

Newsletter 12 – Autumn Term



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

This Week's Events

Date	School Events	International Events
Monday 5 th December	Before school Y3-6 Dodgeball club Y1 & 2 Gymnastics lunchtime club Year 3 – 6 Basketball Club Year 1 & 2 Football Club Year 1 & 2 athletics competition at South Cheshire – 10am till 12pm	
Tuesday 6 th December	Before school Y3-6 Dodgeball club Y5 & 6 Gymnastics lunchtime club Y6 Swimming – (Swimming Kit/Towel/goggles needed) Y3 & 4 Football Club Y3-6 Athletics Club Y3 – 6 Sewing After school club	
Wednesday 7 th December	Before school Y3-6 Dodgeball club Year 5 & 6 Gymnastics competition at Camm Street Gym – 9:30am till 11am.	
Thursday 8 th December	Before school Y3-6 Dodgeball club Year 5 & 6 Football Club Year 1 & 2 Multi Sports Club	
Friday 9 th December	Parent Reading Morning 8.20am Year 2 Christmas Concer 2.30pm Nursery Stay & Play 3:20pm Before school Y3-6 Dodgeball club Year 5 & 6 Football Club Year 1 & 2 Multi Sports Club	
Advanced Notice:	Wednesday 21 st December: Soul Children Performance at Nantwich Elim Church: 7pm – 8:15pm	
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: Archie W (1B), Alexia (2B) Evelina, Adam (2A)

KS2:

Year 3 - Caleb 3A Paisley 3B

Year 4 - 4A Madison Anesu 4B

Year 5 - 5A Milanko 5B Oluwasemilore

Year 6 - 6A Holly 6B Julia H

Sports Awards

KS1 : Archy (1A), Kaja (2A)

KS2: Eyrk (5A), Harrison (4B)

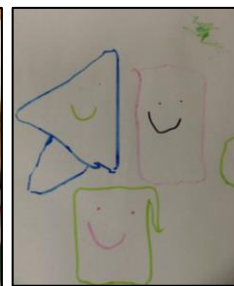
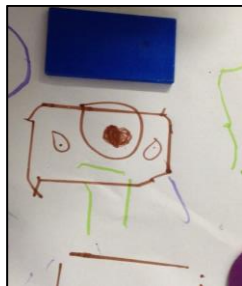
The Hub

This week we have explored how to make butter by churning cream before separating the liquids and the solids. We added a little bit of salt for flavour then ate the butter on hot toast.



Nursery

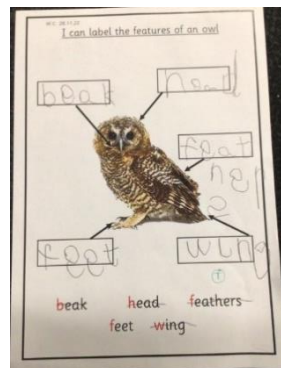
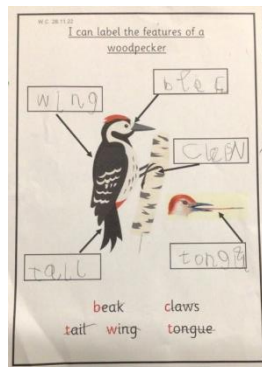
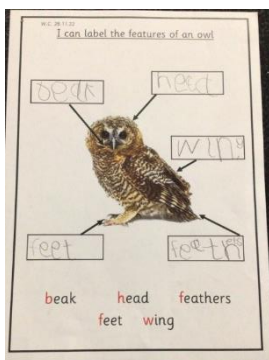
This week the Nursery children have been learning all about shape. Circles, triangles, squares, rectangles and many more! The children have enjoyed listening to different songs about shape, going on a shape hunt and using shapes to mark make.



Reception

This week in Reception as part of our topic 'Wild in Crewe', the children have been learning about owls and woodpeckers. We have learnt about where they live, what they eat, the importance of their features and other interesting facts about these woodland animals. The children created fantastic drawings of woodpeckers using oil pastels as well as labelling the body parts of each animal and listening to the story 'Owl Babies' by Martin Waddell.

We have also been busy practising our Christmas songs ready for our Christmas carol concert next Tuesday. The Christmas carol concert is on Tuesday 6th Decemebr at 2:15pm, we hope that you can come along.



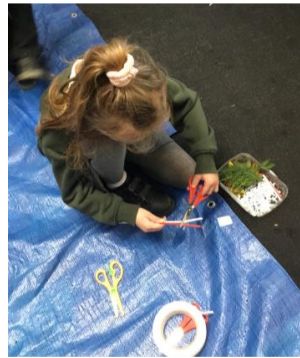
Year 1

In Year 1 this week we have started our Design and Technology project called mechanisms. We have started to design the background for our moving gliders and have explored resources to use in our shoe boxes.



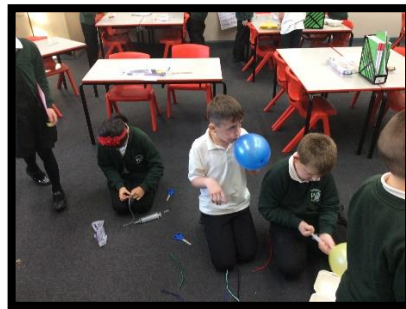
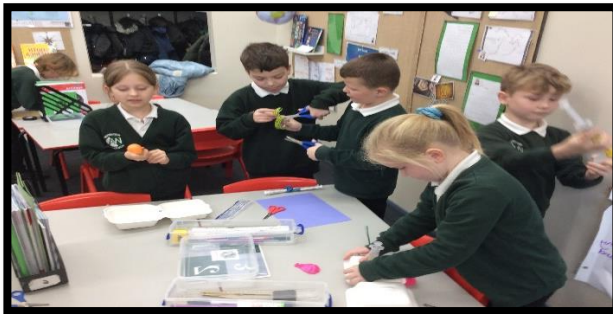
Year 2

This week, we have completed our DT project of designing and making a bug house. We made our first design and then tested the function of our bug houses by putting them outside over night. The following day, we made adaptations to our houses to make them more effective and waterproof.



Year 3

This week Year 3 began a design technology project, exploring how to use pneumatics to power movement. Miss Hall from the Hub shared her love of D.T with us and showed us some exciting ways to turn air into an energy source! Next, we will bring our designs to life.....



Year 4

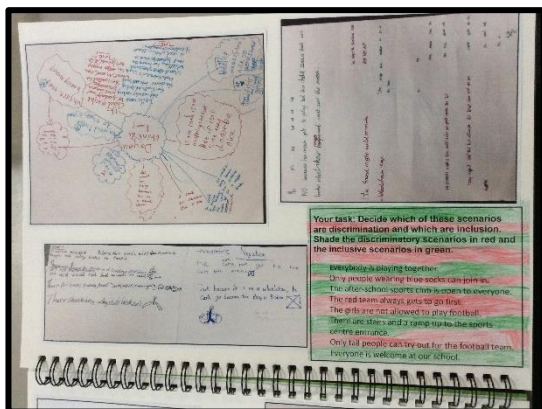
This week Year 4 have been creating Seasonal Food dishes in DT! We have loved exploring what seasonal vegetables mean and the benefit of these. We have also linked it to our history, considering if the Romans would have cooked with seasonal ingredients. We then designed and created a seasonal dish ourselves, thinking carefully about how we prepare food.



Year 5

Year 5 PSHE focus

In PSHE, we learn how to recognise when behaviour and language is inclusive or discriminatory and discussed how we would describe the associated feelings. In our table groups we identified ways to challenge discrimination and get help and support for ourselves and others when needed.



Year 6

This week, we appointed our new prefects. We are very grateful that they have volunteered to give up their time to help look after others, and be looked up to as responsible representatives around our school.



Reading news

Books create belonging, they help us to see and understand each other and shine a light on the world. It's vital that the books we read in school reflect the rich diversity of the society we live in. That's why we applied for a free set of books from the programme 'Lit in Colour' to celebrate and teach more books by writers of colour at Wistaston Academy. As you can see, the children have been engrossed with our brand new collection.



Music news

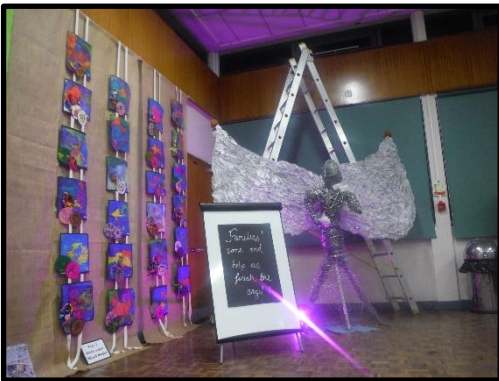
This week, some Year 5 children volunteered to perform to all of KS2. This was very brave and they did an amazing job at playing their instruments and performing as a band. We even had some soloists! This has sparked excitement from different classes for their own performances, so keep your eyes peeled for the next class of performers!



Art News

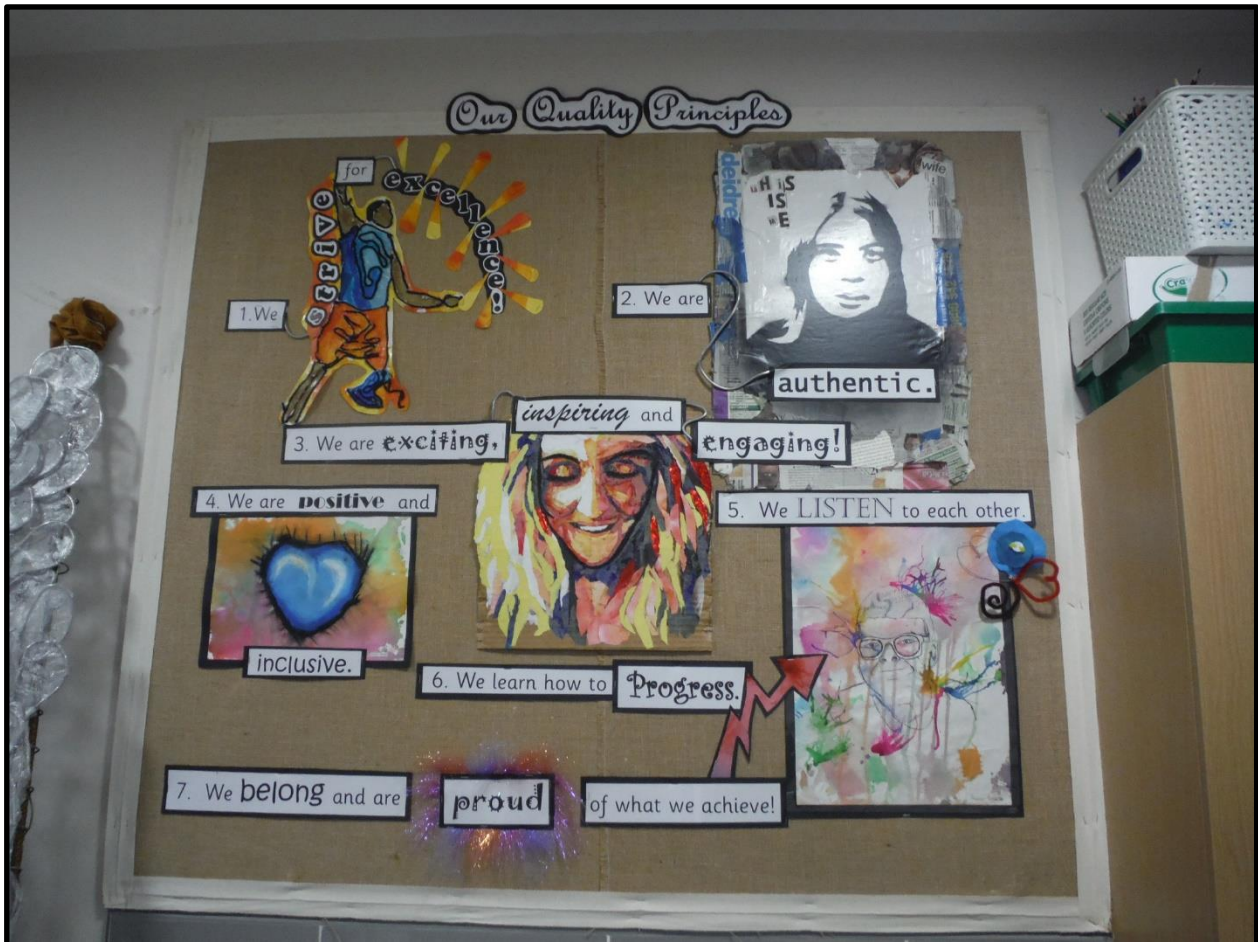
3D Work!

We began some collaborative 3D work on our angel sculpture two whole years ago! This was initially inspired by our mini models of human figures in year 5, inspired by sculptor Alberto Giacometti. Our work was interrupted during covid and has been jointly worked on by our current year 5, 6 and any parents or children who joined in at our whole school exhibition. Thank you to everyone who helped us progress! We are nearly finished now – just a bit more to do before he is exhibited outside for Christmas. We discussed the Biblical story of angels appearing at Jesus' birth, announcing it to the shepherds on the hillside. Together we decided that our angel would be playing a trumpet to announce the birth of Jesus and holding out his hand to offer peace to our world, seeing as the Biblical story portrayed this event as being one that brought "Peace and goodwill" to everyone.



Artsmark

We are excited to be progressing along our journey to achieve an arts quality mark within school! We are delighted to be promoting 7 Artsmark Quality Principles in all that we do in all lessons – not just in art lessons. The new display in the art room expresses these principles and we feel passionately that this is what we already do in school – but we want to do more of it! Here they are, so you can see them too:



PE News

PE Focus – Year 2



This week Y2 have been learning about how to pass a football during their PE lesson on Thursday. The children have been learning all about the different parts of their foot that can be used to pass the ball with. The children also learnt how to change direction and to stop the ball using their sole or inside part of their foot. I was extremely impressed with the children's knowledge, understanding and listening skills.



PE Kit Reminder

The weather is starting to get a lot colder, so please can your child bring in some tracksuit bottoms and a jumper or sport zip up jacket as well as their normal PE kit.



Sport Clubs News

This half term, clubs will run from Monday **7th November – Monday 12th December**. 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 such as tracksuit bottoms and a waterproof jacket as the weather is getting colder.

Monday

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

11:45am till 12:25pm

Year 1 & 2 Football Club with Miss Brown

3:05pm till 4:05pm

Year 3 – 6 Basketball Club with Mr Barton

3:15pm till 4:15pm

Tuesday

Year 3- 6 Gymnastics Club with Jasmine and Alisha Evanson from Cheshire Gymnastics

12pm till 12:35pm

Year 3 & 4 Football Club with Miss Brown

3:15pm till 4:15pm

Year 3-6 Athletics Club with Mr Barton

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

3:05pm till 4:05pm

Year 5 & 6 Football Club 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 toe taps on a ball can you do in 60 seconds?

Can you beat Mr Barton's score 41 times 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



The Royal College of Nursing union is an organisation that nurses can join. We can join or set up groups or organisations as long as it does not harm other people.



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British Values

Democracy

We all have a voice and the right to use it. Nurses in the Royal College of Nursing union have voted to strike, which is one way people can share their voice.



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Attendance

Wk - 21.11.22 – 25.11.22

Target 96%

3A = 94.5%

3B = 93.2%

4A = 95.2%

4B = 98.5% 😊

5A = 98.1%

5B = 97.2%

6A = 97.4%

6B = 95.8%



KS2 for the week = 96.2% 😊

Whole school attendance for the academic year – 94.9% 😞

Attendance

Wk 21.11.22 – 25.11.22

Target 96%

Reception A – 82.7%

Reception B – 93.9%

1A – 94.7%

1B – 87.1%

2A - 93.5%

2B – 94.1%



KS1 Attendance for last week - 91% 😞

Whole school attendance for the academic year – 94.9% 😞

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 issues 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 SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrains young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Source: <https://www.bbc.co.uk/news/technology-55204955>
<https://ipr.co.uk/news/algorithm-social-media-uggs0171/>

