

Wraxall's School News



Inspiring – Nurturing – Achieving

This week we have been recognizing 'Children's Mental Health Week' and 'Safer Internet Day'. There are some useful Mental Health and Internet Safety resources later in the newsletter and it is well worth using the opportunity to check in with your child about their learning linked to these this week. There have been some extra PSHE lessons this week and lots of opportunity to reflect and have calm, mindfulness time.

The week began with Year 5/6 taking part in an animal obstacle course raising funds for charity and watched by the whole school. The outfits were amazing and the children had spent a lot of time planning the event. They even chose the charities themselves and raised a staggering £640!!! Further animal antics took place this week in Year 1/2 as the children all appeared in school dressed as animals representing the different animals from Chinese New Year. They looked amazing. In Year 3/4 the animal fun continued as the chicks have made an appearance this week – 7 in total! Check out the photos. It was great to see our Reception children at their best in their role play this week as Belle, Connie and Harper all took on some key roles. I would just like to say I was certainly looking more youthful then I normally do as Connie announced "I'm Miss B, Belle is Mrs Hayward and Harper is Miss Townsend!" When I asked them what their jobs were their responses were spot on...Harper (Miss T) said "I tell people to not be naughty", Belle (Mrs H) said "I teach people" and in perfect summary and for the hat trick of job descriptions Connie (Miss B) said "I put people on the red chairs!". Well done girls! You brought a smile to our faces. On that cheery note I wish you all a lovely weekend.

I'm looking forward to seeing you for our special Compassion themed "Random Acts of Kindness Week".

Amy Townsend

Diary dates for February 2022

Wb. Monday 14th February – Random Acts of Kindness – Compassion Week (more info below)

Tuesday 15th February - Year 3 & 4 Swimming - Afternoon

Friday 18th February – Last Day of Term and non-school uniform day

Diary dates for March 2022

3rd March 2022 – World Book Day – Dress up as a book character!

8th March 2022 - Year 3 & 4 Swimming - Afternoon (1st Lesson after half term)

****ADVANCE NOTICE****

Parents Evenings will be held on Tuesday 22nd March 3.30-6pm and Thursday 24th March 3.30-6pm.

Reception Class will hold Parents Evenings on Monday 21st March 3.30-6pm and Tuesday 22nd March 3.30-6pm. These will continue to be held using MS Teams. We will email nearer the time to let you know when the booking system is open.



Stars of the Week

Reception – Connie & Jesse Year 1/2 – Matthew & Sam
Year 3/4 – Aurora, Esther & Henry, Elana, Indi, Sienna, Esther
Year 5/6 – Phoebe & Zach and Seth

Headteacher's Award

Jesse

Wellbeing

Walking is good for body and mind! Find ways to increase your steps each day



WAYS TO HELP THE WORLD

Pick up litter around the area where you live*

*Adult supervision required



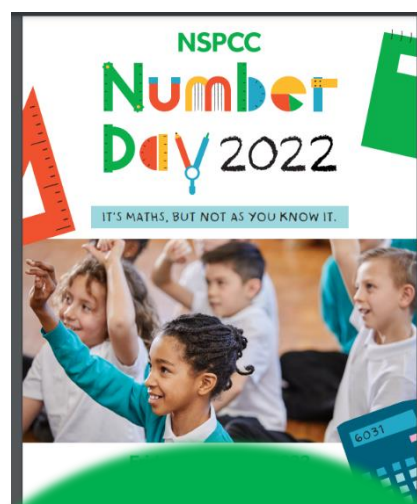
Miss T's Word of the Week

Quacksalver

A quacksalver is someone who says that they have skills or knowledge that they don't actually have.

Big Garden Birdwatch

On 28th-30th January the RSPB held their annual Big Garden Birdwatch. Well done to our families who took part.



Thank you for
your support!
We raised...£96

In class learning

I have enjoyed watching the chicks hatch and getting fluffy.

Tommy

Seeing the chicks hatch was great and lunchtimes have been good fun. Harley

I Liked doing my maths and playing with my friends this week.

Harper



I really enjoyed going swimming and Art on Thursday was good fun making hot air balloons.

Fergus

I loved swimming because I got to play some fun games in the pool.

Bow

I enjoyed the Obstacle Course a lot. The races were great fun. It was a good day.

Zachery



Oak class fundraiser – ‘The Animal Obstacle Course’!!!! Report by Sienna, Molly and Rosie

We did the Animal Obstacle Course to help raise money for Holly Hedge Animal Sanctuary and Portishead Lifeboats.

We all got into groups and designed one obstacle. As well as this, we dressed up as animals for Holly Hodge Animal Sanctuary.

The other classes all came down on to the field to cheer us on which was very kind.

Our parents and family relatives sponsored us and we raised a massive £640!

It was a bit soggy, but great fun.



Rosa Parks Day – 4th February

On Friday 4th February it was international Rosa Parks day. In Collective Worship the children explored who Rosa was and why we remember her. She was a great example of our school value of Courage and helped to lead the Civil Rights Movement.

‘Random Acts of Kindness Week’

During the week beginning 14th February Wraxall is going to be the place to be for Random Acts of Kindness with every child and staff member set the challenge to be extra compassionate to a member of the school community. Every child will be given the name of another child. They should not share this with the other children in the class. The children then need to perform Random Acts of Kindness towards that person during the week. On Friday the children will be asked who their Compassion Ambassador was. (The staff are exchanging names too!) Some ideas for Random acts could be – leaving a nice note or picture in their drawer, offering to hold the door for them, playing with them at lunchtime, praising something that they have done. It would be great if parents could talk to their children about this and think of some ideas too! There is also the Valentine’s card sale on Monday lunchtime. All cards £1!

Children's Mental Health Week – Resources

<https://www.childrensmentalhealthweek.org.uk/parents-and-carers/>

<https://www.thechildrenstrust.org.uk/brain-injury-information/latest/childrens-mental-health-week-2022>

NATIONAL ONLINE SAFETY – SUPPORT FOR PARENTS/CARERS

We are delighted to announce that **our school** has shown our commitment to protecting our pupils online by working with National Online Safety- providing resources for all parents and carers. The resources include Parents & Carers courses, online video resources and weekly guides covering a huge range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

To create your account, please follow <https://nationalonlinesafety.com/enrol/wraxall-c-of-e-va-primary-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store. Answers to frequently asked questions and customer service can be accessed at <https://helpdesk.thenationalcollege.co.uk/helpcentre>.

SAFEGUARDING & E- SAFETY

“Everyone is responsible for safeguarding”

Wraxall CofE Primary School is committed to safeguarding and promoting the welfare of our pupils. If you are a parent, child, volunteer or member of staff you should share any concern you may have about a child or an adult with either our Designated Safeguarding Lead, Amy Townsend or the Deputy Designated Safeguarding Lead, Tamsin Hayward or the Safeguarding Governor, Hazel Mallett. If this is not possible or appropriate and you need to report a concern yourself the numbers below are the main contacts:

Local Area Designated Officer (LADO) 01275 888211 (weekdays 8.45am-5pm or 4.30pm on Friday)

Emergency Duty Team 01454 615165 (outside office hours)

Anyone can refer a safeguarding issue via the NSSCB website (North Somerset Safeguarding Children Board).

If you would like more information then please check out the school website for the LSP Safeguarding Policy and a Wraxall School Policy Summary.

Church News

CTINAD: Adventure Cruise Holiday Club

Christian's together In Nailsea and district are holding a holiday club for primary school aged children from Monday 21st February to Wednesday 23rd 10am-12.30pm. We will be going on different adventures on the Big C's as we learn about Jesus and have lots of fun! Each day will be packed with games, crafts and surprises! It will be held at Holy Trinity Church Nailsea and the cost is £2.50 per child for the three days. Email Elize in the Parish Office or Charlotte on charlotte.crooks@htnailsea.org.uk for booking or more information.

Sunny Saplings

Running weekly with our fresh coffee and fruit/cake treats on Wednesday mornings in the Cross Tree Centre from 9.00am-11.00am, families welcome! For more info contact the Parish Office: 01275 852442.

Pupil Premium (Free School Meals Benefit)

Free School Meals

There are two schemes for free school meals:

Universal infant free school meals for all children in reception year, year 1 and year 2 – you don't need to apply as they're automatically given at the school

Free school meals for people on qualifying benefits – you'll need to apply for these

If you claim qualifying benefits and your child is entitled to universal infant school meals, you should still apply for free school meals so as the school is given additional funds, known as pupil premium, to support those children with their learning in school and to assist with other school costs. This can include: 1-1 support, extra reading, phonics and contributions towards trips and enrichment activities.

Qualifying benefits for free school meals

Your child will be entitled to free school meals if you get any of these benefits:

- income support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on, paid for four weeks after you stop qualifying for Working Tax Credit
- Universal Credit with annual take home pay/net earnings below £7,400 (which equals £616.67 per month) benefits not included.

How to apply

Free school meals entitlement is for the child, not the family, so you will need to apply for each child when they start school.

If your child is starting school in September, you should apply during the summer holidays as we cannot deal with your application earlier. Applying too early could result in your application being removed.

If you are moving into North Somerset from another area you will need to apply. You will need your National insurance number to apply.

When to reapply

Due to the roll out of Universal Credit, all pupils that are currently eligible for free school meals will be protected until the end of the school stage they are in on 31 March 2022. This means if your child is receiving free school meals at primary school in March 2022, you won't need to reapply for them until they start secondary school. Children do not receive free school meals in college. If your child changes school or address before 31 March 2022, email fsm@nsomerset.gov.uk so we can update your free school meals record.

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

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.

1 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.

2 PRESS 'PAUSE'

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.

3 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.

4 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.

5 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.

6 APPRECIATE DIFFERENCES

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.

7 ACCENTUATED ANXIETY

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.

8 PRO-SOCIAL BEHAVIOUR

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.

9 BE A GOOD ROLE MODEL

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.

10 SHOW COMPASSION

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.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling 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.



National Online Safety

#WakeUpWednesday



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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CHECK IN WITH YOUR FRIENDS

If one of your friends doesn't seem OK, checking in on them can make a huge difference. One in every five children struggles with their mental health, so let's make sure we support each other through any difficult times.

**BE A GOOD
LISTENER**

**ASK HOW
YOU CAN
HELP**

**SHOW
EMPATHY**

**SEND A
NICE
MESSAGE**

BE KIND

★ **BE** ★
SUPPORTIVE

IF YOU ARE WORRIED ABOUT A FRIEND
**TELL A
TRUSTED
ADULT**

I SAW THIS AND
THOUGHT OF YOU!

WANTED TO LET YOU
KNOW I'M THINKING
OF YOU!

I'M HERE WHEN YOU
NEED ME.

MISSED YOU AT
SCHOOL TODAY.
EVERYTHING OK?

