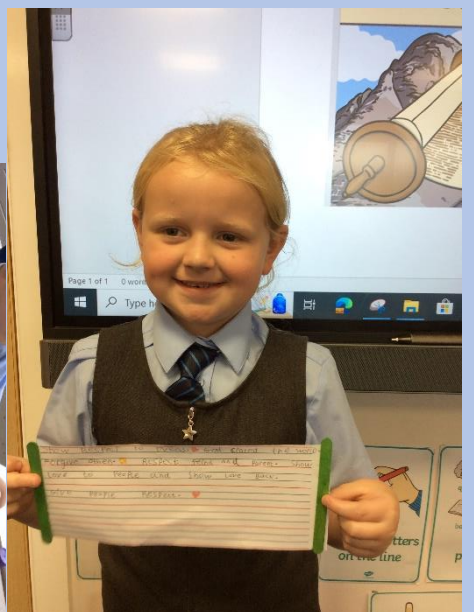
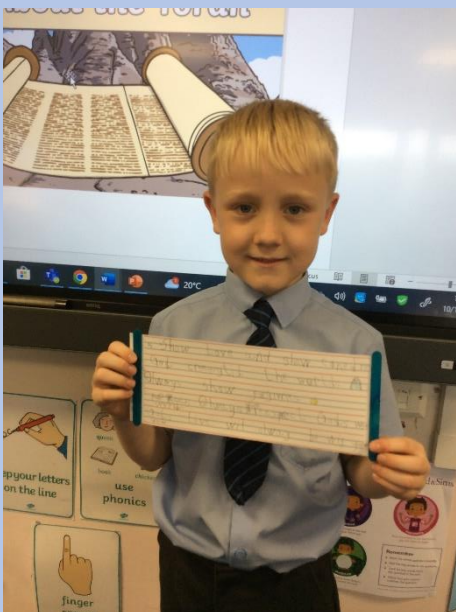
'Living life in its fullness' at Nutgrove



In Reception, they have been learning all about patterns and they created their own.



Our Eco Council delighted us with an assembly.



Year 2 looked at special books and created their own Torahs.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

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 climate change to the war in Ukraine and the conflict in Israel, 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've 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's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

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 OWN 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 screen-time and content can be difficult even in normal circumstances, 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 to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time 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.



Sources: <https://www.bbc.com/news/health-56104280> | <https://www.nos.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-protect-your-children-against-conflict-and-war> | <https://www.bbc.com/news/world-middle-east-56104280>



National Online Safety®

#WakeUpWednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

Dates for your Diary

- 19th October – Harvest Assembly for Parents/Carers at 9.10am
- 25th October - Stay and Play in EYFS
- Half Term Monday 30th October-Friday 3rd November 2023
- 8th November Flu Vaccination – Please register your child at <https://econsent.merseycare.nhs.uk/>
- 8th November – Parents’/Carers’ Evening – Letters for appointments to follow
- 10th November – Inset Day (School will be closed for pupils)
- 22nd November – Parents’/Carers’ Evening – Letters for appointments to follow

ATTENDANCE

- ✓ This week the class with the highest attendance is Year 6 with 98.7%
- ✓ This week the whole School's attendance is 94.3%
- ✓ The whole School attendance so far this year is 94.9%
- ✓ National Average so far this year is 95.2%



Monopoly Winners this week are 1st £10 Year 6 and 2nd £5 Year 2

PE TIMETABLE OCTOBER 2023

Monday	Year 2
Tuesday	Year 5
Wednesday	Years 4 and Year 3
Thursday	Year 6, Year 5 (Swimming) and Year 1
Friday	Reception



Additional PE for Year 3 on Friday 16th October 2023

AFTERSCHOOL CLUBS

Monday	Y3/4 Football (16/10)
Tuesday	
Wednesday	
Thursday	
Friday	

Poppy Appeal

The following items will be on sale starting next week on the run up to Remembrance Day

- Snap Bands (£1)
- Elastic Wrist Bands (£1)
- Zip Tags (50p)
- Reflective Poppies (50p)
- Paper Poppies (donation)

Prayer of the Week

Lord,
Thank you for letting white and black and all kinds to love and care for each other.
Amen
By Alicia (Y5)

Community News



YEAR 6 TRANSITION FREE ONLINE PARENT / CARER SESSIONS

If your child has an SEN or significant worries and is due to transition to secondary school in September 2024, we would love you to join us on our online sessions to share preparation tips and advice.

By 31st October 2023 you will have submitted a secondary school application to name your 3 preferred schools.

We are delighted to offer you some advice and support to be able to effectively plan the next steps of your child's journey.

Many of the strategies will work for most children who require that little bit of additional support.

Sessions will be delivered online through TEAMS directed to parents/carers (not to children); if you can attend all four it would be more beneficial.

For further information please email us on LASCstransitions@sthelens.gov.uk so we can send you a TEAMS link to the sessions

Session One - The Year Ahead	Friday 1 st December 2023 12:30 - 1:30pm	<ul style="list-style-type: none">Differences between Primary & SecondaryIndependence & PreparationTravel to schoolNext Steps
Session Two - Building Blocks	Friday 2 nd February 2024 12:30 - 1:30pm	<ul style="list-style-type: none">What is a transition?Managing changeDeveloping independence
Session Three - A Helping Hand	Friday 22 nd March 2024 12:30 - 1:30pm	<ul style="list-style-type: none">Managing worries & nervesEmotions ScalesLooking for the positives
Session Four - The Finish Line is in Sight!	Friday 10 th May 2024 12:30 - 1:30pm	<ul style="list-style-type: none">Being PreparedOne Page ProfilesCommunicationPreparation & Practice



St Helens Immunisation Team

We will be attending your child's school between September and December.

All children in nursery to year 11 will be offered a Flu Nasal Spray to protect them against Flu this winter!

We will be in your child's school on: **WEDNESDAY 8TH NOVEMBER 2023**

Contact details

St Helens Immunisation Team - Telephone: 01744 415 645
(Monday to Friday, 9am to 5pm)

Flu: 5 reasons to vaccinate your child

1. Protect your child

The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. Protect you, your family and friends

Vaccinating your child will help protect more vulnerable friends and family

3. No injection needed

The nasal spray is painless and easy to have

4. It's better than having flu

The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. Avoid costs

If your child gets flu, you may have to take time off work or arrange alternative childcare

