

Collective Worship Theme this half term = Respect

Attendance this week is: **Explorers: 94.6% Adventurers: 87.3% Navigators: 100%** (Overall: **94%** target is 96%)

2 Feb 2023



*First the blade, then the ear,
then the full grain.*

Gillamoor C of E Primary
School



School News and Message from the Headteacher

As we reach the end of another busy and productive week, I reflect upon the wonderful small-school spirit which our children show. Today, we sent not one, but two teams to represent the school in Dodgeball at Ryedale School. The children's determination and team spirit were excellent to see and they have worked hard practicing the skills for the games.

In school, the Explorers welcomed a special guest in to tell them about her experiences in India, a country close to her heart. Thank you to Jane Harper for giving up your time, and your saris, for the children. The Navigators, meanwhile, have been learning about the topography of settlements and connecting this to why New York city is flat whilst New York state is so hilly, showing wonderful examples of our new learner characteristics.

Mrs Elsey

School Dinner choices

A quick reminder that children do need to stick to the dinner choices submitted to school when the new menu launched. Mrs Thackeray does wonders producing her amazing meals each day, but we have noticed a high number of children requesting jacket potatoes on days when school dinner has been selected. If your child does not like a particular meal from the menu, having tried it previously, they are welcome to change their order for future weeks. Please send us a message to let us know of any permanent changes you wish to make to the dinner orders so that Mrs Thackeray can order the correct amount of each ingredient. Thank you!

Healthy lunches and snacks

Another food related request—for packed lunches this time—please can we remind parents of the needs to pack a healthy lunch which promotes a balanced diet. We are seeing a number of children bringing lunch boxes with the majority of their lunch being snacks or treats with high levels of sugar.

**This week's winning House is:
ASH**

**Last week's winning Houses were
OAK and ELM**

DATES FOR YOUR DIARY

6 Feb-School Administrator interviews

9 Feb—Careers Event

9 Feb-Break up

19 Feb-Pupils return to school

19 Feb-Bewerley Park deposit deadline

22 Feb—World Thinking Day (Cubs, Brownies, Beavers, Rainbows etc in uniform)

22 Feb-Learning means the World Culture Exhibition 2.45 pm

23 Feb-KS2 Swimming gala, Pickering

1 Mar-KS2 football, Ryedale

PLEASE BE REMINDED THAT WE ARE A NUT AWARE SCHOOL. WE KINDLY REQUEST NO NUTS OR NUT DERIVATIVES ARE BROUGHT INTO SCHOOL IN PACKED LUNCHES OR AS SNACKS. .



We have our School Disco this Sunday at Fadmoor Village Hall. Hope to see you there!



Attendance

Parents of pupils with attendance of 90% or below have been sent a letter home this week and any pupil who has low attendance over two half terms has been invited into school to see how we can help with the huge amount of lost learning. These conversations are designed to be supportive, with your child's best interest in mind.

Staff Training/meetings

- Headteacher briefing
- Safeguarding meeting

School Lunches

Week beginning 5th Feb is Week Three of our menu



Why do we need a healthy packed lunch?

Stick me on your fridge

A healthy packed lunch will give children the **energy** and **nutrition** they need to get the most from their day – helping them to **stay healthy, feel good and be ready and able to learn**. Packed lunches should be made up of foods from the main food groups in the Eatwell Guide www.nhs.uk/live-well/eat-well/the-eatwell-guide and portions should be appropriate for a child's age and size. This will ensure every child has a healthy and nutritionally-balanced lunch.

What should I include in my healthy packed lunch?

Please try to include **ONE** of each of the following in your lunch each day:



STARCHY CARBOHYDRATE

- ✓ bread, wrap, pitta, bagel, rolls, baguette
- ✓ rice or couscous
- ✓ pasta
- ✓ noodles
- ✓ potatoes

Wholemeal/wholegrain options contain more fibre and keep you fuller for longer

Gives you energy for the day ahead!



DAIRY FOOD (or non-dairy alternative)

- ✓ cheese – hard, soft, spread
- ✓ yoghurt or fromage frais
- ✓ milk
- ✓ custard

Choose low fat, low sugar options where possible

Good for healthy bones and teeth!



FRUIT (fresh, frozen, tinned or dried)

- ✓ apple
- ✓ banana
- ✓ satsuma
- ✓ pear
- ✓ plum
- ✓ mango
- ✓ melon
- ✓ small box of raisins
- ✓ cherry tomatoes (chopped)
- ✓ handful of grapes (halved)
- ✓ fruit salad or kebab

Fruit and vegetables give you vitamins, minerals and fibre to stay healthy. Part of your '5 a day'

How much? A portion is one child-sized handful.



VEGETABLES OR SALAD

- ✓ chopped vegetable sticks (e.g. carrot, cucumber, pepper)
- ✓ salad in sandwiches
- ✓ vegetable soup



PROTEIN

- ✓ meat e.g. sliced lean ham, chicken or beef in a sandwich
- ✓ fish – try to include oily fish such as salmon or sardines at least once every 3 weeks (tuna doesn't count – sorry!)
- ✓ eggs
- ✓ lentils, beans, chickpeas

Helps your body to grow and develop

DRINKS – plain tap water is the best option, especially for teeth. Please send your child with their own named, clean water bottle each day.

Drinking enough each day helps keep your body working well and your skin looking healthy!



Me-sized meals

Young children don't need as much food as teenagers and adults. When they eat more than they need, the excess energy is stored as fat in their bodies.

Online Safety is a serious subject and as teachers, we are keen to help parents understand ways they can act to keep their children safe online. Each week, I will share a link to materials from the National Online Safety organisation. This week's topic is Group Chats.

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 GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app to which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friendly toward your child, but it's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





National Online Safety
#WakeUpWednesday





Do you know someone interested in training to become a teacher?

Are you interested in training to become a teacher?

The Esk Valley Initial Teacher Training is taking applications for Initial Teacher Training for those that wish to become primary school teachers. Working in partnership with York St John University, the Esk Valley school-centred (School Direct ITT) primary programme is committed to delivering outstanding education and training that is current and relevant. With Esk Valley ITT you will work as part of the teaching team from day one, (similar to student medics in hospitals) learning from experienced, practicing colleagues and immediately putting your new skills into practice.

We serve Whitby, Scarborough and Ryedale and enable you to 'Live Local, Train Local and Teach Local'.

Requirements:

Undergraduate degree 2:2 upwards

GCSE Grade 4 or above (C) in English, Maths and Science

For more information:

[Esk Valley Teacher Training Course](#)

<https://getintoteaching.education.gov.uk/>

Or contact:

Liz Orland, Headteacher, Egton CE School, Tel: 01947 895369

Email: **headteacher@egton.n-yorks.sch.uk**