

STOKE HILL JUNIOR

SPRING TERM, ISSUE 6

March 2023

DATES

High School
places confirmed
1st March

5P Class
Assembly
3rd March

World Book Day
3rd March

Year 3 @Paignton
Zoo
6th March

5J Class Assembly
10th March

Parent Pop In
15th March

5B Class
Assembly
17th March

Red Nose Day
17th March

Year 4 Residential
w/b 27th March

Year 3 Production
28th and 29th
March

Dear Parents and Carers

They say that when you work in a school there is never a dull day, well I think that applies to the last month! There has been so much going on at the Junior School, that I find it incredible that we actually also had a week at home for half term in the middle of it. I hope that you enjoy reading about just some of the things that have happened in this month's newsletter.

Just before half term, our year 5 children were taken for an overnight stay to Plymouth Aquarium to 'Sleep with the Sharks'. I am grateful to all parents for allowing their children to be away from home for the night (for many the first time) and for kitting them out and also the adults who took the children. It's a trip with a varying amount of sleep, but everyone I've spoken to had a super time.

Last week we received a call to say that the Junior School was going to be inspected by Ofsted on Tuesday and Wednesday. There was one inspector for both days, who spent time looking at work and speaking with many children. I am always so proud of the children when they talk so fondly about their days at school. Everybody at the school really did themselves justice and I look forward to being able to share the report with you in a few weeks time.

Finally, each term we focus on a different curriculum area. Last Friday it was Geography and you can see from the picture that the day began with each child learning facts about a country. Ask your child to tell you more about what they did on the day.



Jamie Sullivan
Head of School

School Champions

The following children received school awards in reading, writing or maths during the last month:

Reading: Vimbi (3P), Freya(3T),

Writing: Noah (4W), Jack (6M),

Maths: Lexie (6M), Dexter (3C),



Netballers



Our netballers recently took part in an Exeter Schools festival. Thanks to Mrs Alam and Miss Chard, we were able to take 2 teams. Out of 10 teams we finished a fantastic 4th and 7th. This was their first time playing against other schools and they played fantastically and showed great sporting behaviour and respect.



Year 4 Production

Goldilocks and the Three Bears



Our year 4 children treated us to a wonderful show this year. They performed Roald Dahl's version of Goldilocks and the Three Bears, once to the whole school and twice to family and friends. It's always great to see children speaking with such confidence, singing with real passion and acting like they're trying to win an Oscar! Thank you to everyone who helped put this marvellous show together.

World Book Day 2023

A reminder that this event has been moved to Friday 3rd March this year across the Federation. This is due to the current unknown of whether strike action will be taking place on Thursday.

If they wish, children can come dressed as a favourite book character on Friday. If they do not want to they should come in their usual school uniform.

During the day the children will take part in a number of different book related activities in their classes. I'll be out and about taking lots of photos, which I'll share on twitter during the day. You can follow us @stokefed.

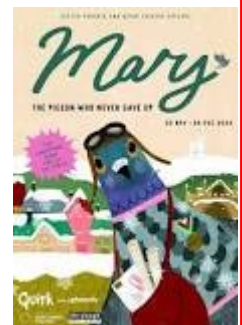
Mary, The Pigeon Who Never Gave Up

We were delighted to welcome Simon from Quirk into school to share the news that our year 6 children are published illustrators! It's a local story set in WWII about a racing pigeon.

The main outlet at the moment is Exeter's independent book shop 'Bookbag' : <https://bookbag.shop> which is

down Fore Street in McCoys arcade. It's also available at the Museum shop and Maker Mart in Gandy Street.

The project began with the children last year and we look forward to being part of further projects with Quirk Theatre.



School Office Notice

If your child requires us to administer medication during the school day, an adult must drop it into the school office, where they will need to fill out the medical consent form. All medicine is locked securely in our first aid room.

Thank you for your continued support in using the app to report absence, remember this needs to be each day your child is absent.



Year 5—Sleeping with Sharks

Just before half term our year 5 children spent the night at Plymouth Aquarium. It's a wonderful and exciting opportunity for the children and I asked Dylan in year 5 to tell me all about it.

'It was great fun, we didn't have much sleep, but it was really nice being there with my friends. I knew it was going to be great fun. We had a tour of the shark and turtle tanks and took part in many challenges. You could choose pasta, sausages or fish and chips for tea and the ice cream was great.



Community Help

We recently discovered a lectern in the school. I've been here a long time and certainly never come across it before. The small plaque on it says that it was presented to the school by the PTA in 1955. Given that it is 68 years old, it is in remarkably good condition. We are wondering if there is anybody in our community that would have the skills to bring it back to it's former glory. If you think you can help, then please give us a call on 01392 667830 and arrange a time to pop in and see it.



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



sources: <https://www.bbc.com/news/technology-52326825>
<https://prosocial.com/insights/social-media-algorithms/>



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