

Newsletter 5 – Autumn Term



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

This Week's Events

Date	School Events	International Events
Monday 10 th October	Y4 – 6 Before school Dodgeball club Y1 - 2 Gymnastics lunchtime club Y1 - 2 Football after school club (Cancelled) Y3 – 6 Football after school club (Cancelled) Y5 & 6 Quick Sticks Hockey Competition at Ruskin High School – 3:30 till 5:30pm	
Tuesday 11 th October	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 (Shin pads need to be worn)	
Wednesday 12 th October	Y4 - 6 before school Dodgeball club with Miss Brown	
Thursday 13 th October	Harvest Assembly 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 14 th October	Y4 - 6 Before school Dodgeball club with Miss Brown Year 1 & 2 Football competition at Crewe Alexandra Training Ground – 2pm till 4pm Y1 - 2 Multi Sports after school club (Cancelled) Y3 – 6 Sportshall athletics after school club (Cancelled)	
Advanced Notice:		
Polite Notice:	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.	

We are Brilliant Winners

KS1: Caitlyn (1A), Mia (1B)

KS2: Muhammad (5B), Neo (6B), Lilly (4A), Rhovan (4B), Minette (6A), James (3B), Grace (3A)

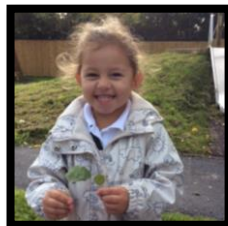
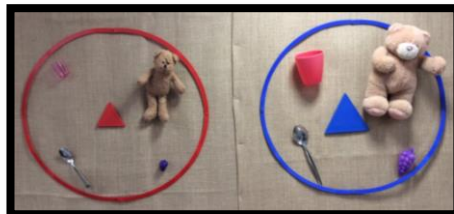
The Hub

Now that we've reached October, The Hub children have been exploring some of the objects and traditions associated with this Autumn month. This week some children have made a trip to the shop to buy ingredients and some have decorated pumpkin biscuits to eat and pumpkin pictures to put on our display.



Nursery

This week the Nursery children have been introduced to Concept Cat. During our session with Concept Cat the children learnt all about the word 'little'. The children sorted the items that were 'little' and 'not little'. They all did a fantastic job!



Reception

This week we've been learning all about our families and who lives at our house. We've learnt about different types of families, how some are big, some are small, some have 2 dads or mums and some children live with other family such as relatives or friends. We've loved learning about families and sharing our own on Tapestry too. We've even been playing families in our role play corner too.



Year 1

In maths we have started our addition and subtraction unit. We have been introduced to a part, part, whole model and we used this with our partners. We had to partition a number and say the different parts and the whole.



Year 2 and Year 5

Year 2 and Year 5 had lots of fun reading together!



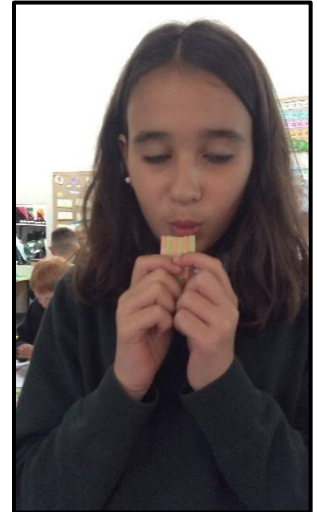
Year 3

On Monday, we learnt about what Stone Age people would have eaten. We followed a recipe to make a Stone Age stew. We talked about how it would have been made in the Stone Age and how they would have gathered the ingredients.



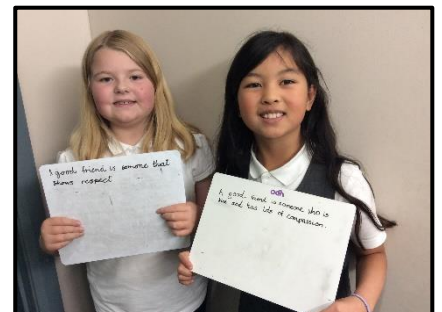
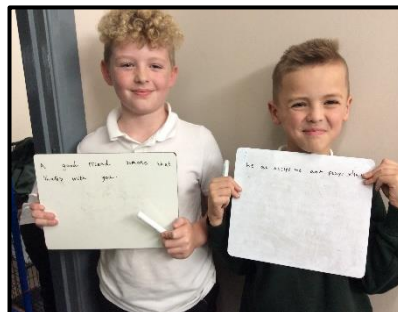
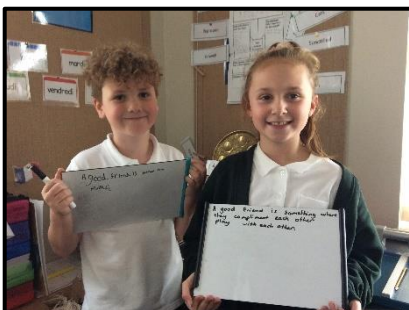
Year 4

This week in Science, we investigated the concept of 'pitch' being high and low sounds, and how these are created. Through the use of our trusty slinky, children identified the meaning of sound frequency, and could visually see what happened when the slinky was a longer length compared to a shorter length and how this changed the frequency. We then made our own set of pan pipes, identifying how pitch was altered in some musical instruments through the length of each 'pipe', or on a xylophone, the length of the bar.



Year 4 PSHE Focus

This half term, our focus has been on safe relationships and respecting others. We have enjoyed learning more about our peers and how we can be respectful and compassionate friends. We have also considered what we might do to spot someone in need or help others who might not have a safe relationship. We have played a game called 'Anonymous Friend' and have loved finding ways to support our friends and make our relationships positive.



Year 6

Year 6 have had a great few weeks in music. They have been really lucky to have Tim Uffindell teaching this and have enjoyed learning and practicing the different parts to the song 'Happy' by Pharell Williams. Over the next few weeks, they are going to start to develop their understanding of notation to help when reading music.



Art News
Focus on Reception

Reception have been drawing leaves for Autumn! We have been thinking about the lines and shapes, then filling them in with warm watercolour pencils, like fiery autumn leaves. We contrasted the colours in our background with cold colours like the weather outside.



Mrs Walsh needs your help!

This week we are real need of empty glass jars to help us with our Year 3 art project. We are making diva lamps for Diwali, so any large, empty glass jars would be much appreciated. Thank you!



PE News

PE Focus – Year 2

This week Y2 have been learning about how to dribble a football during their Multi Skills PE lesson on Thursday. The children have been learning all about the different parts of their foot that can be used to kick the ball with. The children also learnt how to change direction and to stop the ball without using their hands. I was extremely impressed with the children's knowledge, understanding and listening skills.



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. Please make sure your child has got the right sports kit for the club they are attending.

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 Squats can you do in 60 seconds?

Can you beat Mr Barton's score of 46 Squats in 60 seconds !!

**Once you have completed the challenge, please let Mr Barton know
and you will win a raffle ticket.**

Harvest

It's that beautiful autumnal time of year again!

At school this half term as part of RE, we will be thinking about the food that is traditionally harvested in Autumn and how fortunate we are for all the food that we have.

We will be inviting children to join with us to share what we have with those around us in the local area who are struggling at present to have enough. This will be given to St Paul's Pantry food bank, on West Street and distributed to families that need it.

So in order to help us help others, this is what we need:



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

Thank you so much for your support.

St Paul's Centre, Hightown, Crewe, CW1 3BY
01270 586186

admin@stpaulscentre.org.uk

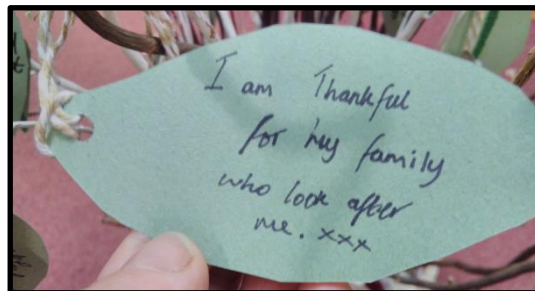
Registered Charitable Trust No.1001566

Harvest: Wateraid

We will also be collecting money for Wateraid, as our global focus for giving. We will be thinking about how vital it is to have a supply of fresh water, especially in this time of pandemic. We want to do our part to ensure that no-one in our modern world should live without clean water. Any money, no matter how small, will be useful to help provide water supplies in places that need it. Please bring in what you can.



As part of all this, we will be encouraging children to write a tag for our “Thankfulness Tree”. We want to be mindful of how many positive things we have in life and take time to recognise this, even when things are sometimes tough.



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!



OCTOBER HALF TERM



Monday 24th October
Morning
Creating Halloween suncatchers



Monday 24th October
Afternoon
Make your own slime jars



Tuesday 25th October
Morning
Create our own marshmallow monsters
And Halloween treat boxes



Tuesday 26th October
Afternoon

Halloween Cakes



Wednesday 26th October
Morning

Time to get creative 😊

Carving Pumpkins



Wednesday 27th October
Afternoon

Carving pumpkins



All children are welcome to come dressed up in Halloween costume.

Please make sure if they do have a change of clothes

ALL CHILDREN NEED TO BRING A PACKED LUNCH



This club is now available to book on Arbor – Remember you need to complete the new paperwork first, top up your account and then book the sessions needed


HALLOWEEN HALF TERM MENU


Monday	Tuesday	Wednesday
<p><u>Halloween Buffet</u></p> 	<p><u>Spooky Hotdogs</u></p> 	<p><u>Ghostly Pizza</u></p> 
<p><u>Halloween Green Jelly</u></p> 	<p><u>Halloween cup cakes</u></p> 	<p><u>Monster Ice cream</u></p> 

British Values



UN Rights of a Child

Watching or participating in competitions may help us to rest, relax, play, or take part in cultural and creative activities.



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REST, PLAY, CULTURE, ARTS

© Pictor Stock 2022



British Values

Rule of Law

Competitions have rules. These rules often state who can enter the competition and how to win. These rules encourage fair play and help keep contestants or competitors safe.



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Community Health and Care

0-19+ Health and Wellbeing Service
In partnership:
Cheshire East Council

NHS
Wirral Community
Health and Care
NHS Foundation Trust

ContactHub
0300 123 4058

One number for all our services...

- Infant Feeding
- Health Visiting
- Immunisations
- School Nursing
- Special Educational Needs and Disabilities (SEND)



Your go to place for all things 0-19+

0-19+
With you all the way

www.wchc.nhs.uk/children

Parents and carers can access a range of services via one dedicated number, as well as a wealth of information, support and resources via the Contact Hub's website - www.wchc.nhs.uk/children

The Contact Hub provides parents, carers and young people with:

- Telephone advice line and signposting to local services
- Dedicated support from 0-19+ Services
- Peer support
- Referrals into other local services
- Instant access to information, resources and guidance online and via social media pages - @0219HVHubCE and @schoolnursesCE
- Support groups
- Access to ChatHealth - confidential text messaging service for 11-19 year olds

You can also email the team at wchc.cehub@nhs.net

0-19+
With you all the way

www.wchc.nhs.uk/children

#HelloYellow

YOUNGMINDS

The whole school is taking part in **#HelloYellow** on Monday 10th October 2022 which is World Mental Health Day.

We'll be joining thousands of other schools by wearing **yellow** to show young people that how they feel matters, as well as raising awareness for YoungMinds. To take part, we're asking everyone to wear yellow to school on Monday 10th October along with their usual uniform. That could be a sock, a t-shirt, a jumper, a hair band even a woolly hat, just as long as it's yellow!

We're confident that taking part in **#HelloYellow** will show our young people that they're not alone with their mental health.

We'll also be launching our new Mental Wellbeing Ambassador Team. Any child from KS2 will be able to apply, with one child from each class being chosen for this academic year. They will speak into our whole school approach to mental wellbeing, what we do well, what we can do better and lots of new ideas too.

Look out for more **#HelloYellow** information on the website over the next few days.



Go the extra mile and encourage your workplace to take part in **#HelloYellow 2022** on 10 October. You can email helloyellow@fundraising.org.uk for more details.

**THIS
MATTERS**

**JOIN
THE FUN**

**MY FEELINGS
MATTER**

youngminds.org.uk

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 which 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



WHATSAPP



WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients: not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted - it only related to WhatsApp's business features, not to personal messages.

WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dupe them into disclosing payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded - so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a "simple and secure way to let people know where you are." It is a useful method for a young person to let loved ones know they're safe - but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Advice for Parents & Carers



CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' - choosing one of the latter two ensures that your child's profile is better protected.

EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list - so they also need to be deleted from the address book.

REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once; if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

Meet Our Expert

Parveen Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids N Clicks: a web resource that helps parents and children thrive in a digital world.

