

Newsletter 18 – Spring Term



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

This Week's Events

Date	School Events	International Events
Monday 30 th January	Before school dodgeball club 3- 6 Yr 1&2 Dodgeball Yr 3-6 Basketball Yr 1&2 Lunchtime Gym	
Tuesday 31 st January	Before school dodgeball club 3- 6 Yr 3&4 Football Yr 3-6 Netball Swimming Y5 Yr 3-6 Lunchtime Gym Yr 3-6 Sewing Yr 5&6 Performing Arts	
Wednesday 1 st February	Before school dodgeball club 3- 6	
Thursday 2 nd February	Before school dodgeball club 3- 6 Yr 3-6 Dodgeball Yr 3-6 Singing Yr 1&2 Lunchtime Singing	
Friday 3 rd February	Before school dodgeball club 3- 6 Yr 5&6 Football Yr 1&2 Multi-sports Y3&4 Gymnastics Comp at Camm Street	
Advanced Notice:	Friday 24 th March – SingFest for Year 4 at Congleton Town Hall. Netball Competition – 8 th February at Shavington Academy	
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: Jacob, Liana-Faith (1A), Lenny (2B) Cassius (2A)

KS2: Harper (3b), Mia (6A), Jenson (6B) Lilly (4A), Jacob O (5B)

Sports Awards

KS1 : Joshua (1B), Diwan (2B)

KS2 : Angel (4B), Holly (6A)

The Hub

The children in The Hub love playing with vehicles and wheels. This week they have explored the patterns that these can make when dipped in white paint and moved across black paper. It was very messy and great fun!



Nursery

In Nursery we enjoy learning new nursery rhymes. We have been learning the words and actions to our new nursery rhyme 'The 5 Little Ducks'. We used our expressive arts and design skills to create duck collages by tearing and gluing paper.



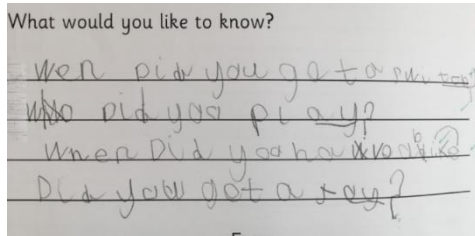
Reception

This week we have been exploring the different foods that people might have eaten in the past. We learnt that they used foods like butter and flour to make sweet treats. We followed a recipe to make jam tarts then enjoyed eating them the next day during milk, snack and chat.



Year 1

To continue our topic 'The toy shop', Mrs Dewsbury came in to tell us about what toys were like when she was little. We learnt that some of the toys she had are similar to modern toys like pogo sticks and bikes but some of them are different. We then got the chance to ask some questions about what toys were like when she was little and Mrs Dewsbury told us about her first toy teddy which is over 50 years old!



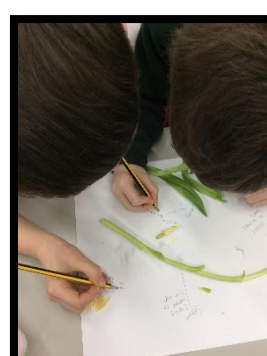
Year 2

As part of our reading lessons, we acted out the story of 'The Great Race'. We each became one of the characters in the race to be named the first year for Chinese New Year.



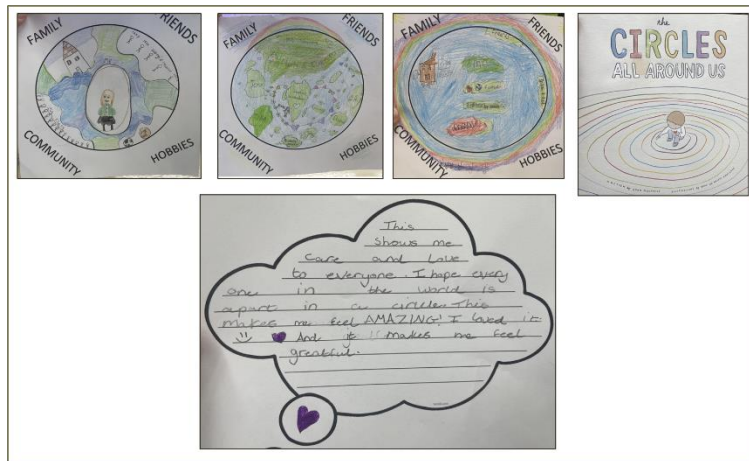
Year 3

This week we have been investigating flowering plants. We dissected and labelled the parts and functions of a tulip.



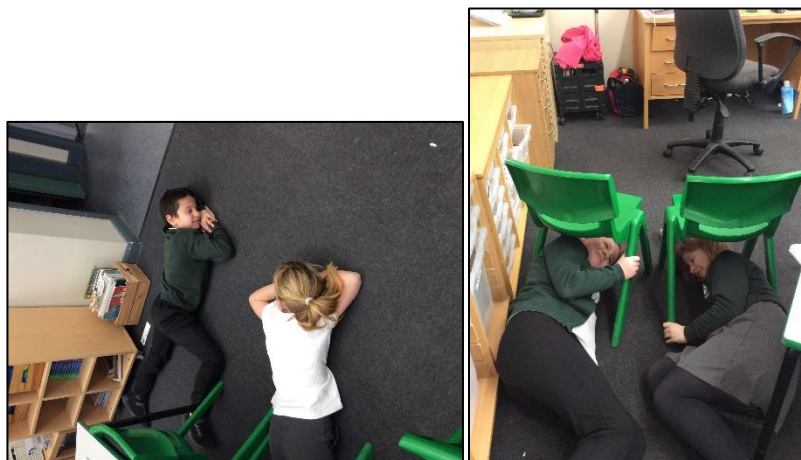
Year 4 PSHE

As part of our work on “Belonging to a Community”, this week we explored the book ‘The Circles’ by Brad Montague. We identified what it felt to belong to a community, how we can help others feel a sense of belonging and reflected on the circles/communities we belong to. It was a real pause for thought moment, lots of the children shared their feelings of gratitude and empowerment within their communities. We also looked at how we can fix things when some of our circles may feel ‘broken’.



Year 5

This week in reading lessons, we have been using drama to help us explore the definitions of new words. Ask us if we can remember the meaning of ritual, mimic or tremor.

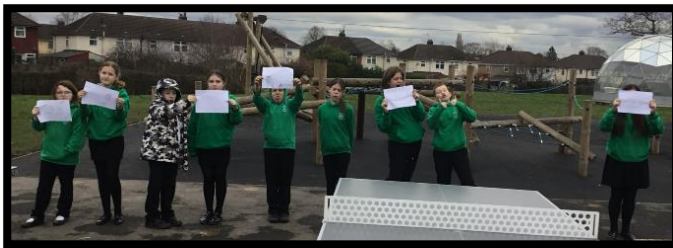


Year 6

This week in Science, Year 6 looked at the timeline of life on Earth. We looked at just how long ago life began.

To help us understand the time frame, we went outside to make our own timeline, using scaled measurements to help us show the distances between events.

It made us realise that, compared with earlier life forms, humans haven't been on Earth that long. Making the timeline helped us to make sense of this.



Art News

Focus on Reception

Reception have been creating exciting, colourful pictures like the artist Wassily Kandinsky. We made random 2D shapes with oil pastels, ensuring that our lines were as clear as we could make them. Then, we coloured our pictures using watery ink. It was fantastic to see how the colours looked together!



Sport News

PE Focus – Year 5&6 Athletics Finals at Brine Leas High School

On the 26th January, 18 children were selected by Mr Barton and Miss Brown to represent the school in the Year 5 & 6 Sportshall Athletics Final at Brine Leas High School. The children took part in running events such as obstacle relay, relay, over and under relay and they also took part in field events such as speed bounce, triple jump, standing long jump, vertical jump and chest push. The children competed against seven other schools from the local area. The Year 5 & 6 team finished in 4th place overall. Mr Barton and Miss Brown were so proud of the way the children performed in their events and how they supported their peers. A massive well done to all the children who attended and thank you to those parents/carers who came along to support the event.



PE Kit Reminder :

Please can you make sure that your child has got the right clothing for P.E.

They should have :-

- ✓ Green Wistaston Academy Logo T-shirt
- ✓ Black Shorts
- ✓ Black/White Socks
- ✓ Trainers/Pumps
- ✓ Trackuit bottoms (Dark Blue or Black)
- ✓ Tracksuit Top (Dark Blue or Black)



Sport Clubs News

This half term, clubs will run from Monday 9th January. 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 (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 a pair of 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 Netball 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 school office on time.

Anti-Bullying Ambassadors

10 children from across Key stage 2 were very lucky to take part in The Diana Trust Anti-bullying ambassador training at Winsford academy this week. These 10 children have received their training and cannot wait to campaign to change our school environment for the better. Thank you for being amazing representatives of our school.

Cheshire College South and West Courses Parent/Carer Drop In

Thursday 2nd February at 2pm until 4:30pm

Short Courses at Cheshire College

Our courses are designed to be relevant in the workplace and to help you update your knowledge and enhance your skills!

employers@ccsw.ac.uk / 01270 654638 / 01244 656455



Cheshire College
South & West

All welcome to drop in to the Irlam hall on Thursday 2nd February to find out more about online flexible learning courses that fit in with your lifestyle. Colin from Cheshire College South and West will be available to help you explore and chat about available courses.

Care, Education and Well- Being
Business and Professional Services
Building, Trades and Engineering

British Values

UN Rights of a Child

We have the right to share what we have learned about the deforestation of the Amazon rainforest. We can also share what we think and feel about it unless it harms other people.

13
SHARING THOUGHTS FREELY

British Values

Protected Characteristics

Rule of Law

Rules and laws can be put in place to help protect the natural world. We are all responsible for these rules and laws.

Luz Inácio da Silva is Brazilian. This is his nationality. People around the world can unite to reduce the deforestation of the Amazon rainforest. Our nationality must never stop us doing something.

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 VIRTUAL REALITY

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life: from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

WHAT ARE THE RISKS?

PREMATURE EXPOSURE

13+

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

Advice for Parents & Carers

START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plants pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide and ratings indicating how violent the gameplay might be, comfort, so you'll know the intensity of the experience, and how much access the game requires to personal information or features like the built-in microphone.

Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site grm3.com and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.

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#WakeUpWednesday

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