

Newsletter – Spring Term



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

This Week's Events

Date	Event
Monday 22 nd February	Return to school for children who are attending during lockdown PE with Mrs Adamczyk 9:30am
Tuesday 23 rd February	
Wednesday 24 th February	
Thursday 25 th February	PE with Mrs Adamczyk 9:30am
Friday 26 th February	PE with Mrs Adamczyk 9:30am
Advanced Notice:	5th - 14th March is British Science week. This year's theme is 'Innovating for the future'. 25th February - 4th March, Usborne Sponsored Read. More details to follow. Thursday 4th March is World Book Day. Children at home and at school are invited to dress-up in a costume linked to their favourite book. More information to follow.
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.

Principal's Message

We have come to the end of our first half term of 2021 in lockdown. Times are certainly strange for everyone. The uptake to remote learning has been fantastic and it has been lovely to see photographs of children's work and positive comments received by parents/carers too. Hopefully we are now beginning to see the light at the end of the tunnel and it won't be too long before we see all children back. This is something all staff are really looking forward to.

For the return to school after half term, just a reminder that we will only be accepting children who were in school this half term as we will still be in the lockdown.

Wishing all of our families a peaceful February half term. Stay safe.

Polite Reminder

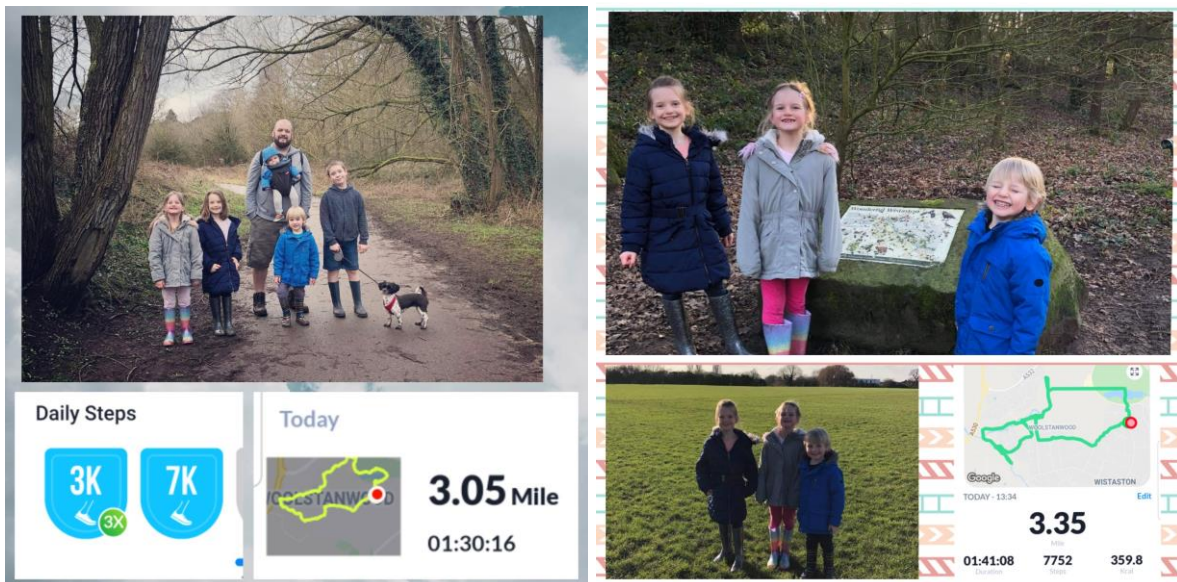
To keep your children safe, please ensure they do not walk or run on the path directly in front of the KS1 building. To keep the building ventilated, we must keep the windows open and they reach out into the path and children may bang their heads. Please keep children to the main paths in school.

PE with Mrs Adamczyk

Thankyou to all that have joined in with our live workouts this half term. After half term PE with Mrs Adamczyk will continue on Monday, Wednesday and Thursdays at 9:30am. We loved seeing your Valentines themed outfits!



We have loved hearing about the different ways you as a family have stayed active over this lockdown. A special mention and well done to Isabelle and Emilia and the rest of the family who last week walked an amazing 16k together! What a brilliant way to stay active and spend time together as a family. We would love to hear about how you are staying active over half term. Please send photos to pe@wistastonacademytrust.co.uk



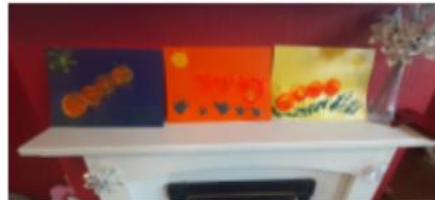
Art News!

Well done everyone for a creative week in school and at home! Here are just some of the highlights from across the school 😊

Reception



Alison and Jamie



Skye and Clara

Year 1



Year 2



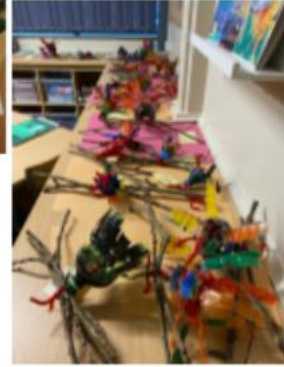
Alice



Emelia



Lynette



In school



Madison



Lilly

Year 3



Eva



Mati

Year 4



Alison



Alison



Roza



Alexis



Samuel

Year 6



Lacey



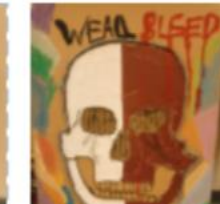
Jacob



Bill



Owen



Filip



Frank



Charlie



Luke



Rhys



Leon



Lexi



Maisie



Marlie

Keep up the creativity everyone and have a great half term!

Family Ties

Family Ties are offering family relaxation sessions twice a week on a Monday and Thursday evenings at 6.30pm via Zoom.

They aim to:

- Reduce stress in the home using relaxation and breathing techniques.
- Provide an enjoyable experience for families to take part in together to promote positive family relationships.

- Share some ideas, techniques and strategies for you to use in your own home with your families.

They have shared a taster session with school which can be accessed via the below link:

<https://youtu.be/E0hRF6y6ts8>

They are currently able to offer families 6 free sessions. After this time, there will be a charge of £3.50 per session. If you are interested in booking a space then please either message Family Ties on Facebook or email admin@familyties.org.uk to request the zoom meeting ID. Each session has spaces for up to 6 families.

The Hub

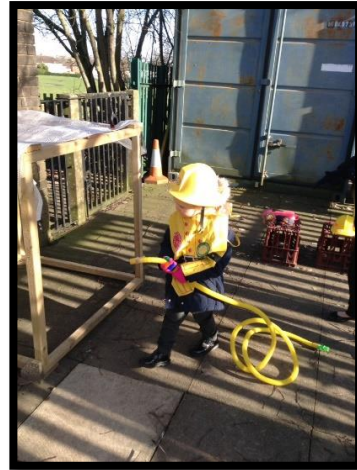
The children in The Hub have had a fun week working on some art projects and creating moving mechanisms using Lego We Do!



Nursery

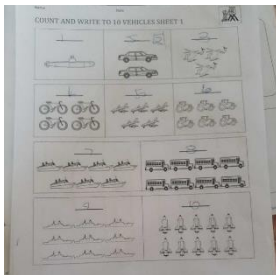
This week the children in nursery have been learning about different people who help us. We have been roleplaying as firefighters and as doctors. We have also been reading about a visit to the dentist and practicing brushing giant teeth.





Reception Learning

The children in Reception have been very busy this week. We have listened and sequenced the story 'The Train Ride' and learnt about the features of a train. Our oral story this term has been 'The Enormous Turnip', the children have enjoyed creating their own story maps and retelling the traditional tale. The children have enjoyed exploring our new Maths resource 'Ten Town' to learn the numerals 0-10.

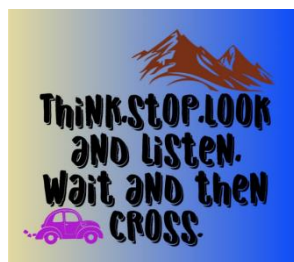
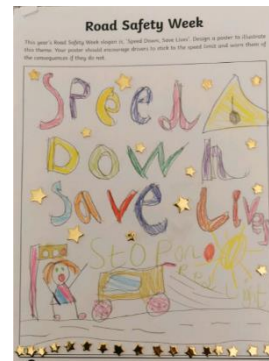
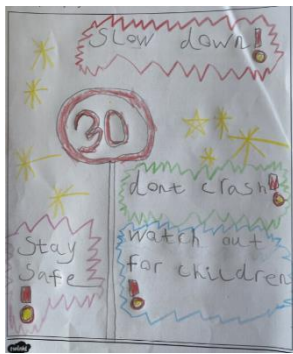


Our beautiful artwork this week.



Year 1

The children in Year 1 have worked very hard this week, we have seen some fantastic maths and brilliant reading. We have had a week focusing on PSHE in our topic time. We have learnt different ways to be kind and stay safe in and out of the home. Lots of our children on Home Learning have enjoyed making road safety posters that have a very important message.



We have also enjoyed thinking about how to stay safe online as part of National Online Safety day. We made posters using Purple Mash.

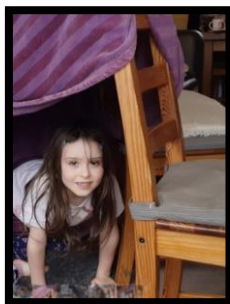
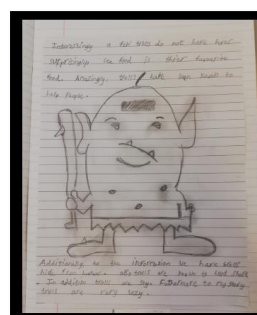
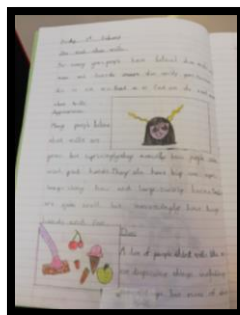
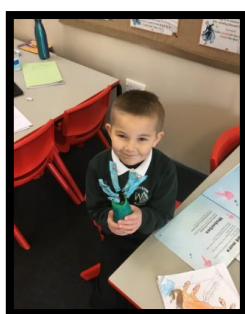
Year 2

This week as part of our 'China' topic, we have been finding out all about the Willow Pattern. We designed our own Willow Pattern plates and learnt about how important Stoke-on-Trent was in the development of this famous design.



Year 3

This week, Year 3 have enjoyed finishing their clay vases as part of their Art project for this half-term. We have loved reading your 'Truth about Trolls' non-chronological reports and everyone enjoyed den building as part of their Literacy learning this week! We continue to receive lots of lovely pictures and videos of our Year 3 children learning from home, including some fantastic singing videos this week!



Year 4

This week, the children in year 4 have enjoyed making a cloud in a jar as part of our Science lessons about the water cycle. In Geography, we have been learning about mountains. We used atlases to find out the location of different countries and then we researched where some of the mountain ranges are in the UK and found out interesting facts about these. In Literacy, we have been writing letters to key workers to express our thanks for all their commitment and hard work. Well done.





Dear all vets,

I'm writing to express my thanks because you have been risking your lives to help our pets during this worrying time. Thank you to your extraordinary dedication and effort towards helping people and their pets knowing that a lethal virus is causing people to lose their lives.

If you did not help with wounds, fractures and illnesses that our beloved pets had they would get even unhealthier and possibly die. This virus has had a negative impact on us and the hard work you put in is much appreciated by us and our pets. We know that you work long hours to support and help out on beds at Wilkinson Academy we are very thankful.

Wilkinson Academy
Merton Road
Croydon

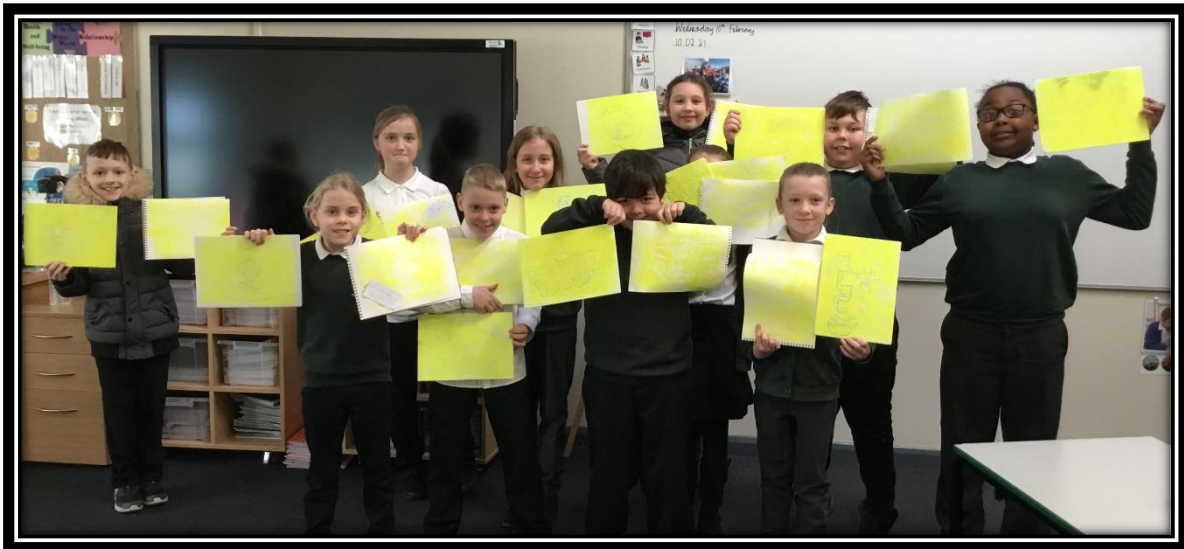
Dear Madam,

I am writing to you to thank you for risking your lives during this global pandemic. It must have been difficult for you to go away around people's lives and creating your daily jobs knowing that there is a deadly virus. If you did not look after old people they would be very lonely during this pandemic. Generations has supported their family using carehouses which is negatively impacting our lives. Everything you have been doing so hard for the old people.

We would be so grateful if you could spare some time to visit the old people in my opinion. You are the most important people and I really appreciate what you have done for the elderly people. Please keep safe and we are very grateful for what you have done.

Year 5

Year 5 have worked incredibly hard to produce these fantastic prints. It has been a really interesting process of: sketching a design based on Maya art; then transposing it onto a polystyrene sheet by indenting the lines with a pencil; and then we were ready to create our first image by rolling ink over the block and printing with it. It is a light colour because we will be adding more colours in our next step.



Science in Year 6

Year 6 have completed a unit of work on evolution this half term. When we had completed all of the sessions, they enjoyed displaying their new learning, and some of their own research, in mini books. The information that they have chosen to include ranges from Darwin to the extinction of the dodo. They have thought carefully about how to present their information and chose the audience and purpose for their booklets.

Top Tips for Parents

Being face-to-face helps connections take place



Talking and playing face-to-face with your child helps you connect with each other



Find us on Facebook!
'Cheshire East Chatters'



Did You Know?

Being face-to-face with your child:

- Helps you to see and hear each other.
- Shows your child that you are interested in them.
- Allows you to tune in to what your child wants to do and talk about.
- Supports your child to learn about eye contact, facial expressions and emotions.



Babies and young children will copy you from a very early age

Get down to your child's level this may mean having to get down on the floor!

Give your child plenty of time to take their turn

Watch what your child is doing and comment on it

Safer Internet Day

IT TAKES US SOME TIME TO BELIEVE IN EMPATHYING PEOPLE. TRYING AND TRYING AGAIN WITH THE UNDERSTANDING THAT ONLY BY HOW WE TYPICALLY COMMUNICATE, WE CAN BECOME SAFER WITH THEM. ONLINE, THINGS THAT FEEL TO US AS IF THEY'VE BEEN SAID TO US, PARTIAL TO WHAT WE'VE BEEN TOLD BY A PERSON, ARE NOT ALWAYS AS THEY SEEM. WE CAN'T SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TACKLER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING, PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

TRY TO ADD VALUE

CONSIDER BEFORE YOU COMMENT ON A POST OR IMAGE: HOW CAN I HELP THIS PERSON TO OVERCOME THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIVES DOES NOT ADD VALUE.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER: ARE YOU ACTING IN ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

UNDERSTAND THE IMPACT OF YOUR ACTIONS WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATHMAN. ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.02.2020



Online safety at home: parents and carers newsletter

With the majority of children still learning from home, they will be spending more time online doing their school work, playing games or watching videos. Technology is hugely valuable for education, as well as a way to keep in touch with friends and family. However it's important we all consider how we can support children's online safety during this lockdown, and always. Here's some information about what your child may enjoy online and what you can do to help keep them safer:

Sharing pictures

Using devices like phones and tablets to share pictures and videos can be a great way for children to have fun and stay in touch with friends and family. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Watching videos

Children love to watch videos and YouTube is always a firm favourite! But sometimes children can be exposed to videos that are not meant for them.

[YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, primary-age children should be supervised at all times when online.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP) whose aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parents website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so this shouldn't replace the support and guidance you give your child to help keep them safer. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

OFFICIAL

Topics

Watching videos

From animals doing funny things, to slime-making and game-tutorials, the internet has lots of fun videos for children to enjoy. But the amount and availability of content online means that children may see something inappropriate.

To understand what type of content might not be suitable and advice on how to help your child watch safely, watch this short [video guide](#).

The internet is a public and open space where anyone can post and share content. This can be fun and entertaining for children, but it does mean your child may see something that is intended for adults.

Find out what to do if [you're worried your child might see something inappropriate online](#) or what to do [if they already have](#).

Children love to watch videos and YouTube is always a firm favourite! But sometimes children can be exposed to videos that are not meant for them.

[YouTube Kids](#) is a safer way for children to explore their interests. You can find more information about this on [YouTube: what parents need to know](#).

Remember, primary-age children should be supervised at all times when online.

Online gaming

Online games are social activities, and most have features that allow children to chat with others whilst they play.

For information about the positives of gaming, the risks of in-game chat and measures you can take to help protect them, watch this short video: [In-game chat: a guide for parents and carers](#).

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#).

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).

Topics

Chatting, being kind and making friends online

Primary-age children may not have previously had much experience with video chatting apps such as zoom, FaceTime and Skype, but may well be using them now for education or to keep in touch with family and friends.

To make sure your child has a positive experience video chatting online, read this [guide for parents and carers](#)

The internet has many positive opportunities for children to learn and play, but it can also be used in negative and unkind ways.

It's really important to speak to your child about being kind online, and how they can get help if they see or hear anything that makes them feel worried, scared or sad. Use these [conversation starters](#) to help your child understand the importance of being kind online.

The term 'online friend' can be used to describe people you only know through the internet, or those that you also know offline. Some children make friends online by meeting new people through online platforms such as gaming sites.

To help children have positive online friendships, read this [handy guide](#).

Sharing information, pictures and videos

It's harder to stay connected with our friends and family right now, so you may be sharing more images and videos of our children online via social media. But before you do, there are some important things to consider.

Read [sharing pictures of your children](#) for info on how to protect your younger, or older child whilst staying social.

Using devices like phones and tablets to share pictures and videos can be a fun way for children to have fun and stay in touch with friends and family online. It's really important your child knows what's ok to share online and what they should check with you first.

Read [younger children sharing pictures or videos online](#) for more information on the risks and how to support safer sharing.

Personal information is any information that can be used to identify your child. Sharing personal information online is easy and sometimes children, like adults, might share more online than they would offline, which can be risky.

Read [your child's personal information and how to protect it online](#) for information and advice.

Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

Supervise their online activity: Keep the devices your child uses in communal areas of the house such as the living room or kitchen, where an adult is able to supervise. Primary-age children should not access the internet in private spaces alone, such as in a bedroom or bathroom.

Explore together and chat little and often: Ask your child to show you their favourite apps, games and sites and encourage them to teach you how to use these. Ask them if anything ever worries them online. Make sure they know they won't be in trouble and can get help by talking to you or another adult they trust if anything happens online that makes them feel worried, sad or scared.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

Take a look at Thinkuknow: Thinkuknow is the national online safety education programme from the National Crime Agency. Thinkuknow offers learning activities, advice and support for children and young people aged 4-18 and their families. The [Jessie & Friends animations](#) for 4 to 7s will help you start a conversation about online safety and for 8-10's, there's the [Play Like Share animations](#) and the [Band Runner game and advice website](#) .

Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

Talk about how their online actions affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Use 'SafeSearch': Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

Visit Thinkuknow.co.uk/parents for more information on keeping your child safer online.