

# Newsletter 4 – Autumn Term



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

## This Week's Events

Date	Schooll Events	International Events
Monday 3 <sup>rd</sup> October	Y4 – 6 Before school Dodgeball club Y1 - 2 Gymnastics lunchtime club <b>Y1 - 2 Football after school club (Cancelled)</b> Y3 – 6 Football after school club ( <b>Shin pads need to be worn</b> )	
Tuesday 4 <sup>th</sup> October	Y4 – 6 Before school Dodgeball club Y1 & 2 Gymnastics lunchtime club <b>Y6 Swimming – (Swimming Kit/Towel/googles needed)</b> 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 ( <b>Shin pads need to be worn</b> )	
Wednesday 5 <sup>th</sup> October	Y4 - 6 before school Dodgeball club with Miss Brown <b>Year 3 LS Gymnastics starts (PE Kit needed)</b>	
Thursday 6 <sup>th</sup> October	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 7 <sup>th</sup> October	Y4 - 6 Before school Dodgeball club with Miss Brown Y1 - 2 Multi Sports after school club Y3 – 6 Sportshall athletics after school club	
<b>Advanced Notice:</b>	<b>Y5/6 Quad Sticks competition – 10<sup>th</sup> October</b> <b>Haverst Festival – 11<sup>th</sup> October</b> <b>Year 1 &amp; 2 Football competition – 14<sup>th</sup> October</b>	
<b>Polite Notice:</b>	<b>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.</b>	

### We are Brilliant Winners

**KS1: Freddie (1A), Ivy-Rose (1B) Gabriel (2A) Ruby (2B)**

**KS2: Aaliyah (5A), Harper (3B), Caleb (3A), Areen (5B), Lynette (4A), Poppy (4B), Julia S (6B)**

### The Hub

We now have a wonderful new display board in our classroom which we are going to fill with seasonal images. This week, The Hub children have been decorating some Autumn leaves with oil pastels to create the first part of our display.



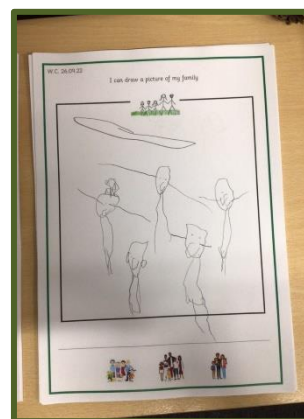
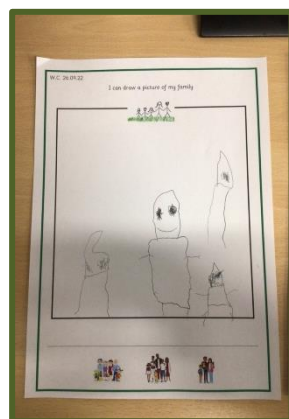
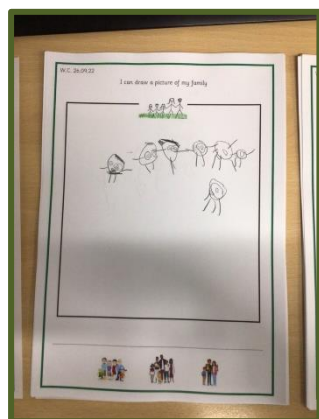
### Nursery

In Nursery the children have been learning how to use the new play equipment. We have been using the outdoor rule board and talking about how to safely use the equipment. The children have loved exploring the equipment in lots of different ways.



## Reception

This week, we have introduced our new topic 'It's good to be me and this is where I belong'. We have spoke about Who is in our family? And discussed how every family is unique. The children have enjoyed sharing their family photographs on tapestry and talking about what they enjoy doing with their families. We have drawn some fantastic family pictures and painted self-portraits within the environment.



## Year 1

Year 1 planned a route around the school and thought about what we might see. We went on a tour of the Dunwoody building and the school grounds. We used an eye-spy map to see what we could find. We then drew a recount map of the route.



## Year 2

This week, Year 2 looked at shells under the electronic microscope. They were amazed at how much detail they could see and couldn't believe how different they looked.



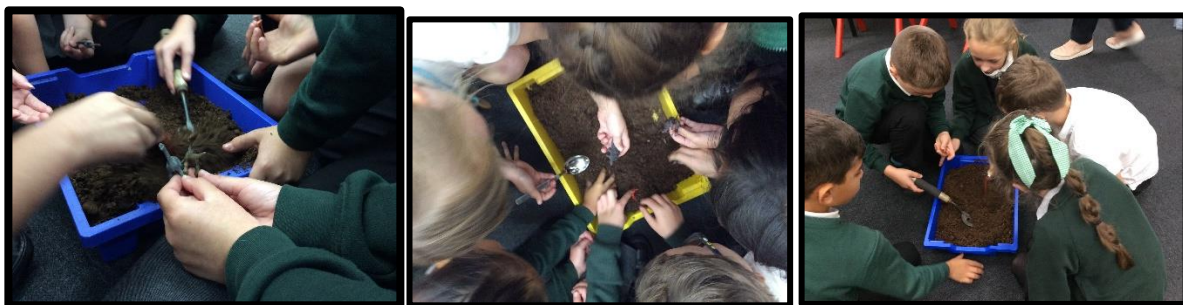
## Year 3

### PSHE focus

This half term, we have started to learn about family relationships recognising the features of family life, identify the qualities of different family relationships, explain how families can support and care for each other and describe positive aspects of belonging to a family. We looked at Nish's family focusing on what activities they do together and how they offer support and stability. We completed a diamonds 6/4 looking at the most important and least important things about family life.

### Year 3 Guided reading

Also this week in Guided reading, we were palaeontologists! We carefully dug for an artefact, which we discovered to be a dinosaur! We shared our existing knowledge of fossils in a round robin speaking and listening activity.



## Year 4

This week, the children completed an investigation for our science topic: Sound. We considered why we might need ear defenders and then decided to test which materials would be the best to use to insulate sound waves. We loved testing different materials and recording our findings.



## Year 5

This week, the children completed an experiment in RE that demonstrated how Christians repent and reconcile with God. Using a lollipop sticks, iodine, crystals and water, the children observed the coloured water turning clear. This was to represent how forgiveness and reconciliation with God can cleanse the soul and bring you closer to God.



## Year 6

In Science, Year 6 have been looking at classifying living things. We started off by looking at plants and animals and then discovered microorganisms (microbes). We wanted to find out a little more about these, as many of them, we can't see so we have set up an experiment. We're looking at the microbes that grow on food, specifically bread. We have set up our experiment and look forward to seeing what happens.



Art News  
Focus on Year 2

Year 2 have been practising their observational drawing skills! We have been drawing fish in keeping with our topic of "The Seaside", taking note of the various shapes we could see and the different spacing of lines in each fish. Our work has been amazing!



### In honour of Her Majesty Queen Elizabeth II

Each year group from Year 1 to 6, have been working on collaborative textile pictures of Queen Elizabeth this week, to honour her at this time. We have created 6 editions of Andy Wahol-style portraits that will go on the fence shortly. At the moment, we are enjoying them in the Art Room! 😊





### Mrs Walsh needs your help!

Thank you to everyone who donated greenery for our Nature Trail Art last week! (We will be collecting greenery again soon!) 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!



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!**

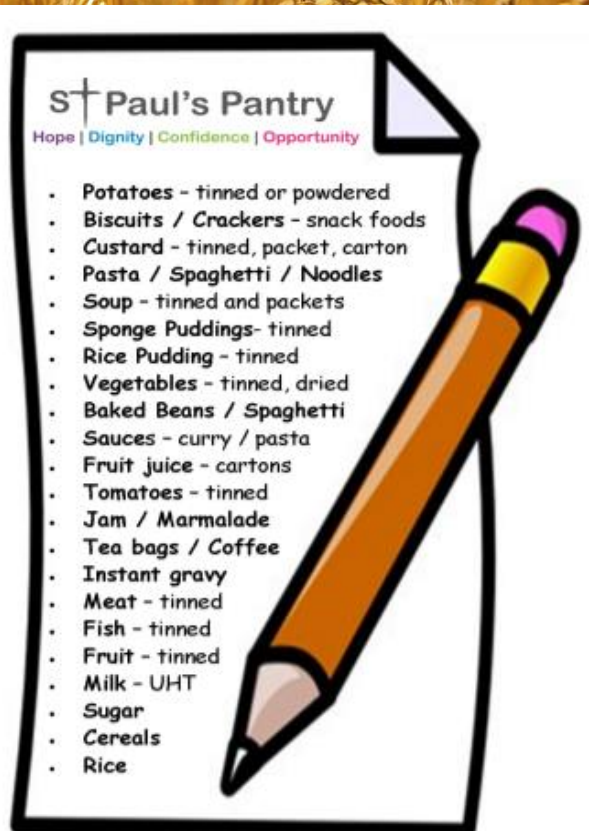
## Harvest

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](mailto:admin@stpaulscentre.org.uk)

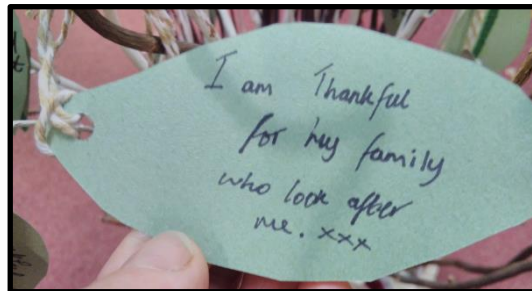
Registered Charitable Trust No.1001566

### 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.



## PE News

### PE Focus – Year 5

This week Y5 have taken part in a mini athletics intra competition during their PE lesson on Thursday. The children have been learning all about the different ways to jump over pieces of equipment and different running styles that will help them improve their speed. The children took part in a range of races such as speed bounce, hurdles, sprint, obstacle, chest throwing and marking their distance.



### 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)

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#### 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

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#### Thursday

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

3:15pm till 4:15pm

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#### 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 speed bounce jumps can you do in 60 seconds?

Can you beat Mr Barton's score of 43 Speed Bounce jumps in 60 seconds !!

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

### British Values


 **UN Rights of a Child** 

Every child, no matter where in the world they are, has the right to live in a safe environment.




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HEALTH, WATER, FOOD, ENVIRONMENT

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 **British Values** 

**Individual Liberty**

Millions of people living in Pakistan have been affected by flooding. There are many different ways we can help if we choose to.



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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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about FACEBOOK

AGE RATING  
**13+**

With 2.9 billion users, Facebook, owned by the recently rebranded Meta, is the world's most popular social media platform. It encourages interaction with other people by (among other things) adding them as friends, reacting to or commenting on their content, sharing images and videos, posting status updates, joining groups and playing games. Facebook is free, and anyone over 13 can join – but with no age verification, younger children can easily create an account: it's likely your child is already familiar with the platform, even if they don't yet use it themselves.

## WHAT ARE THE RISKS?

### ADDICTIVE NATURE

Facebook's quick reward cycle of likes and comments on shared posts can be hugely addictive. It encourages users to keep returning to post things and increases FOMO (the Fear Of Missing Out), which leads to people checking the app even more frequently and finding themselves endlessly scrolling through content.

### CYBERBULLYING

A 2021 Ofcom report found that around one in four UK 12–15-year-olds had been cyberbullied or trolled (intentionally antagonised online). On Facebook, this can happen through private messages (on Facebook Messenger); hurtful comments on their profiles and posts; pages or groups set up purposely to torment a victim; or exclusion from pages or groups.

### FUTURE IMPACT

Like most social media platforms, anything posted on Facebook leaves a permanent 'digital footprint'. This can have future consequences for young people: many universities and employers, for example, now review someone's Facebook timeline during the application process.

### CONTACT FROM STRANGERS

Just like in the offline world, there are people on Facebook with malicious intentions. Ofcom reports, for instance, that 30% of 12–15-year-olds have received a friend request from a stranger. This, sadly, can include individuals seeking to take advantage of impressionable youngsters.

### OVERSHARING

Facebook encourages you to post "what's on your mind", but children should be wary of revealing too much about themselves online. Users can give away their location by checking in or using Facebook Live, for example, while some photos can also be traced using file data.

### INAPPROPRIATE CONTENT

Facebook monitors and removes material like hate speech or extreme political views, while adverts on the platform are now forbidden from targeting under-18s based on their interests. Offensive content isn't always taken down instantly, however, so there's still a risk of children encountering it.

### VIDEOS AND STREAMING

Facebook Live lets users stream video live to their friends or watch others' broadcasts. Viewers can comment in real time, which is problematic to moderate. Short, user-created clips called Reels can now also be displayed on profiles and feeds. These video features could contain unsuitable material or allow children to be cajoled into doing something on camera that they wouldn't normally do.

## Advice for Parents & Carers

### KEEP ACCOUNTS PRIVATE

In the settings area, you can choose whether a Facebook profile is public or private. By far the safest option is to switch your child's to private, so they can only interact with people who they are friends with on the platform. Facebook's settings can also prevent your child's personal information (such as contact details, school name or date of birth) from appearing publicly.

### ENCOURAGE SAFE FRIENDING

Facebook can help your child to stay connected with the people and the things that they care about. However, it's important for them to understand that they should only accept friend requests from people who they know. The key questions to consider are "has your child met them in person?" and "do they know and trust them enough to feel comfortable accepting them as a Facebook friend?"

### LEAD BY EXAMPLE

Let your child watch you using Facebook – this will demonstrate how it can be used safely and appropriately, reducing the risk of them encountering harmful content themselves. Teach them the habit of thinking before sharing anything online and try to follow the same rules that you set for them – so if you agree time limits on your child's Facebook use, then you should stick to them, too.

### SAVVY SHARING

Make sure your child realises that what they share online with friends can end up being shared again by others. It's important that they think about what they share online and who they share it with. Facebook's 'Audience Selector' gives users the option to filter who sees what they are sharing, whenever a status is updated, photos are uploaded or anything is posted.

### RESPECT BOUNDARIES

Once you've talked about Facebook safety with your child, give them some space and trust them to make smart choices. Make it clear, however, that you're always open to discussing social media if they need to. In the early stages, you could occasionally review your child's social media activity with them to put your mind at rest – but take care not to become reliant on checking it every night.

### BLOCK AND REPORT

On Facebook, you're able to report harmful content and block particular people or groups so they can't contact your child or view their profile. Before they start spending serious time on the platform, show your child how these features work and explain why they might need to be used. Facebook's Bullying Prevention Hub offers advice on dealing with harassment on the platform.

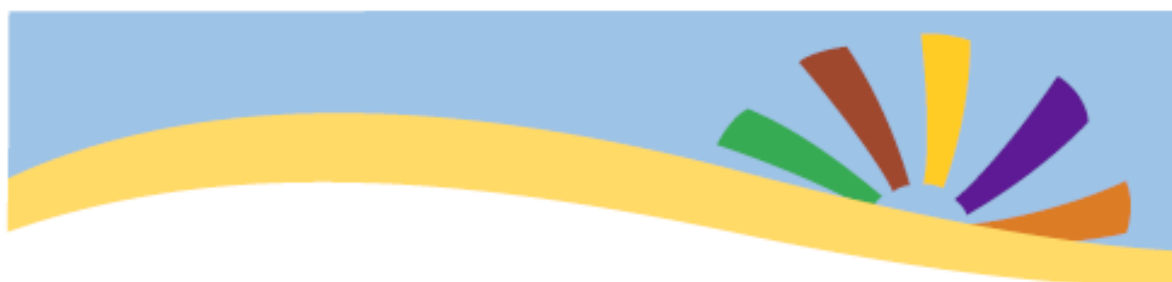
## Meet Our Expert

Alex Wright is a former Facebook employee and social media expert with more than 15 years' experience in digital media. He has worked with some of the biggest organisations on the planet and has a vast understanding of how social media platforms work and how they engage their audience.



NOS  
National Online Safety®  
#WakeUpWednesday

Source: [www.facebook.com/enrbybullying](https://www.facebook.com/enrbybullying)



## Health, Wellbeing & Employment Fair for Ukrainian Guests

**Welcome & come along to Crewe  
Community Hub**



**Take the opportunity to speak to various organisations, that can support you with health and wellbeing. There will be a chance for you to seek support/ guidance around employment and training!**

**Wednesday, 5th October, 11am — 2 pm,  
Crewe Market Hall, Earle Street, Crewe CW1 2BL**

**CREWE  
MARKET  
HALL**

For more information, please contact  
Muktadir Khan on 07929 057077  
or [muktadir.khan@cheshireeast.gov.uk](mailto:muktadir.khan@cheshireeast.gov.uk)





# THE CREWE COMMUNITY HUB at Crewe Market Hall



## WE ARE HERE TO HELP

12pm - 1.30pm on the first Wednesday of each month  
at Crewe Market Hall, Earle Street, Crewe CW1 2BL

### The organisations are:

- Crewe Café - Crisis Support
- Parents 1st
- Healthwatch Cheshire
- Motherwell
- Citizens Advice
- Social Prescribers - NHS
- Alternative Solutions - *The service provides a range of support such as managing symptoms, housing support, benefit advice, LGBT advice, debt management*
- The Green Doctor
- Everybody Lifestyle
- Slimming World
- CWP - Involvement, recovery and wellness
- Mentell - Mens mental health
- Cheshire Arts for Health
- Central Cheshire IAPT - *The service offers signposting, guided self-help, computerised cognitive behavioural therapy (cCBT), group work and individual psychotherapy*
- Springboard Employment
- Ansa Environmental
- Cheshire Without Abuse
- New Leaf programme with PSS
- Friends for Leisure
- YMCA Crewe
- Hannahs Teaching Tech
- Wishing Well
- CMD Tutoring
- District Foodbank
- One You Wellbeing Services
- Journey First

Because you matter

Motherwell Community



## Motherwell Community Share Hub



54 Beech Drive      Open  
Wistaston      Tuesdays and  
Crewe      Thursdays,  
CW2 8RG      12-2.

The community share hub is a sustainable, accessible to all scheme that provides various items for the community. We are based in Wistaston on Beech Drive.

- The main part of the hub provides school uniforms for both primary and secondary schools in Crewe and Nantwich. We have both branded and non branded items. We also have seasonal items available, such as fancy dress, Halloween costumes and winter coats, as well as prom dresses.
- We also have a new footlocker scheme, that rehomes good condition football boots, astros and shin pads.
- Within the hub, we also have a baby bank, that provides baby clothes up until the age of 2, smaller baby items such as nappies and wipes, and larger pre-loved items such as baby baths, cots and prams.
- We also provide toiletries and sanitary items, and collect unwanted bras for cancer research.

All items are available on a no questions asked basis, and can be requested on our online form via our website:

[www.motherwellcheshirecio.com/our-services/motherwell-community-hub/](http://www.motherwellcheshirecio.com/our-services/motherwell-community-hub/)

For enquiries, email [motherwellhub@motherwellcheshirecio.com](mailto:motherwellhub@motherwellcheshirecio.com)



@MWCommunityHub

or call Nadine on 01606 557666.

**#encourage #inspire #empower**



## Online Workshops

October to December 2022

Talking about drugs with your child – a guide for parents  
10th Oct, 7.30pm

An introduction to drugs and working with young people.  
15th Nov, 11am

All workshops are hosted on Zoom, last one hour and cost £15

To book, go to [www.hopeuk.org/events](http://www.hopeuk.org/events)

Equipping young people to make drug-free choices  
020 7928 0848 | [enquiries@hopeuk.org](mailto:enquiries@hopeuk.org) | [hopeuk.org](http://hopeuk.org)

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