

# Wraxall's School News



## *Inspiring – Nurturing – Achieving*

What a busy week! It started off with a whirlwind of activity with our SIAMS inspection. A HUGE thank you to everyone involved in the process. From the parents who took time to talk to the inspector, to the governors who attended the inspection, to the staff who were involved in the process and of course the children. I was so impressed with their manners, their comments and their great thinking. They were amazing representatives of the school. I will be sharing the report with you, once we have received it. For being such great ambassadors for the school I have treated the children to non-uniform day on 25<sup>th</sup> March.

I can't quite believe that we are already half way through the term. Next week sees the opportunity for you to meet with your child's class teacher for a mid-year check in and update. If your child receives SEN support please contact your child's class teacher directly to arrange a separate meeting, outside of the dates and times listed and available.

I am pleased to announce that the final week of term we are going to be holding a special Easter Festival Week. More details will follow. I am meeting with our school Ethos Committee next week as they will be helping to organise it.

We continue to work closely with our pupil groups and last week our Pupil Governors approved their second child-friendly policy. So far they have provided feedback on child-friendly safeguarding policies and anti-bullying policies. Paper copies are available in the school entrance and in the classrooms. Our capable group have also decided to plan and lead a Collective Worship covering the content of the policies so that our younger children can properly understand how to keep safe too – a great suggestion from one of our pupil governors. Well done Rosie!

Have a fab weekend!

Amy Townsend

## Diary dates for March 2022

Monday 21<sup>ST</sup> March - Year 5 & 6 Skiing Lesson at Mendip Activity Centre (last lesson is 28/3)

Tuesday 22<sup>nd</sup> March - Year 3 & 4 Swimming lesson - Afternoon

Tuesday 22<sup>nd</sup> March 3.30-6pm Online Parents Evening - Reception, Year 1-2, Year 5-6

Thursday 24<sup>th</sup> March 3.30-6pm Online Parents Evening - Year 1-2, year 5-6

Friday 25<sup>th</sup> March – Mothering Sunday Surprise Sale – FWSA organised at lunchtime

Friday 25<sup>th</sup> March – Non-School Uniform Day – for being great ambassadors to the school!

Wb. 28<sup>th</sup> March – Online Parents Evening Year 3-4 (dates and times to be confirmed)



## Stars of the Week

Reception – Jesse Year 1/2 – Samuel & William  
Year 3/4 – Tom P, Bow, Harley & Michael,  
Year 5/6 – Jamie, Raf & Alfie

## Headteacher's Award

Maple Class, Willow Class, Silver Birch Class, Oak Class

# Wellbeing

Examine your daily habits  
and get rid of anything  
that isn't productive



## WAYS TO HELP THE WORLD

Donate some non-perishable  
items to a local food bank.



## World Down Syndrome Day

Each year, Down Syndrome International invites everyone across the world to wear odd socks to support World Down Syndrome Day. The date is the 21st day of the 3rd month to signify the uniqueness of the triplication of the 21st

chromosome which causes Down Syndrome.

Our Wraxall children and staff are invited to wear odd socks to school on Monday next week.



## RED NOSE DAY – 18<sup>th</sup> March 2022

Thank you and well done to all our families.

Today we raised over £60 towards Red Nose Day.



# In class learning

Going up in the lift for skiing and in Geography I loved the energy and sustainability work.

Rosie - Oak Class

I loved the story planning, listening to lots of different stories.

Isla - Oak Class

I liked Maths this week because of the models.

Levi - Willow Class



I liked English, writing poems. PE was fun and I like sports. Swimming was really good this week.

Arthur - Silver Birch

I liked swimming and PE this week. I like the different sports. Maths was very interesting.

Daniel - Silver Birch



Coming back to school was good after I was ill. In swimming I put my head under the water for 1 minute for 6 times.

Michael - Silver Birch

## Vacancy for a Parent Governor

### Parent Governor Vacancy

Our school's Governing Body will have a vacancy for a Parent Governor in April 2022. Information about the role, and how to apply, will be sent to all parents and carers next week. Please think about stepping forward for this important role, which provides an opportunity to help shape our school's strategic direction, success and ongoing improvement. No specific skills, knowledge or qualifications are required; there's certainly no need to have an education background. Experience gained in any number of fields, and from life generally, could be useful. Please look out for the letter, which will advise you how to obtain further information. We look forward to hearing from you.

## 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**

### **Churches open for Reflection**

All Saints' Church in Wraxall is open during the day all week and St Bartholomew's at Failand is open during services should you wish to take time out to reflect, light a candle or spend time praying for those who are suffering at this time around the World and across our nations.

### **The Bereavement Journey: A place to talk**

The Bereavement Journey is for anyone who has been bereaved at any time and in any way. By means of a series of films and discussion groups, it gently guides bereaved people through the most common aspects of grief, enabling them to process the implications for themselves and discern next steps. Our next 6 - session course will run weekly at Christchurch Clevedon, from 7.30-9pm, the next session will take place on Tuesday 22<sup>nd</sup> March. For more information, please email: [curate@christchurch-clevedon.org.uk](mailto:curate@christchurch-clevedon.org.uk)

### **Toby's Fun Day**

Many of you will remember young Toby Riley who tragically died last year. His mother, Suzy, is organising a special fun day, in his memory, for the community and to support his family and friends. It will be a Multi-coloured Fun Run with BBQ, bouncy castle, face painting, games live music and more on Sunday 8th May 2022 10am-5.00pm at Grove Fields and The Ring O' Bells. This event will raise money for an outdoor gym and activity area in Nailsea and the Young Minds Charity. You can buy tickets and T-shirts for the event from Toby's Fun Day Facebook Page or email [tobysfunday@hotmail.com](mailto:tobysfunday@hotmail.com)

### **Sunny Saplings**

Our Toddler group runs weekly during term time 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](mailto:fsm@nsomerset.gov.uk) so we can update your free school meals record.



# 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, upset, 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.



Sources: <https://www.bbc.com/newsround/56457806> <https://www.theguardian.com/blog/2020/apr/22/supporting-your-child-with-upsetting-content> <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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