

Newsletter 3 – Autumn Term



Wistaston Academy
Primary and Nursery School
Together We Learn • Together We Achieve

This Week's Events

Date	School Events	International Events
Monday 26 th September	Y4 – 6 Before school Dodgeball club Y1 - 2 Gymnastics lunchtime club Y1 - 2 Football after school club Y3 – 6 Football after school club	
Tuesday 27 th September	Y4 – 6 Before school Dodgeball club Y1 & 2 Gymnastics lunchtime club Y6 Swimming – (Swimming Kit/Towel/goggles needed) Y3 – 6 Sewing After school club KS2 Bike/Scooters and stake boarding after school club Year 3 – 6 Tag Rugby after school club Year 3 – 6 Hockey after school club	
Wednesday 28 th September	Y4 - 6 before school Dodgeball club with Miss Brown Year 3 LS Gymnastics starts (PE Kit needed) KS2 Quad kids Athletics competition at Ruskin High School – 3:15pm till 5:30pm	
Thursday 29 th September	Y4 - 6 Before school Dodgeball club with Miss Brown Y1 - 2 Singing lunchtime club Y3 – 6 Dodgeball after school club Y3 – 6 Singing after school club	
Friday 30 th September	Y4 - 6 Before school Dodgeball club with Miss Brown Y1 - 2 Multi Sports after school club Y3 – 6 Sportshall athletics after school club	
Advanced Notice:	<p><u>Upcoming sport competitions</u></p> <ul style="list-style-type: none"> • Year 3 & 4 Mixed Football competition at Crewe Soccer Centre – 12pm till 4pm on 7th October • Year 5 & 6 Quadsticks Hockey at Ruskin High School – 3:15 till 5:30pm on Monday 10th October • Year 3 & 4 Girls football competition at Crewe Soccer Centre 12pm till 4pm on Thursday 13th October • Year 1 & 2 football competition at Crewe Alexandra Academy on Friday 14th October 	
Polite Notice:	<p>Please note the school office opens at 8.30am each morning and is manned until 4.30pm. Before and after these times, there will be no access to the Main Reception area.</p>	

We are Brilliant Winners

KS1: Mason S, Ivy

KS2: Areen

The Hub

We always enjoy celebrating a birthday in The Hub and this week we got to say 'Many Happy Returns' to Mrs Spencer. The children presented her with a card and presents and were kind enough to assist her in unwrapping everything!



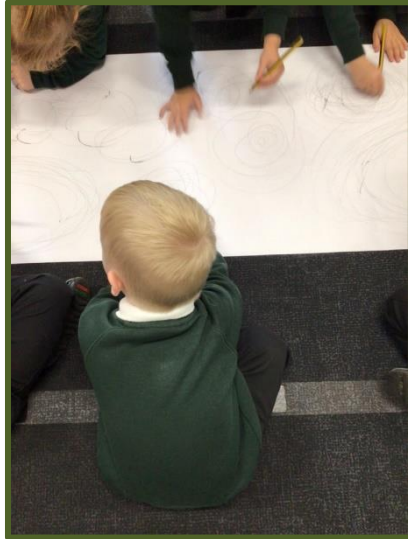
Nursery

This week in Nursery we have been developing our social skills. At group time we played a ball game where we took it in turns to roll the ball to our friends. We learnt all our friends names and did some fantastic turn taking!



Reception

Reception have been working hard on our gross motor skills. We've been dancing to songs, making huge circles with our arms and following instructions to move our bodies. We then drew huge circles on paper, practising the skills we learnt whilst dancing.



Year 1

Year 1 have been learning what school life was like for our grandparents. We learnt the rules of a playground game called hopscotch and played it in teams.



Year 2

Year 2 PSHE focus

In PSHE this week we made 'friendship soup!' We thought about all the character traits that we want in a good friend, such as kind and honest, and added them to our soup. We didn't add traits to our soup that we wouldn't want to see in our friend, for example nasty.



We also had LOTS of fun at the beach!



Year 3

This week in French, we started with a game called 'L'os et le chiens', which helped us to recognise and recall French greetings such as 'Comment ca va'. We worked round robin, to ask and answer questions and played a listening game to identify key vocabulary. Finally, we practised, performed and recorded our 'Greetings' song.

Scan the QR codes to hear a sample of our speaking!



Year 4

This week in Literacy, we were alerted to a shocking news event! We discovered the eruption of the mighty Mount Vesuvius. After watching a news report about Mount Vesuvius, we became roving reporters, collecting information from different sources and articles. Mrs Joy shared some amazing artefacts with us – we're very excited to write up our articles to show what we know!



Year 5

This week, we went to the World Museum in Liverpool. We travelled by train from Crewe station and walked the short distance from Liverpool Lime St to the museum. We explored the many floors of the museum and learnt about Space, Egyptians and bugs amongst many other things. The highlight of the trip was the amazing interactive Anglo-Saxon workshop. We learnt about materials of the time, home artefacts, dialect, cloth-making and weaponry. We each got to handle many items, including the swords and axes and some of us even dressed up like an Anglo-Saxon. We had a fantastic experience.



Year 6

On Tuesday, Year 6 went to Crewe Lifestyle Centre for their weekly swimming lesson. Whilst there, they also had time to visit the library. As you can see from the pictures, they really embraced the opportunity to spend some time choosing and reading a book of their choice. If your child would like to become a member themselves simply click on this link: <https://cheslive.koha-ptfs.co.uk/cgi-bin/koha/opac-memberentry.pl> Or, pop in with one piece of ID (anything with your name and address on) and ask a member of staff to set up an account.



PE News

This week in PE across the school we have been getting ourselves ready for the competitions that are coming up very soon which are Athletics and Hockey. In the Athletics lessons, the children have been learning with Mr Barton different running techniques that can help them to get better running short and long distances. In Hockey with Miss Brown this week, the children have been looking how to hold the hockey stick correctly and being able to pass and stop the ball using the right technique.



Art News
Focus on Year 4!

Over the last two weeks, Year 4 have been creating exciting mixed-media pieces based on the vibrant, striking Pop-Art of Jim Dine. We emulated his recurrent heart motif with oil pastels and then added a blended, colourful background by bleeding tissue paper. We are blown away with our jewel-like pictures!



Outstanding
work
Year 4!

Well
done
everyone!

Focus on Year 6!

Some of Year 6 helped Mrs Walsh create bio-degradable butterflies for our contribution to “Wilder Weekend Crewe” brought to us in Queens Park this weekend by Cheshire Wildlife Trust. Our two butterflies will form part of a nature trail, which is only one of the amazing activities on offer. (See the poster below for more details.)

A HUGE THANK YOU to all families who kindly donated leaves, berries and nuts for us to use – as you can see, we put them to good use! 😊





**Cheshire
Wildlife Trust**



Wildflower Weekend Crewe



Where to find us:

This FREE event will take place in Queen's Park in Crewe.

When you will find us there:

On Saturday 24th and Sunday 25th September running from 10:30am until 3:30pm

What's going on:

- > Sowing a Wildflower Meadow in the park
- > Wildflower meadow art installation
- > Bug ID Hunt
- > Nature Trail
- > Seed bomb making
- > Outdoor Yoga
- > Nature book reading
- ... AND MUCH MORE



For more information about our free event scan the QR code or visit www.cheshirewildlifetrust.org.uk/wilder-weekend-2023



#wildercrewe



**CREWE
TOWN COUNCIL**

Harvest



It's that beautiful time of year again! As we enter Autumn, we are inviting you as we always do, to donate non-perishable food items as listed below, to donate to our local food bank so that we can help families in our local area at this financially challenging time.

Thank you for your support!

St Paul's Pantry
Hope | Dignity | Confidence | Opportunity

- Potatoes - tinned or powdered
- Biscuits / Crackers - snack foods
- Custard - tinned, packet, carton
- Pasta / Spaghetti / Noodles
- Soup - tinned and packets
- Sponge Puddings- tinned
- Rice Pudding - tinned
- Vegetables - tinned, dried
- Baked Beans / Spaghetti
- Sauces - curry / pasta
- Fruit juice - cartons
- Tomatoes - tinned
- Jam / Marmalade
- Tea bags / Coffee
- Instant gravy
- Meat - tinned
- Fish - tinned
- Fruit - tinned
- Milk - UHT
- Sugar
- Cereals
- Rice

St Paul's Centre
Hightown
Crewe
CW1 3BY

We **REALLY** need your donations as there are so many more people needing crisis food! Remember ...

Every item makes a difference!

Please note we cannot accept items that are out of date.



01270 586186



www.stpaulscentre.org.uk



<https://www.facebook.com/stpaulscentre/>



pantry@stpaulscentre.org.uk

Registered
Charitable
Trust No.
1001566

Over this half term, we will be thinking about how grateful we are to have all that we have and are taking this chance to share with others. Please donate what you can to your classrooms and we will share this altogether in our Harvest assembly before the half term holiday.

Our global giving focus will again be through WaterAid. You are invited to donate whatever money you choose, so that we can provide taps for those who have no access to fresh water around the world.

 **WaterAid**

Thank you for your generosity!

Let's make a difference together ☺



Sport Clubs News

This half term, clubs will run from **Tuesday 20th September – Wednesday 19th October**. All clubs, including those delivered by outside providers, will be free of charge. If your child is interested in taking part in any of our clubs, please sign them up through Arbor as all the clubs are live, there are still some spaces left in some clubs. If Arbor won't let you make a booking it is likely the club is full.

Monday

Year 1 & 2 Gymnastics Club with Jasmine and Alisha Evanson from Cheshire Gymnastics

11:45am till 12:25pm

Year 1 & 2 and Year 3 – 6 Football after school Club with Mr Barton & Miss Brown

3:05 till 4:15 (Y1/2) 3:15 till 4:15 Y3-6)

Tuesday

Year 1 & 2 Gymnastics Club with Jasmine and Alisha Evanson from Cheshire Gymnastics

12pm till 12:35pm

Year 3 to 6 Tag Rugby club with Miss Brown (spaces still available)

Year 3 – 6 Hockey Club with Mr Barton (spaces still available)

3:15 till 4:15pm

Thursday

Year 3 – 6 Dodgeball club with Miss Brown and Mr Barton

3:15pm till 4:15pm

Friday

Year 1 & 2 Multi sports with Miss Brown

3:05 till 4:15pm

Sportshall Athletics with Mr Barton

3:15pm till 4:15pm

Please ensure that ALL children are collected from clubs outside the main reception on time.



Active Home Challenge



How many Star Jumps can you do in 30 seconds ??

Can you beat Mr Barton's score of 28 star jumps in 30 seconds !!

Reading News

We have been very busy re-stocking our library shelves, but they still look a little empty. Please search high, low and all areas inbetween for any school library books. We will be giving out raffle tickets for every book that is returned!

WANTED!

YOUR OVERDUE LIBRARY BOOKS



CALLING ALL PUPILS, STAFF AND PARENTS!

DO YOU HAVE ANY SCHOOL LIBRARY BOOKS LANGUISHING IN YOUR LOCKER? GATHERING DUST UNDER YOUR BED? SITTING AIMLESSLY ON YOUR SHELVES?

NOW IS THE TIME TO ACT

BOOK AMNESTY – BRING YOUR OVERDUE LIBRARY BOOKS BACK... NO QUESTIONS WILL BE ASKED AND ANY FINES WILL BE WAIVED!

British Values



British Values



Individual Liberty

Our actions have consequences. If we choose to buy and use items made from plastic, we must consider the impact this will have on our world.



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SANDBACH SCHOOL
OPEN MORNING
OPPORTUNITY • ACHIEVEMENT • EXCELLENCE



HEADTEACHER'S TALK
9AM & 11.30AM

Hear why boys achieve better at single sex schools

SAT 24TH SEPTEMBER 9AM - 12PM

WWW.SANDBACHSCHOOL.ORG

Top Tips for Parents

**Take my dummy away
so you can hear what
I have to say!**



**Dummies and bottles can affect
your child's ability to talk**



Find us on Facebook!
'Cheshire East Chatters'



Did You Know?

Dummies can:

- Make it difficult for children to babble or practise sounds—the dummy is in the way!
- Stop the full range of tongue movements that are needed for some speech sounds—this can have long term effects.
- Increase the risk of ear infections
- Cause a gap between the top and bottom teeth when sucked a lot—this may lead to a lisp



What can I do to prevent these problems?

Keep the dummy for sleep times only from 8 months

Remove the dummy when children are playing or talking

When you decide to stop, throw them all away to avoid the temptation of giving it back

If you need to use a dummy, use it just for a few minutes until they are settled

Reduce dummy use gradually. Give it up completely by 12 months

Remember:

The sooner the habit is broken, the easier it will be.

Caring for your child's eyes...

Your child's eyes are special. In the early years, vision helps children find out about the world around them, about their home, about you. Later, as they go through school, their eyesight lets them learn and discover – in fact, about 80% of what is taught in schools is presented visually. Being able to see clearly is therefore incredibly important in your child's overall development.

Most very young children have their eyesight assessed as part of their routine developmental checks. While these are very important, they are not as thorough as a complete eye test by a qualified optician.

Ensuring your child has their eyes tested as early as possible means that any problems that they may have are identified early, setting them up for a happy and fulfilling school life. Young children may find it hard to explain the difficulties they are having with their eyesight and may not even be aware they have a problem at all.

Conditions such as squint and amblyopia (lazy eye) can be treated more effectively if they are picked up earlier and this could make a huge difference to your child. We recommend annual eye tests that are free on the NHS.

Things to look out for

It's often difficult to tell whether your child has sight problems, which is why regular eye tests are so important. However, there are a number of things to look out for:



Straining their eyes or tilting their head to see better

Frequent eye rubbing

Consistently sitting too close to the TV or holding a book too close

Losing their place while reading, or using a finger to guide their eyes

Avoiding activities which require near vision, such as reading or homework, or distance vision, such as participating in sports or other recreational activities

Sensitivity to light and/or excessive tearing

Falling behind in school

Closing one eye to read, watch TV or see better

Complaining of headaches or tired eyes

Avoiding using a computer or tablet because it "hurts their eyes"

The presence of a "turn" in the eye or a misdirection of the eyes

A "white reflex" in photographs. This is similar in appearance to red-eye, except it's white. It is extremely serious – if you notice it, you should seek medical attention immediately.

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

What Parents & Carers Need to Know about

▶ YOUTUBE ▶

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.



CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.



CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.



MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.



LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!



Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



National Online Safety®

#WakeUpWednesday