



PLATT BRIDGE COMMUNITY SCHOOL | DECEMBER 2022 NEWSLETTER

PROMOTES | BELIEF | CREATES | SUCCESS

Head of School's End of Term Message

It has been another successful term here at Platt Bridge Community School, full of learning and development for our pupils who have learned a wide range of topics and skills. Within this newsletter, you can see some of the things each class have been covering and, if you want to know more, the curriculum section of our school website outlines the content and topics covered for the whole year. Click [here](#) to find out more about our knowledge-rich curriculum that enables all children to achieve well.

Each week we have celebrated children who have made exceptional effort in writing with our Writer of the Week award and hope to reward many more children this accolade for their work over the following term.

Thank you to those parents who have supported our Christmas Events this year. The children in Early Years/KS1 have loved rehearsing and preparing for their nativities and have enjoyed performing for children in school and parents. All children have learned a Christmas Carol this year and performed it during our end of term assembly – this was a lovely opportunity for children to enjoy singing and performing with their friends. We also were pleased to link up with St Nathaniels Church for the first time since the COVID-19 pandemic to enjoy a Christingle Service which was enjoyed by pupils, staff and parents alike.

The pupils and staff at Platt Bridge Community School would like to pass on our well wishes to Mrs Farrell and Mrs Marsh who will finish school at the end of this term for maternity leave. I'm sure parents will join us in wishing them joy and happiness as they welcome their new arrivals.

Part of this newsletter has been structured to help our families navigate current cost of living challenges. We understand the current challenge means for different things for different households, but we are here to help and signpost.

Finally, the staff of Platt Bridge would like to wish all our children and families a very Merry Christmas. We hope that children enjoy the break, experience the magic of this time of year and return to school on the 4th January at 08:55 for pupils 07:30 for breakfast club with renewed vigour and excitement for learning.

Warmest Regards

Mrs Bozdogan
Head of School

Please [click here](#) to view our school video.



Getting Your Child to School Really Matters



Did You Know... ?

In a School Year, If Your Child is Late Every Day By...

Your Child Would Have Lost Approximately...

or They Would Have Missed Approximately...

5 Minutes	3.5 Days from School	20 Lessons
10 Minutes	7 Days from School	41 Lessons
15 Minutes	10 Days from School	55 Lessons
20 Minutes	14.5 Days from School	82 Lessons
30 Minutes	22 Days from School	123 Lessons

Please Encourage Punctuality to Maintain Attendance



**Congratulations to
Year 3B with this
term's best attendance
of 95.7% as of 12th
December 2022**



As always, if you have any issues with, or questions about, attendance please contact a member of the Pastoral team.

Education Penalty Notice Warning for Non-School attendance Under the Education Act 1996: parents and carers have a duty to make sure their children regularly attend school. If parents or carers fail to do this, they can be prosecuted.

Working within a Code of Conduct, the Local Authority can issue a penalty notice to parents or carers if a child has missed sessions without permission from the school.

If your child falls within one or more of these categories within a 12-week period, you could receive a Penalty Notice of £60 which will increase to £120 if not paid within 21 days

The Penalty Notice will need to be paid in full before 28 days of the notice being served.

Failure to pay a penalty notice may result in prosecution (and a separate penalty notice may be issued to each parent for each child).

In addition, by law, an offence is committed if a parent fails to secure a child's regular attendance at school. Wigan Council Attendance Service, in conjunction with schools, will use these powers as an early deterrent to prevent patterns of unauthorised absence developing. You may also receive a Penalty Notice for the offence of failing to secure regular school attendance under the following circumstances:

- Your child is stopped on a truancy sweep
- You fail to ensure that your child is not in a public place during the first 5 days of a fixed term or permanent exclusion.

The Local Authority and schools are committed to providing the best possible future for your child. If you have concerns about your child's attendance at school or if you are experiencing any difficulties, please contact your school and ask for support.



PRE-LOVED SCHOOL UNIFORM AVAILABLE

**A REMINDER WE HAVE A LARGE SELECTION OF
PRELOVED GOOD QUALITY SCHOOL UNIFORM
AVAILABLE.**

**PLEASE CONTACT A MEMBER OF THE SCHOOL
PASTORAL TEAM IF YOU ARE INTERESTED WHO
WILL LOOK TO ACCOMMODATE YOUR
REQUIREMENTS.**

**IF YOU HAVE ANY DONATION PLEASE PASS
WASHED TO THE SCHOOL OFFICE.**



CHILDREN IN NEED 18 November 2022

To celebrate the end of anti-bullying week lots of Children and Staff had that lovely Pudsey Bear feeling on 18th November 2022, supporting Children in Need

Thank you to all those who donated to the fund, we raised a grand total of **£321.22**





Platt Bridge Community Library located at Platt Bridge Community School is open until 23rd December.

Opening hours

- Monday - Wednesday:
9am - 2pm
- Thursday - Friday:
12noon - 5pm
- Saturday - Sunday:
Closed

Facilities

- Wi-Fi
- 7 public computers
- Free parking
- Separate children's section available outside of school hours
- Dedicated health section in library



Shelia would love to see you all back in our community library. Please come along and say hello, make yourselves a member and borrow some books. For kindle Borrow eBooks and eAudiobooks free from your library using our BorrowBox app.



Remembrance Day

On Friday 11th November we held a 2-minute silence in remembrance of all who lost their lives in the two World Wars.

A huge thank you to all who contributed to the Poppy Appeal by buying snap bands, bracelets, and zip pulls. We raised a grand total of £492.96. A huge thank you for your ongoing support.



Pupils took part in "Save the Children" Christmas Jumper Day on Friday 9th December and donated a "shiny coin" to this worthy cause. Thank you for your support.





Cycling to School / Safeguarding Arrangements

We realise that cycling has a positive impact on student well-being and Platt Bridge Community School supports any pupil wishing to use a bicycle as their preferred means of transport to and from school.

The prime responsibility for transporting pupils to and from school and deciding whether their child is competent to ride the bicycle rests with parents/carers. The school provides an area where pupils should lock their bikes during the day, but we cannot accept liability for loss or damage to the bicycle whilst it is on the school premises or for any accident or injury occurring while the pupil is riding the bicycle.

Parents/carers are advised to take out appropriate insurance cover as the school carries no insurance cover for this.

If parents/carers wish for their child to cycle or scooter to or from school, they agree to the following rules before the child cycles to school.

- Under no circumstances must pupils ride their bike or scooter when on school premises.
- Pupils should be considerate of others and not ride in areas where there are pedestrians, especially when lining up to enter school premises.
- **Pupils must always wear an approved safety helmet when riding their bicycle or scooter.**
- Bicycles and scooters must be in a good, safe, working order and must be fitted with working brakes.
- When cycling in poor light, front and rear lights must be fitted and working properly.
- All bicycles and scooters are to be stored in the bike racks provided on the yard. They must be secured with an appropriate bicycle lock supplied by pupils.

For safety reasons, pupils without approved safety helmets should not ride their scooter or bike to and from school and will not be allowed to store their bike on school property. Please contact the school pastoral team if you require support with organising a safety helmet.

Up to date Contact Information



As there may be occasions when the school needs to contact parents or carers during the school day, it is vital that you inform school immediately if there are any changes to emergency contact details or home telephone/mobile numbers. Please kindly keep school updated of any change via email to enquiries@plattbridge.cfat.org.uk.



We are holding our annual Christmas Bingo on Thursday 15th December 2022. **Doors Open at 5.30pm** and eyes down at 6pm. There are some lovely festive prizes to be won. Refreshments are available to purchase. Come along and join us and have a great night!

It's Pantomime Season! Oh no, it isn't!!! Oh yes, it is!!!



Year 1 to Year 6 enjoyed a trip to Victoria Hall Bolton to watch Snow White and the Seven Dwarfs on Thursday 7th December. They then enjoyed a buffet lunch on their return. A lovely time was had by all. Meanwhile Nursery and Reception were entertained by Paul Storey Children's Entertainer.

SCHOOL SNACK & SWIMMING

Please check your ParentPay account and pay any remaining snack, swimming, school meal and breakfast and after school club charges before the end of Term.

If you would like to change your child's snack order or make a new order please contact the school office on 01942 487999 or email finance@cfat.org.uk. Snack and refreshments will continue to be provided throughout the day for ALL children in Nursery and Reception.

ARE YOU ENTITLED? **FREE SCHOOL MEALS**

Although all children in Reception and KS1 are entitled to a free school meal under the Universal Free School Meal Grant, if you are entitled to benefits, you must still register in order for the school to receive Pupil Premium Funding. We would be grateful if you could do this immediately and if you need any help, we are happy to support you with this process. The school uses this Pupil Premium Funding to fund various activities and resources for your child throughout the year. If you need any assistance regarding this or have any questions, please call in at the Main Reception Desk to speak to us.

A new school meals menu for January 2023 to February half term is now available on the school website visit <https://www.plattbridge.wigan.sch.uk/parents/school-lunch-service> for more details.



Catch up Flu Clinic (Reception-Year 6 children)

If you haven't already had your child vaccinated please ring the fly line on 0333 358 3397 select option 1 Greater Manchester then Option 1 again for Wigan office and book an appointment.



Platt Bridge Community School Foodbank

As you are aware, we operate a discrete foodbank for any member of our community who needs help. If you need help with a food parcel, please speak to one of our pastoral staff who will be more than pleased to help you.

IMPROVING PARENT / CARER COMMUNICATIONS VIA THE ARBOR APP

We hope you find this page useful and that it goes some way to improving how we communicate with you

Platt Bridge Community School are keen to ensure we provide Parents and Carers different ways in which you can communicate with staff at our school. We additionally believe that communication is key between school and parents to ensure your child thrives in our setting.

We therefore offer several ways to communicate with us and the main methods are outlined below:

WHAT WE TEACH YOUR CHILD

There is a vast amount of information on our website [Curriculum All Subjects](#). You can find more about what we teach in each year group by reviewing our [Learning Pathways](#)

WRITTEN COMMUNICATION

As a school we typically use Class Dojo and text messages as a quick way to share information with Parents/Carers. This can be reminders about key events happening in school, attendance matters and links to letters. Please note that all texts will go to first named contacts on our system. Printed copies of key letters can also be received by the school office.

In January 2023 we will launch the Arbor App to run alongside Class Dojo to support Parent/Carer communication. How will parents and carers benefit?

- Check on your child from anywhere: with the Arbor App, you can check in on your children from anywhere – all you need is a phone
- Access important information about your child in one place: see your child's attendance, behaviour and progress this week as well as for the year so far. You can also see upcoming homework and download report cards for your child
- Get updates from school via push notifications: get notified when your school sends out a new message via the App
- Make payments on the go: manage tasks like making payments and booking trips or parents' evenings

TELEPHONE CONTACT

When you call school (01942 487999) the voice recording takes you to the most frequent extension numbers e.g., school office, attendance, pastoral etc.

COMMUNICATION WITH TEACHERS

As most of our staff are pupil-facing throughout the day the most efficient and convenient way to communicate with school is via telephone. The school office will be more than happy to support you.

Tel: 01942 487999 Email: enquiries@platrbridge.cfat.org.uk

HOW TO DOWNLOAD THE ARBOR APP?

[Click here to download the app for iOS \(Apple/iPhone\)](#)

[Click here to download the app for Android \(Google Play Store\)](#)

Arbor App Help Centre

WHAT IS THE ARBOR APP?

The Arbor App brings all the functionality of the desktop Parent Portal to your phone. You will be able to view your child's attendance statistics, behaviour points, notifications regarding detentions, and can update personal information on your child's profile. We are exploring the use of Arbor for payment to streamline current services such as Parent Pay etc. all into one place to make communication with school easier. More information will follow in the Spring term.

DOWNLOADING THE ARBOR APP & ENABLING PUSH NOTIFICATIONS

Download the app via your phone's app store. Android users, ensure you have turned on push notifications by going to Settings > Apps > Arbor > Notifications.

iOS users will be prompted to receive push notifications when you download the app, ensure you select 'allow'.

You must enable push notifications to receive a notification when you have a new in-app message.

If you do not enable this, you will not be alerted to a new message and may miss important information.

LOGGING IN TO THE APP FOR THE FIRST TIME

1. You must enter your email address to log in.

Please note that this must match the email address that we hold for you at the school.

If you have any issues logging in, please email us at enquiries@platrbridge.cfat.org.uk so that we can ensure our records match. Once we hold your correct email, you should be able to login without an issue.

2. You then need to select the correct school.

The first time you log in, you will be asked to read and confirm Arbor's terms and conditions. As a security measure you will be prompted to confirm your child's date of birth.

(If you have more than one child at the school, please confirm the date of birth of your eldest child. Once you are logged in, you will be able to switch between children)

IN-APP MESSAGES

The school will begin to send in-app messages via Arbor to your phones, this will help us reduce the number of text messages that we send. When you are sent an in-app message, you will receive a push notification (ensure you have enabled this feature on your phone, as detailed above.) In the Arbor App you will see a notification at the bottom right of your screen on the profile icon. Tap this notification, then click to see your messages. You will be taken to the messages page where you can see all messages received. All new messages will be marked as 'new' and will be written in bold. Read messages will be written in normal text.

TROUBLESHOOTING

If you are having difficulty accessing the app, first check that the email address you are using to log in, matches what is held with the school office.

Call 01942 487999 or email us at enquiries@platrbridge.cfat.org.uk so that we can assist you. If, however, your details are correct and you are still not able to access the Arbor App, here are some steps to take:

- If you have more than one child, **make sure you are entering the date of birth of your eldest child** to access the app for the first time.

• Only relatives who are **Primary Guardians** of a child can access the app. You can ask the school office to confirm if you are listed as primary guardian. Primary Guardians are the person/s who have parental responsibility for the student.

- Make sure you are accessing the app on a phone; **the app will not function on a tablet.**
- If however none of the above steps results in you successfully logging in to the App, please contact the school. **Please do not contact Arbor directly.**

If you have any difficulty using the app or require additional support, please do not hesitate to speak to a Lisa Butler and Adele Simm in the school office.

CLASS DOJO

This is where current information is shared about what has (and is) happening on a daily basis and also showcases the exceptional work and achievement of our pupils.

Class Dojo is also used to communicate messages to parents/carers.

HOW TO ACCESS?

To access Class Dojo and School / Class Story contact the school office by calling 01942 487999 or popping into reception who will provide an activation code.

ANY DEVICE, ANY LANGUAGE

- Parents can use any device, iOS or Android, as well as their computer to connect!
- They can read all Class Story posts and direct messages in their preferred language instantly, with automatic text translations in 35+ languages.

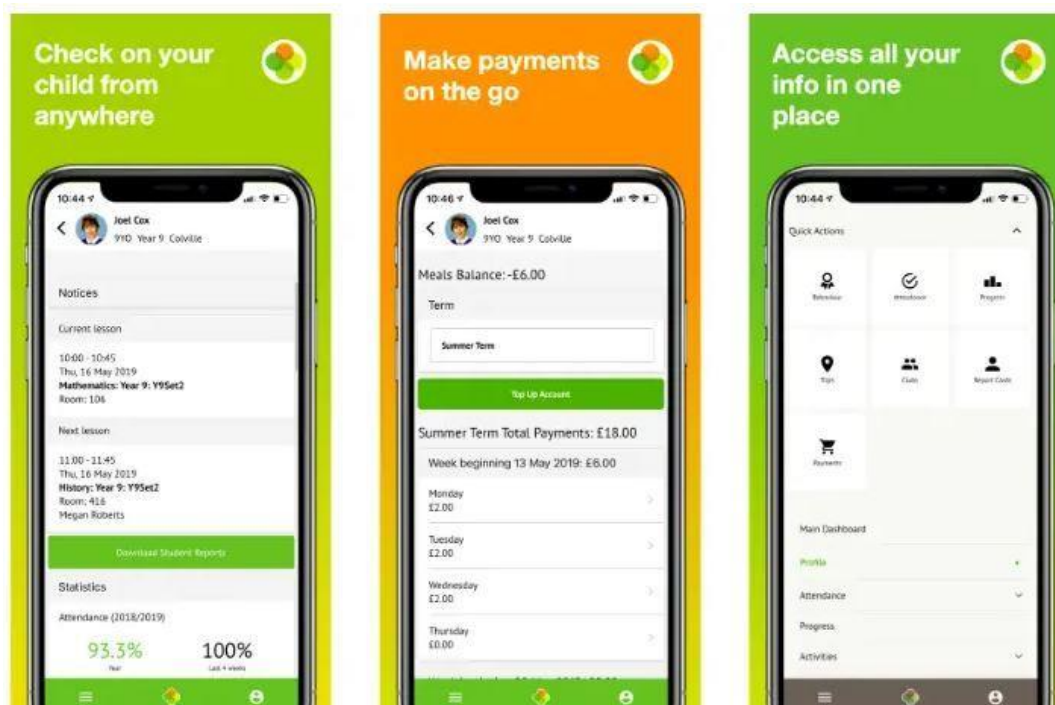


Image 1: Arbor have launched a simple, smart app for parents and guardians

Cost of living support

As outlined in the Head of School's end of term message we recognise the difficulty that many people will be facing cost-of-living issues, due to the rise in fuel and energy bills.

We have provided details and links to national and local sources of advice, support and financial assistance that may be able to help you and your family. Please also be mindful of scams during this time – never give your bank details to anyone without being sure of their identity.

We hope you find the following information useful should you need to use it. If you have any concerns, particularly about how cost of living issues may be affecting your child, please do contact the school on 01942 487999 and we will listen and aim to help as best we can.

Please note: In all instances where you have an emergency expense issue, such as paying rent, you should contact your local Citizens Advice service and the council.

Reminder of the available in-school support:

- **In-school Food Bank** – we operate a discreet food bank service in school – please contact a member of the school office and/or our Pastoral team for more information and/or support.
- **Uniform** – our pre-loved uniform program can help save the cost of purchasing new uniform. Speak to the school Pastoral about your needs who will discreetly support your needs.
- **Free school meals** – the government's criteria for eligibility can be viewed at www.gov.uk/apply-free-school-meals. We would strongly encourage all eligible parents to apply for free school meals, even if your child intends to use a packed lunch.

Local support:

- Wigan Council can offer help in a number of different ways to support those in financial difficulty, including helping to pay for emergency costs like food and bills. Visit <https://www.wigan.gov.uk/Council/The-Deal/Deal-Communities/Here-for-you>
- [The Trussell Trust](http://trusselltrust.org/get-help) – this charity operates a network of foodbanks and provides confidential crisis support. The school can provide food vouchers for eligible parents to be exchanged for a minimum of three days' emergency food. Available at local centres, by telephone (0808 208 2138) and online at trusselltrust.org/get-help.
- [Food Aid Network](http://www.foodaidnetwork.org.uk/our-members) – in addition to Trussell Trust foodbanks, independent foodbanks may also be available near you. You can check a map for local support at [https://www.foodaidnetwork.org.uk/our-members](http://www.foodaidnetwork.org.uk/our-members).
- [Citizens Advice](http://citizensadvice.org.uk) – an independent organisation specialising in confidential information and advice on legal, debt, benefit and housing problems. Available at local advice centres, by telephone (0808 223 1133) and online at citizensadvice.org.uk.

Financial support:

- [Turn2Us](http://turn2us.org.uk) – a charity helping people living in poverty in the UK, specialising in information on welfare benefits and charitable grants. Available by telephone (0800 802 2000) and online at turn2us.org.uk.

- [StepChange](#) – the UK's leading debt charity offering expert debt advice and free debt management. Available by telephone (0800 138 1111) and online at stepchange.org.
- [Money and Pensions Service](#) – a government service providing impartial and free guidance on money and pensions. Available by telephone (0800 138 7777) and online at moneyandpensionsservice.org.uk.
- [MoneySavingExpert](#) – a consumer finance and discussion website focussed on providing advice and tips on how to save money, including a dedicated cost of living crisis section. Available online only at moneysavingexpert.com.
- [Migrant Families](#) – online tool available that will help you find out what support you may be eligible for as a migrant family. Available at migrantfamilies.nrpfnetwork.org.uk/. This forms part of the NRPF Network, available online at <https://www.nrpfnetwork.org.uk/> and through regional networks.

Household bills and goods:

- [British Gas Energy Trust](#) – a charitable trust providing advice on energy bills and grants paid directly to energy suppliers to help clear debts. Available online only at britishgas.co.uk/energy/British-gas-energy-trust.html.
- [Ofcom](#) – Ofcom has a list of available social tariffs; these are cheaper broadband and phone packages for people who claim Universal Credit, Pension Credit and some other benefits. Available online at ofcom.org.uk/phones-telecoms-and-internet/advice-for-consumers/costs-and-billing/social-tariffs.
- [CCWater](#) – the Consumer Council for Water is a statutory consumer body for the water industry in England. They have an advice hub with information and tools to help reduce water bills and access financial schemes. Available online at ccwater.org.uk/households/help-with-my-bills/. (**Please note:** Every water company should have a social tariff scheme to help low-income families – check with your provider for more information.)
- [Freecycle](#) – a grassroots and non-profit organisation that allows people to claim household items for free. Available online at freecycle.org.
- [Family Fund](#) (**parents of disabled or seriously ill children only**) – this charity provides families raising a disabled, or seriously ill, child on low incomes with wide-ranging grants for essential items, such as kitchen appliances, clothing, bedding and play equipment or technology. Available online at familyfund.org.uk/grants.
- Fuel voucher – if you use a prepayment meter and cannot afford to top it up, you may be able to obtain a fuel voucher. Contact your local council for help getting one.
- Energy debt grants – a number of energy suppliers offer grants to customers in need. Check with your supplier's website or contact them directly for more information.

Government benefits and support:

- [Universal Credit](#) – a monthly government payment to help with living costs for those on a low income. Available to apply online at www.gov.uk/universal-credit or by telephone (0800 328 5644).
- [Short Term Benefit Advance](#) – those in urgent financial need may be able to get an advance on benefit payments, which is paid back later through benefits without interest. Find out more at gov.uk/short-term-benefit-advance.
- [Cost of living payments](#) – a government support package to help mitigate the cost of living crisis. Factsheet available online at www.gov.uk/government/publications/government-support-for-the-cost-of-living-factsheet/government-support-for-the-cost-of-living-factsheet. Payments are made automatically to those who are eligible so there is no need to apply – if you think you are eligible

but did not receive a payment, make a report online at secure.dwp.gov.uk/report-a-missing-cost-of-living-payment/welcome.

Housing and rent:

- [ACORN](https://www.acorntheunion.org.uk/contact) – a community union that can provide support and advice for those who rent on housing issues and tenants' rights. Get in touch online www.acorntheunion.org.uk/contact.
- Council Tax reduction – low-income households might be able to get a council tax reduction. See if you might be eligible online at www.gov.uk/council-tax/who-has-to-pay and contact your local council for more information.
- [Shelter](https://england.shelter.org.uk/housing_advice) – Housing charity that runs local services. You can access their emergency helpline (0808 800 4444) and find advice online at england.shelter.org.uk/housing_advice.

Social Media and Mental Health

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of, please visit www.nationalonlinesafety.com for further guides, facts and tips for adults.

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing self-harm, or suffering from anxiety, they may sometimes reach out to access support from online online. Sharing problems or issues with friends, peers and family on social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. When those are medication conversations which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that using common platforms can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more resilient to peer pressure, bullying, and cyberbullying. By sharing comments on pictures, videos and posts, it can create laughter and friendships as they can constantly keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places, online, sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real life. As a result, they can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook every hour, providing an almost endless stream of images for people to be drawn into appearance-based comparisons with others. No one is the same as how they portray themselves online as we tend to only share the best part of ourselves. The pressure to fit in and conform is huge, which can become a driving force for children to neglect what they eat, how they exercise and sponsored adverts. This pressure can contribute to an eating, low mood and a feeling of helplessness. As a result, it can lead to a feeling of low self-worth with their own lives.

FAKE NEWS

The online world provides the opportunity for anyone to spread false news and even unverified advice. Children may stumble upon this, which could potentially encourage them to make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is false.

HARMFUL ADVICE

The online world provides the opportunity for anyone to spread false news and even unverified advice. Children may stumble upon this, which could potentially encourage them to make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is false.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 1% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to report poor mental health. Furthermore, compulsive checking time for 'likes' or 'likes' has been linked to poor and slower sleep, as well as difficulty to relax during evenings. One in five young people say they're up during the night to check messages on social media, leading them to be three times as more likely to feel consistently tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Online studies suggest that cyberbullying has a greater effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 27% of young people saying they've experienced cyberbullying as a high-frequency issue. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman, who 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 of Education, advising them on their mental health green paper.

HELPFUL APPS:

- Talk to Hope - <https://talktohope.co.uk/>
- Headspace
- Smiling Mind

SOURCES OF HELP:

- Childline: 0800 1111 or visit their website
- eMentoring UK: 0800 8002222
- Talking Heads Parents Line: 0800 802 5544

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety

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Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health

Let's see what we have been up to this term in class!

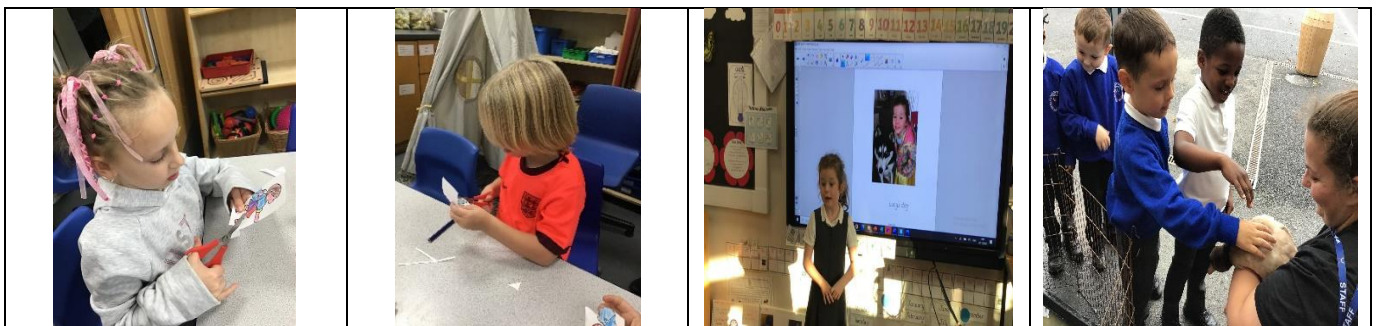
In **Nursery** our recent book of the month has been, Owl Babies. We loved learning all about owls, making bird houses and feeders, making owl bread and we even had a special visit from Turberry Owl Sanctuary who brought in 4 beautiful owls.



In Autumn 2 we had lots of fun in **Reception**. We started to look at our new story Stickman and had a visit from the character himself. We looked at how different things have different smells and some of these are nice, and some are not!



We have had a fantastic time in **Year 1** this term. We have enjoyed designing and making our very own slider based on our walk to the post office in Design and Technology sessions. We had fun learning about animals in science and basketball in PE. We have also found looking at how communication has changed over the years very interesting. We are all looking forward to our next term.



In **Year 2**, we started the half term with a Victorian Day where the children came dressed as Victorians and we explored what life would have been like for a child. During the day we polished pennies, baked scones and played with Victorian toys. In History we have compared the lives of both the rich and the poor during the Victorian Era. Our art topic has been inspired by the work of L.S. Lowry and his painting "The Old House". We have learned to mix primary colours to make secondary colours and to draw using perspective. We have produced some fantastic informal letters with contractions and expanded noun phrases. As part of our Geography fieldwork, we have been out to explore the local area looking for Victorian features on local houses. We have been working extremely hard on our Nativity performance and can't wait to share it with everyone.



This term **Year 3** have been focusing on addition and using compact column addition to solve mathematical questions. We have been using grammatical structures such as expanded noun phrases and adverbials of time and manner in our writing pieces. We have finished looking at *The Worst Witch* in our guided reading sessions, after looking at different vocabulary, inference, sequencing and predicting questions related to the book.

We have really enjoyed looking at forces within our science lessons. Year 3 have spent time exploring magnets independently, and how they attract and repel. They have also looked at friction and which surfaces produce more friction. They experimented with these by using toy cars on various surfaces.

During History and Geography, we've looked at The Stone Age and The Stone Henge. We have discussed and compared Platt Bridge now compared to during the Stone Age, and how the topographical features have changed. In Design and Technology, we have made woven baskets with the purpose to carry crops, like they used in The Stone Age. In French we have learnt days of the week, months of the year and simple classroom phrases! We have also enjoyed spending the last couple of weeks in school learning some Christmas songs including the Christmas carol, *The First Noel*.



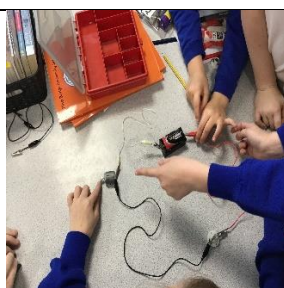
In **Year 4**, we have been learning all about assemblage sculpture. We have looked at the works of Andy Goldsworthy. We explored his use of warm colours and analogue colours which we incorporated into our own pieces. In Science, we have learnt about teeth and digestion. We learnt about the digestive process and different functions of teeth. In PE, we are learning hockey skills. We can now do a straight dribble and a push pass. We are also doing really well in our swimming lessons. In geography, we have been learning about four figure grid references and lines of latitude and longitude.



This term, **Year 5** have been exploring fair trade within geography and looking at trade links in and out of America. We have been learning about the hierarchy of the Maya civilisation and have discussed the roles we would have wanted had we lived during that time. We have finished our book, Coraline, and have thoroughly enjoyed reading about how Coraline defeated the Other Mother. In Maths, we have loved learning about multiplication and delving deep into various multiplication methods. In English, we wrote a newspaper article all about an extract from The Boy at the Back of the Class which involved a fight over a pomegranate. We are excited to go to the theatre and watch the pantomime and are really looking forward to our Christmas break.



This term in **Year 6**, we have explored circuits within science and investigated how components can affect the circuit. We have made a range of foods based on culture and seasonality within DT. In geography, we have explored shield volcanoes and composite volcanoes as part of our fieldwork topic. In English, we have been writing about the break in of the dragon in Gringotts Bank. We were all goblins for the day!



Christmas Activities for Children

You needn't be stuck for ideas to keep the children entertained.... Try our Christmas Wordsearch and Spot the Difference....



CHRISTMAS WORD SEARCH

M	N	R	R	U	D	O	L	P	H
G	I	F	T	S	T	T	C	J	A
C	H	R	I	S	T	M	A	S	I
A	A	C	Z	T	E	N	N	R	S
N	P	C	N	D	L	X	D	G	N
R	W	R	E	A	T	H	Y	X	O
J	R	E	I	N	D	E	E	R	W
O	R	N	A	M	E	N	T	S	M
Z	H	H	R	V	S	A	N	T	A
V	Z	T	U	R	T	E	L	F	N



CANDY
GIFT
RUDOLPH
WREATH



CHRISTMAS
ORNAMENTS
SANTA



ELF
REINDEER
SNOWMAN

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Festive Spot the difference



Christmas Mindfulness Colouring

Mindfulness means slowing down and taking a breath to pause and really notice what you are doing and collecting your thoughts together. It will take your full concentration to really be mindful, you have to relax and take your time with a certain task, whether that's just taking a few seconds to control your breath. Being mindful means doing the opposite of multi-tasking or rushing, it's all about focusing on one thing at a time and feeling calm and collected whilst doing it. To become mindful, it's important to remember that it will take a lot of practice to become better each time. This is because mindfulness involves training the mind, which can't be done overnight. The more your practice, the better you get. A great way to practise mindfulness is to complete a number of exercises, which can help when you're stressed, have something difficult to do or when you have to focus your attention. Eventually, after practising mindfulness regularly, it will become natural in your everyday life.





Useful contacts and online resources

Here's a list of signposted providers that can offer counselling, coaching and other support that may help improve your overall wellbeing. For more details <https://www.plattbridge.wigan.sch.uk/parents/support-services-for-pupils-and-families>

Stress & Anxiety

Mind www.mind.org.uk

Childline www.childline.org.uk

The Stress Management Society www.stress.org.uk

The Big White Wall Support
Network www.bigwhitewall.com

NHS www.nhs.uk/conditions/stress-anxiety-depression

Mental Health Matters www.mentalhealthmatters.com

24 hour helpline 0800 1070160

Work / Life Balance

NHS Live Well – Work Place
Health www.nhs.uk/livewell/workplacehealth

Mental Health Foundation www.mentalhealth.org.uk/a-to-z/w/work-life-balance

Cycle Scheme www.cyclescheme.co.uk

Your Body

NHS One Your Campaign www.nhs.uk/oneyou

British Heart Foundation www.bhf.org.uk

Worried about a child? <https://www.wigan.gov.uk/Resident/Health-Social-Care/Children-and-young-people/Child-protection/Child-protection.aspx>

Exercise

NHS Live Well – Get Started www.nhs.uk/livewell/getting-started-guides

The Girl Can – Sport England www.thegirlcan.co.uk

Living Streets www.livingstreets.org.uk

Swimming ASA www.swimming.org/asa

Chartered Society of Physiotherapy www.csp.org.uk/your-health/exercise-advice-all-ages-fitness

Home Life

Reiate www.relate.org.uk

Samaritans www.samaritians.org

Notational Domestic Abuse Helpline 0808 2000 247

Barnardo's www.barnardos.org.uk

Childline www.childline.org.uk 08001111

Smoking

NHS Live Well www.nhs.uk/livewell/smoking

NHS Smokefree www.smokefree.nhs.uk