

Newsletter 28 – Summer 1



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

This Week's Events

Date	School Events	International Events
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Advanced Notice:	Nursery Sports Day Wednesday 26 th June	
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

EYFS: Ariadni (RA), Kian (RB)

KS1: Elena (1A), Finnley (1B), Joshua (2A), Jude (2B)

KS2: Daniel (3B), Madison (5B) Wiktoria (3A)

The Hub

This half-term's theme is 'Down on the Farm' and our stories and activities are all linked to this. We have been reading 'The Pig in the Pond', which is a funny story about a pig who got very hot and, despite not being able to swim, jumped in the pond with the other animals to cool off. We explored the book in different ways including acting it out with toy animals and a tray full of bubbly pond water.



Nursery

This week we have discussed different types of dinosaurs. First, we chose our favourite dinosaur. Next, we made a tally of what we had chosen. Then, we counted to see which dinosaur had more votes. We have also had lots of dinosaur themed activities to play with in the provision.



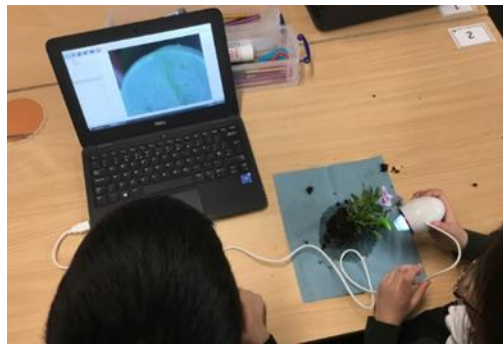
Reception

This week we received a special delivery! Over the next few weeks we will be observing the caterpillars closely and will see how they change into butterflies.



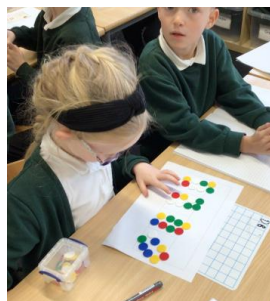
Year 1

This week in topic, we have had lots of fun using the digital microscope. We explored the leaves, petals, roots and stems of different plants and were amazed at what we could see.



Year 2

This week in maths, we have been using our knowledge of one quarter to find three quarters. We used counters and a bar model to work out the questions.



1	4 of 32 = 8	1	4 of 36 = 9	4 of 40 = 10
2	4 of 32 = 16	2	4 of 36 = 18	4 of 40 = 20
3	4 of 32 = 24	3	4 of 36 = 27	4 of 40 = 30
4	4 of 32 = 32	4	4 of 36 = 36	4 of 40 = 40



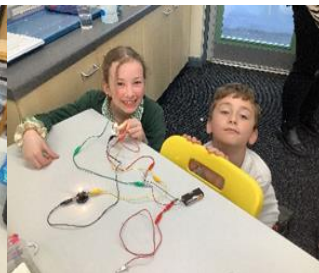
Year 3

As part of our Science lesson, we had lots of fun planting and sowing seeds!



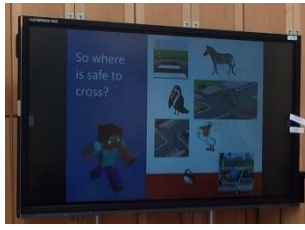
Year 4

This week, in pairs, the children were tasked with figuring out how to make a light bulb light using two wires, two batteries, a battery holder, a bulb holder and bulb. Once successful, the children then had to see if they could make the bulb light without both the battery and the bulb holder. This proved far more challenging and provoked initial thinking around conductors and insulators. The children were really creative and discovered many different combinations of successful circuits. They also managed to light more than one bulb, which sparked some discussion around the electrical current



Year 5

This week, year 5 had a visit from Cheshire Fire and Rescue Service to talk to us about road safety. The children learnt about the different types of ways to cross the road, how to stay safe on bikes, how to be sensible and safe in the car and laws around electric scooters. The children were really engaged with this assembly, asking excellent questions and listening well.



Year 6



On Friday, we watched a small theatre production in school. It was called A Little Princess and it had an underlying plot about bullying and friendship. We learnt that not being a bystander, and supporting those who are victims of bullying can make a huge, positive difference. This is what we have also been learning about in our PSHE lessons. It was a lovely way to spend a Friday afternoon

Art News

Focus on Year 5: Art Bytes Competition



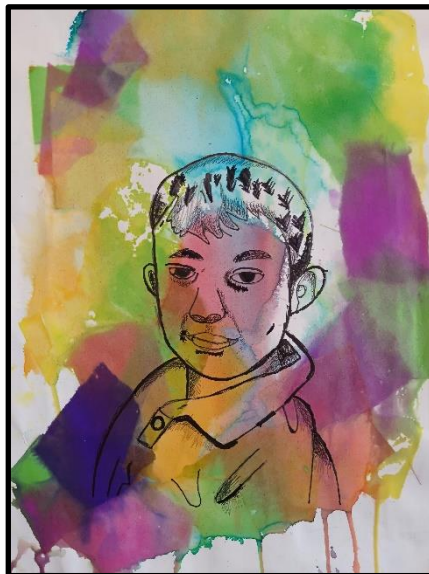
Year 5 have been working so hard on their entries for Dot Art's Art Bytes competition. Our art was selected as 30 semi-finalists first, then the Art-Bytes judges selected three of our young artists as finalists. We need you to help us by voting for your chosen winner! We really value the support of our community 😊 Simply click this link: https://artbytes.co.uk/browse-schools/?mc_cid=dfea4b7f9a&mc_eid=a16e0b64b0 which will take you to the competition page. Click "W" and scroll down for Wistaston Academy. Place your vote for the artwork of

either Angel Swift, James Finnan or Cassidy Young and then confirm your vote by clicking the link that is sent to your email. **We have until Tuesday to keep voting.**

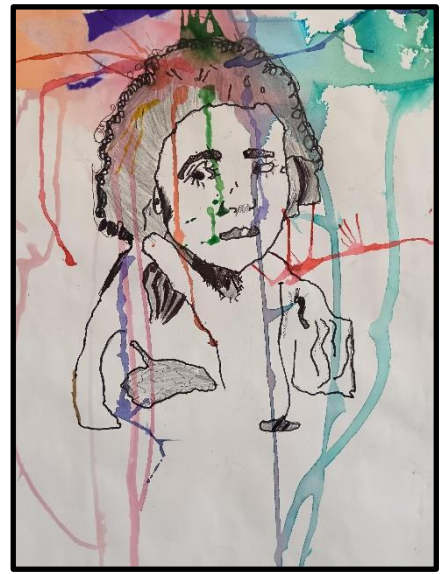
Thank you for your support! Here are our artworks in the finals:



"Camouflaged with colour", by
Angel Swift.



"Strong", by James Finnan.



"Pensive", by Cassidy Young.

It might also be fun to view the other schools' artworks too – we can be inspired by seeing what others have done.

Well done Year 5!

PE News

After school club's reminder

As there are 5 different clubs taking place on Tuesday's after school we will now be dismissing children from two locations. If your child attends Sewing Club or Multisports Club they will be dismissed from the KS2 Dunwoody entrance. All other clubs will be dismissed as normal from the main reception.

Please ensure that ALL children are collected from clubs on time. Children from Y1-Y4 will not be allowed to walk to their parents/carers car as this can cause confusion for the member of staff dismissing.

All clubs finish at 4:15pm. If children are not collected from clubs on time they will be taken to Wizz Kids and will need to be collected from there. You will be charged for their time in Wizz Kids.

Healthy packed lunches

Thank you to our parents and carers who continue to provide a healthy packed lunch for their children. We have been talking to children at lunchtimes about food choices and are pleased to say that those eating both hot dinners and packed lunches are making healthy choices. We would like to encourage you to continue these conversations with your children at home.

Reminder: Children should only have water in their water bottles for school. No juice or fizzy drinks.

SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe



In this month's issue:

- Screen time reduction
- Disordered eating
- App focus: Kik

Primary | April 2024

For most children, screen time is a common part of their daily routine. Parents find it beneficial as it keeps their children entertained while managing their daily tasks. While scientists are still discovering more about this topic, it is evident that excessive screen time can negatively impact children's brains. Spending more time in front of screens than interacting with peers and adults can hinder a child's social skills, affecting their ability to read social cues and impeding their imaginative development. Furthermore, it can disrupt their sleep quality, ultimately impacting their learning abilities at school.

If you allow your child screen time, it is generally recommended to limit it to a short duration each day. It is also essential to monitor what they are watching to ensure it adds value to their lives. Opt for programs with positive messages, foster creativity, and develop characters to offer a more enriching experience for your child.

If you are concerned about how much screen time your child currently has, it is a good time to put some boundaries in place. Before you do this, it is important to monitor when and for how long they are on their screens. Keeping a diary for a week or so is a good place to start.

Suggestions to Facilitate Reducing Screen Time:

- Prepare a bag with toys, games, and drawing supplies for outings, instead of screens
- Swap YouTube and TikTok for CBeebies or movies on streaming platforms
- Designate tech-free periods at home where you also put away your devices
- Prompt your child about time limits when they start using screens
- Use timers during screen time and provide a heads-up before it ends
- Maintain consistency with screen time schedules; while challenging initially, your child will adapt to the adjustments over time

HOW TO REDUCE SCREENTIME FOR YOUR CHILDREN

The infographic is titled 'HOW TO REDUCE SCREENTIME FOR YOUR CHILDREN' and is set against a light purple background with decorative floral patterns. It features four main sections, each with a circular icon at the top and a text box below. The icons are: a clock for 'HOW MUCH SCREEN TIME?', two people talking for 'TALK TO YOUR CHILD', a hand holding a device for 'TAKE BACK CONTROL', and a gear with a play button for 'KEEP THEM BUSY'. Dashed lines connect the icons in a sequence from left to right.

- HOW MUCH SCREEN TIME?**
Determine how much screen time you are happy for your child to have. If it is significantly less than their current usage, plan how to gradually reduce it, possibly over several weeks. Consider allowing slightly more screen time on weekends or during holidays.
- TALK TO YOUR CHILD**
Communicate your worries to your child and express your desire for things to change. Get their perspective by starting a conversation. Involving them in the discussion and aligning them with your intentions will help when you have to say no to a screen time request.
- TAKE BACK CONTROL**
If your children have devices like tablets, regain control by storing them in a central space. Allocate specific screen times for your child to use them, then return the devices to the central location when screen time is finished. You might want to limit screen usage to when you are present to oversee their activities.
- KEEP THEM BUSY**
Boredom isn't something to be afraid of, it can help children learn to be creative and imaginative. Plan activities for them during their usual screen time to keep them occupied. Encourage them to discover new hobbies or explore different genres of books they might like.

SPOTLIGHT ON SAFEGUARDING

What is Disordered Eating?

Disordered eating is a coping mechanism that some young individuals adopt during challenging periods.

It is a mental health condition that can impact anyone. This behaviour may involve restricting food intake, consuming large amounts of food in one sitting, using unhealthy methods to eliminate food (such as inducing vomiting, abusing laxatives, fasting or excessive exercising), or a mixture of these actions.

Talking To Your Child About Disordered Eating

Starting a conversation might seem difficult so opening the conversation with an observation might help. An example of this is "I've noticed you aren't eating as much as you usually do, is everything ok?"

What to do if your child does have disordered eating

It is important that your child knows that you are there to support them and that the first step is for you to speak to your GP. It is important for you to inform school but let your child know that this will be kept confidential and other children will not find out.

There is a huge amount of support on the Internet for parents. A leading charity for eating disorders that also has lots of guidance and advice is [BEAT](#).

Kik Messenger



What is Kik?

Kik messenger is another direct messenger app available for young people to download for free. It has more than 300 million registered users. The app allows the sending of text, video and GIFs. You can also play games in Kik and access a number of internal apps.

The risks around Kik

Kik makes it very easy for unknown users to contact each other and even has an internal dating app where you can find a list of all users in your age range. This makes it very easy for adults, posing as a teenagers, to contact children. Explicit images can be sent through Kik which can lead to young people sharing inappropriate images of themselves, as well as adults sending sexual abuse imagery.

Parental controls

Kik does not have any specific parental controls but it does have some chat privacy and blocking settings which can be accessed. Chat is only stored on the phone and cannot be accessed by Kik.

Disordered Eating First Signs

Noticing any of these signs does not necessarily indicate an eating disorder in your child, but it's worth keeping an eye on them.

Obsessive 1.

Has their relationship with food changed? They may be eating excessive amounts or very little at all.



Changes 2.

Has their behaviour changed? Perhaps they seem angry or upset, they may be withdrawn. Their moods may change quickly.



Body 3.

Does your child have a distorted view of their body? They may use negative words to describe themselves.



Exercise 4.

Have they taken a sudden interest in exercise? They may wish to change the way their body looks.



Blocking feature on Kik.



Picture News

Every week in assembly we share the Picture News image and question with the children. This resource helps children to learn about the world around us, whilst linking to British Values and supporting pupil's personal development.

We hope this enables you to have an interesting conversation at home with your child.



In the news this week

Scottish runner, Jasmin Paris, has become the first female runner to complete what is thought by many to be the world's toughest race. Jasmin is one of only twenty people to have successfully completed the Barkley Marathons in Tennessee, USA. She crossed the finish line in March with less than 100 seconds to spare before the 60-hour cut-off time. Jasmin said she wanted to inspire others and test the limits of her capabilities.

Things to talk about at home ...

- Can you imagine how Jasmin might have felt when she finished the event? Make a list of the different feelings you believe she may have had.
- Can you think of a time when you found something really difficult? Were you able to complete the challenge or task? Talk about the experience and what you learned from it.

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



Maths News

If your child is in Reception or Year 1, they will have access to an app called **Numbots**. If your child is in Year 2 or KS2 they will have access to an app called **Times Table Rocks Stars (TTRS)**.

Logging on for just a few minutes each day will make a massive difference to their basic number/times tables skills.

Check out the dedicated TTRS website for parents to answer any questions

<https://trockstars.com/parents/>

