

Newsletter 13 – Autumn Term



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

This Week's Events

Date	School Events	International Events
Monday 12 th December	Before school Y3-6 Dodgeball club Y1 & 2 Gymnastics lunchtime club NO After School Sports Clubs!!	
Tuesday 13 th December	Before school Y3-6 Dodgeball club Y5 & 6 Gymnastics lunchtime club Y6 Swimming – (Swimming Kit/Towel/goggles needed) NO After School Sports Clubs!!	
Wednesday 14 th December	Before school Y3-6 Dodgeball club	
Thursday 15 th December	Before school Y3-6 Dodgeball club NO After School Sports Clubs!!	
Friday 16 th December	Before school Y3-6 Dodgeball club NO After School Sports Clubs!!	
Advanced Notice:	Soul Children Performance at Nantwich Elim Church: 21 st December, 7 – 8:15pm Year 5 & 6 Sportshall Finals – 26 th January	
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: Ryan (2A) Freddie S (1A)

KS2: Alfie (3a), Elina (3b) Jayden (4a) Alice (4B) Andreea (6A)

Sports Awards

KS1 : Daniel (2A), Lena (1A)

KS2: Kevin (6B), Sylvia - Rose (5B)

The Hub

This week The Hub children have made gingerbread. They have learnt how to measure and mix their ingredients carefully, and have used visual boards to help them understand and practice these words. The gingerbread dough will now be chilled until next week when we will turn them into something very festive...



Nursery

Last week the Nursery children had a very special delivery... a Christmas tree! The children all chose a bauble each and we discussed the different colour, shape and texture of each one. We then worked together to decorate the tree.



Reception

This week the children did an amazing job at their Christmas Carol Concert which I'm sure you will agree. They have worked extremely hard to learn the words and the actions of the songs and we are so proud of them all.

Also this week we had a special visit from a lamb where the children got to handle, feed and learn some fascinating facts. A big thank you to Clara's family, the children loved it!



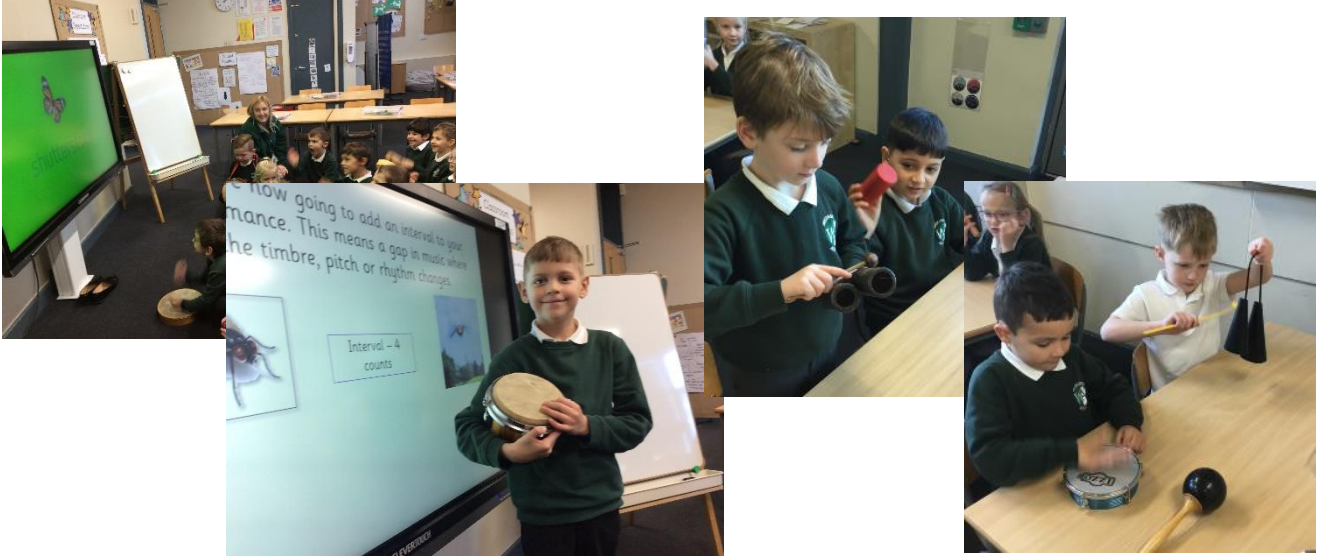
Year 1

Last week in Year 1, the children completed their Design Technology project on Mechanisms. Most of the children chose an axle as their mechanism and all really enjoyed constructing their glider using pegs and lollipop sticks!



Year 2

This week, Year 2 have had lots of fun creating minibeast themed music.



Year 3

This week in year 3, we completed our Design Technology project using pneumatic systems. We all enjoyed trying to bring our designs to life.





On Friday afternoon, we immersed ourselves in to Roman life as much as possible and took part in a fine Roman feast! Breads with oils, luxurious fruit hampers, a meat feast.....we dined like royalty! We wore out home-made tunics and got served by slaves (teachers!), as we enjoyed the musical entertainment and lounged with friends. Anesu said *"This is amazing, when will we every get the chance to do something like this again"*. A memorable experience had by all, and a stamp in our Year 4 Passport ☺

Year 6

This week, year 6 students have completed their Level 2 Bike Ability course. The children have braved the cold weather and had a lot of fun!



Art News
Focus on Year 3!

In Year 3 we have been creating beautiful collagraph plates based on the organic shapes of Hindu Rangoli patterns. We practised printing with them in our sketchbooks so that we could find out which was the best method to use when printing on our tie-dyed fabrics, which will form our final piece. We were very excited to see the results of our printing. Some of us experimented with symmetry in our designs. It was a messy process – but that just made it more fun!



Well done everyone

PE News

KS1 Indoor Athletics Competition

On Monday 5th December, 10 children were selected to represent the school in a KS1 Indoor Athletics competition. The children took part in a range of running events such as relay, hurdles and relay. They all took part in field events too which were speed bounce, standing long jump, triple jump, vertical jump, and chest push. Miss Brown was so proud of the children how they supported each other throughout the event.

Year 5 & 6 Gymnastics Competition

On Wednesday 7th December, 8 children were selected for a Year 5 & 6 Gymnastics competition that was held at Camm Street Gym. The children were placed in two groups, 1 group of 5 which was for the team and the other 3 children were selected for the individual. The children have been training with Jasmine Evanson and Mr Barton on the routines over their dinner time. On the day of the event the team did brilliantly well to remember all of the parts of the routine and making sure they flowed smoothly. The three children who took part in the individual competition they all performed amazingly and managed to get big scores from the judges. We managed to get one 1st place which went to Isla Butler and she received a medal. We were extremely proud of all the Gymnasts of how they supported and performed. Well done to all !!



New Term's Clubs

The afterschool sport clubs and morning clubs will run again from **9th January – Friday 17th February 2023**. 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 will go live on 16th December.

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



Whizzy Active Home Challenge



How many can you catch a ball in 60 seconds with 1 hand?

Can you beat Mr Barton's score 35 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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SETTING UP OR JOINING GROUPS

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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.

SUPPORT YOUR NHS WORKERS

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Time To Give It Up? Here's how...

Make giving up the dummy as rewarding and as fun as possible.

You could try:

-  **Joining a Dummy Campaign**—take part in your child's Nursery or Preschool's dummy campaign. Ask staff to find out more.
-  **Using a reward chart** at both Nursery and home using stickers to record dummy-free days and nights
-  **Giving it to a new baby**—pretend to gift the dummy to a new baby of a family member/friend
-  **Getting outdoors**—linked to the story 'The Last Noo-Noo' by Jill Murphy, children could plant their dummies in plant pots or the garden to see if they too can grow a Noo-Noo tree!
-  **Sharing stories** about giving up dummies to encourage children to do the same.

Share a story with your child to introduce the idea of giving up a dummy.



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 practice 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

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

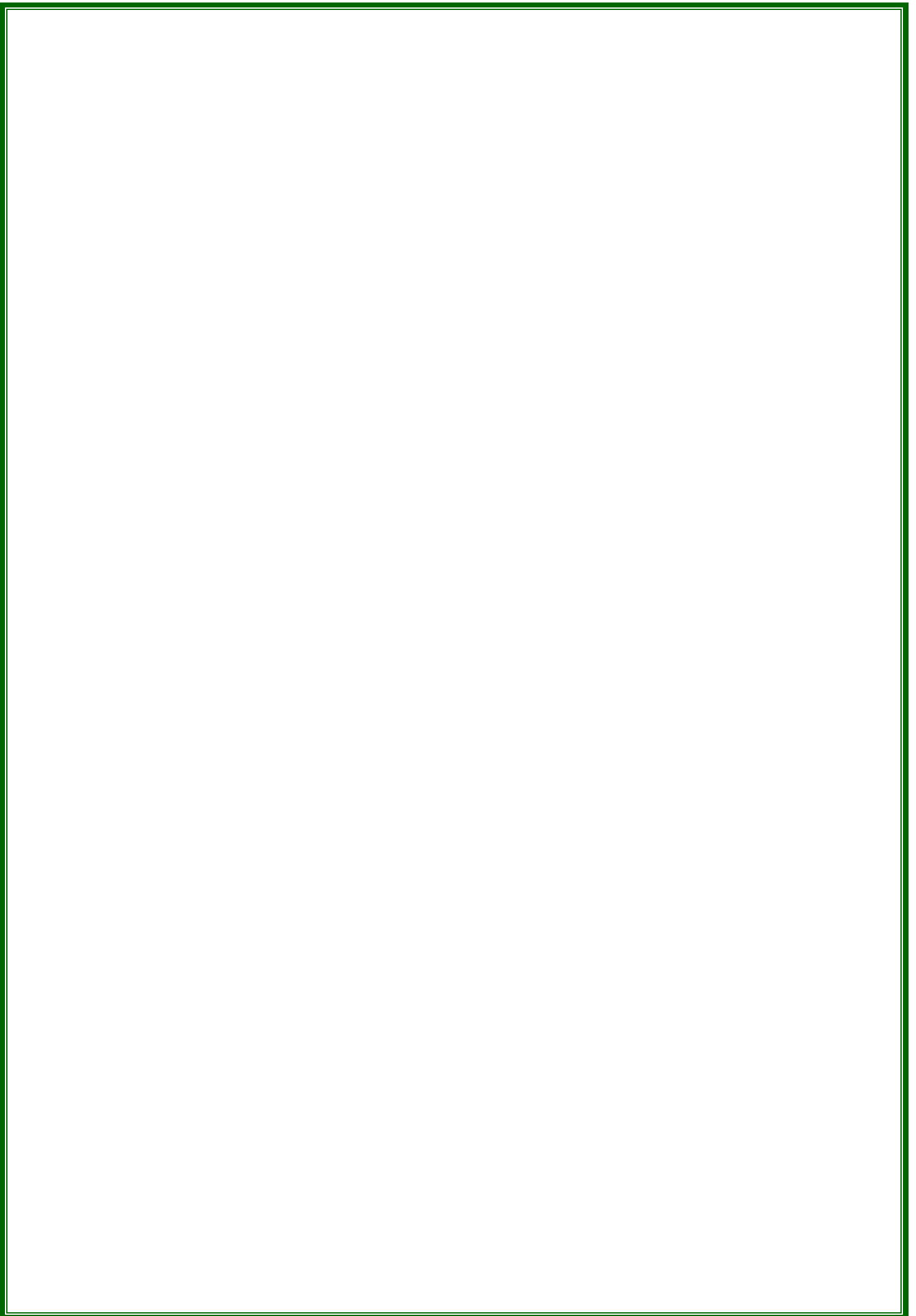
Avoid letting your child use a bottle as a soother

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

Avoid using cherry shaped teats

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

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



Attendance

Wk 28.11.22 – 02.12.22

Target 96%

Reception A – 90%

Reception B – 91.9%

1A – 88.3%

1B – 94.8%

2A - 96.4%

2B – 97.2% 😊



KS1 Attendance for last week - 93.1% 😞

Whole school attendance for the academic year – 94.8% 😞

Attendance

Wk - 28.11.22 – 02.12.22

Target 96%

3A = 93.5%

3B = 96.5%

4A = 98.1%

4B = 97.4%

5A = 98.5%

5B = 97.2%

6A = 93.2%

6B = 98.7% 😊



KS2 for the week = 96.6% 😊

Whole school attendance for the academic year – 94.8% 😞

E-safety

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 TODDLERS & SCREEN TIME

The toddler years are full of excitement, exploration and energy. It's a critical time in children's development, when brain connections are rapidly forming. Youngsters often begin to discover devices around this age, as they learn to communicate with friends, play games and watch videos (Ofcom recently found, for example, that one in five 3-4-year-olds in the UK uses social media). These activities can make a child happy and relaxed but have a damaging impact if overused. Setting screen time limits for toddlers can be a challenge, so we've pulled together some suggestions for making sure your little one is interacting with the online world in a safe, healthy way.

ONLINE SAFETY CHECKLIST

✓ PARENTAL CONTROLS

Children need to be shielded from content that's not age appropriate. You can do this by adjusting parental controls and safe search settings on the devices, apps and games they use.

✓ ONGOING SUPERVISION

Try to stay engaged and present in what your child is doing digitally. Make time to talk about what they enjoy and how they can stay safe online.

✓ OFFERING HELP

Teach your toddler to ask for help – and that they should always tell a trusted adult if they're unsure about anything to do with a device, or they see or hear something that makes them scared or upset.

✓ COMMUNICATION IS KEY

Emphasise that your child should check with you before they do anything online for the first time – such as watching a new show, playing a new game or exploring a new app.

✓ FACE TO FACE IS ACE

Support toddlers' development of language and other skills by prioritising games or apps that encourage face-to-face interaction – like learning to read or count with an adult.

Advice for Parents & Carers

MODEL IT

Your toddler is watching and learning from you whenever you pick up your phone. Even babies are aware of screens and the attention their parents give to them. By showing you know when to put your phone down and focus on something else, you're modelling an important behaviour for them.

TRADE IT

You could try offering rewards and alternatives in exchange for screen time – for example, having a device-free day to get a playdate with a friend at the weekend, or skipping screen time one evening in return for a trip to the ice cream parlour tomorrow.

CONTROL IT

Use tech to control tech. Most devices and individual apps have settings that allow you to restrict screen time. Decide on the right length of time and use the settings or a timer to block access. This is especially useful for very young children, who simply see it as the device 'turning off'.

EARN IT

Screen time can definitely be used as a reward. You could opt for the classic "no screen time until you've tidied up your toys" or you could get creative and award screen time in relation to successful tasks; eating all of their vegetables earns 10 minutes on their device, for example.

ANNOUNCE IT

When a toddler's screen shuts off suddenly, it can lead to frustration and tears. Let your little one mentally prepare for the end of screen time by announcing they have five minutes left, two minutes left and so on. You could also set an egg-timer, alarm or buzzer to go off just before time's up.

REMOVE IT

Keep family mealtimes, social gatherings, children's bedrooms and other important occasions and places screen free. Remember to turn off TVs that you aren't watching, because even background noise can distract from you spending quality face-to-face time with your young ones.

DELAY IT

Try to avoid letting children start their day with screen time. Once they're online, it can be hard to get them back offline – and can set a negative tone for the rest of the day. Routine and structure are important for toddlers, so encourage them to enjoy some other activities before the screens go on.

SWAP IT

Put together a bag of things that your children love playing with – and get them to help choose what goes in there (Items like stickers, pens, small toys, Lego or teddy bears are ideal). Then encourage them to pick something to play with from "the special bag of fun" instead of staring at a screen.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa: a reporting system currently being used to combat bullying in schools and businesses around the world. FaceUp helps to give a voice to bystanders by encouraging them to speak up against unacceptable behaviour.



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#WakeUpWednesday

<https://www.healthychildren.org/en/family-the-media/pages/tips-for-parents-digital-age.aspx> | <https://www.ofcom.gov.uk/consult/condocs/children-media-use-and-attitudes-report-2022.pdf>
<https://bloggingcollege.co.uk/10-strategies-for-managing-screen-time/> | https://www.babycare.com/child/activities-and-play/screen-time-ids_040360/ | <https://nhs.uk/health/parents/parents/screen-time-baby-toddler/>



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