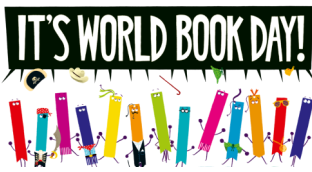




### WORLD BOOK DAY

To celebrate World Book Day (**Thursday 6th March 2025**) we would like the children to dress up in clothes they would associate an adventure theme. For example going into outer space, an explorer, a dinosaur hunter.

Throughout the day, your child will participate in a range of activities promoting reading for pleasure and I am sure they will enjoy the events planned.



### RECEPTION AND YEAR 6 CLASS PHOTOS

If your child is in Reception or Year 6 you can now order their class photo via the Tempest link that has been emailed out.

If you have not received your link, please contact the office.



### WIGGLE DANCE

If your child takes part in our Wiggle Dance club, look out for an email from us with information on how to book tickets for the live performance at The Edge.



Have a great half term break everyone, we will see you all back in school on **Monday 24th February.**

### TIME TO TALK

Are drones the future of delivery?

**PLEASE MAKE SURE YOUR ARBOR NOTIFICATIONS ARE SWITCHED ON TO AVOID MISSING MESSAGES FROM US.**

### ATTENDANCE

Regular attendance at school is crucial if children are to achieve the best outcomes possible. Please ensure your child attends school every day or you may be given a fixed penalty notice.

Best attending classes week ending **07/02/25:**  
**EY/KS1 - Woodpecker 98.7%**  
**KS2 - Robin 96%**

### KEY DATES FOR YOUR DIARY

14.02.25: School closes for Feb half term break  
24.02.25: Return to school today

All 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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

## Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you - or your child - took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

#### WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

#### MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

#### KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen - ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

#### REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

#### PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that you saw if on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem - or you could go one step further by totally deleting the app you were using.

#### GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the things you can take if a person's being unkind online.

Meet Our Expert  
Cathy Jorgensen is a qualified counsellor with the Health Professions Council and a former teacher. She is passionate about supporting children, teenagers and young adults. She is the founder of Wiggle Support, a charity providing resources and solutions to schools nationwide.

**NOS National Online Safety**  
#WakeUpWednesday

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# Owls Newsletter



## Science

We have been learning all about sound. We used instruments to understand the vibrations that cause sounds and conducted an experiment to test how sound travels.



## Computing

We took part in Safer Internet Day and joined a live lesson to play Scam Smashers! The children had to look for clues to outsmart digital tricksters and protect their personal information. We have also used Lego Spike to learn some new skills using our Grababot. The children created code to add sounds to the robot and also enable to sensors to detect distance and colour.



Keep an eye out for the children bringing home a 'Share Book'. These are non-fiction books that the children have chosen themselves to share with someone at home.

## English

The children have created some amazing pieces of work based on our class text, The Firebird.

We spent some time painting to music to understand how the firebird moves and we used lots of role play to help us understand the different characters and their roles in the story.



## Art

Linked to our Geography topic focused on the Mediterranean, the children are creating their own landscape artwork, inspired by the artist, Annie Louisa Synnerton.

