The Grove Newsletter

Dear parents and carers,

I'm not entirely sure I know where the last 7 weeks have gone! It has been a very busy and productive half term but it has flown by. It has been fantastic to see so much learning going on but also to see different groups of children taking part in various sporting opportunities which have been put on by the local sports' partnership.

Friday 7th October saw the PTFA BBQ, which was enjoyed by many and raised £150 for PTFA / school funds. Thanks go to Cambridge Quality Meats for supplying the sausages and burgers at a discounted charity price and to Christchurch for the loan of the BBQ itself.

Parents/carers in Gosling, Wren, Flamingo and Aviary classes – please watch out for a letter coming home which has the instructions for logging in to the Collins Big Cat eBook library. These books go alongside our new phonics scheme, Little Wandle. We have opted for this online library as it was more cost effective, both initially and in the longer term. If you have any problems, please do chat to your child's class teacher. We will be "sending" books home from the start of next half term and they will be allocated on specific days. The children will be reading that book in school as part of their learning – the books link directly the phonic phase they are working at. Your child should be able to read this book to you.

On Friday 18th November we will be supporting Children in Need. The children are welcome to come in their own clothes for the day – please donate as much as you are able. There will be a Just Giving page set up after half term – no cash in school please.

This week, Mr Kingsford attended the planning meeting for our new fencing and gates. We are hoping that these will be installed before the end of 2022. As soon as we have more information about the works, we will let you know.

We are also delighted to inform you that The Grove has joined the National Schools Breakfast Programme. This means that we are able to offer all children in Key Stage 2 a free morning snack on Mondays, Wednesdays and Fridays when the Tuck Shop is not open. Our trial this week has been very successful. Key Stage 1 continue to receive the opportunity of their fruit snack every day.

Finally, we understand that sometimes you may wish to raise a concern with our teaching and office staff. We always welcome feedback and hope that you will continue to do this if you feel it is needed. However, we would be grateful please if would ensure that this is done respectfully and politely. All of our staff are always working hard to do their best for your children.

On Monday 31st October, we have a staff INSET day so we look forward to seeing you all on Tuesday 1st November.

Have a lovely half term break,

Miss Shaw

E-Safety

Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on:

- Our emotions,
- Mental health and wellbeing
- Physical health and wellbeing.

Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset.

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What impacts digital wellbeing?

Any negative online experience could impact a young person's digital wellbeing, but there are some issues that young people tell us are more likely to shape how going online makes them feel.

Digital drama

Falling outs and disagreements within friendships and relationships can often be seen as part of growing up but when these occur online they can become more complicated. The ambiguity of the internet and the fact that we cannot see someone's facial expression or hear their tone of voice can mean that messages and posts are misunderstood.

Desire to 'fit in'

This could be pressure to look a certain way, recieve a large number of likes or follows or even pressure to watch and engage with content they may not be comfortable with. For example, on social media young people may encounter highly edited images which portray an aspirational look or lifestyle which are often refered to as 'goals'. The pressure to conform to these 'goals' could leave a young person feeling negatively about themselves and their achievements.

Distressing content

Unfortunately, not all online content is positive and some can have a worrying impact on the digital wellbeing of young people. This content could include upsetting news stories, adult websites like pornography or gambling, discriminatory content or messages or content which promotes self harm or eating disorders. Depending upon the nature of what they have seen sometimes it can be difficult for a young person to reach out for help in understanding what they have seen for fear of judgement or embarrassment.

Screen time and healthy balance

It is likely that young people may engage with technology and the internet for extended periods of time every day/ week. This extended use of the internet has been reported to leave young people more likely to worry about how long they are spending online and what they have seen. It has also been linked to a sense of loneliness amoungst young people. When it comes to using technology and the internet it all comes down to quality and not quantity, meaning that we should focus on making our use purposeful, and strike a healthy balance between online and offline experiences.

Top tips

Talk about how going online can impact our emotions

Make this a regular habit and try to check-in with young people after they've spent time on their devices.

Use wellbeing tools

For example, lots of devices and platforms offer tools to support digital wellbeing. You may also be able to turn off notifications for apps or use 'mute' or 'do not disturb' modes. Visit the useful links below for more ideas.

Model healthy behaviour, set boundaries and routines

It is important that young people see adults using technology in a healthy way so model this in your own behaviour. Using a [Family Agreement](#) or establishing a clear routine for younger children can also help set clear boundaries about meaningful use of technology.

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Sign post to appropriate support

It's important that young people know who they can turn to for support, whether this is a trusted adult at home or school or by contacting a helpline.

Stay informed

It's also important that you know what to do or where to go for help if ever your child does need help with something that is worrying or upsetting them online. Visit our help page for parents and carers for more advice, support and reporting routes.

Conversation starters

1. What do you like to use technology for? How does it help you?

2. What things make you happy when you use technology?

3. What things worry you/ make you unhappy/angry/sad when using technology?

4. What would you do if something online upset you? What advice would you give to someone else in this situation?

5. How do you think your use of technology impacts your wellbeing? Good or bad?

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Attendance

lass Name	% attendance from Monday 17th to Friday [xx]
The Aviary	77%
Gosling	93%
Wren	93%
Ostrich	90%
Flamingo	97%
Kookaburra	95%
Kingfisher	96%
Toucan	81%
Hummingbird	95%
Whole School	92%

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Rosettes at achievement assembly have been presented to:

Friday 21st October

Hummingbird: Dawid, David

Toucan: Emilia, Panashe

Kingfisher: Charlie C, Lavinia

Kookaburra: T'Ella, Dylan

Ostrich: Khimarley, lia

Flamingo: Michai, Hannah

Wren: Saul, Nusrah

Gosling: Jason, Chinua

Aviary: Muhayydin, Faiza, Finley, Lena

Nursery: Hallie