

Churchfields' Weekly Newsletter

Friday 02 December 2022

Look at our wonderful Christmas tree that is on display at The Christmas Tree Festival in Shaw Church from 2nd to 4th December. Expertly decorated by Betsey and Josiah.



Mathletics

Yet another week where one hard-working mathlete has struck gold! Super work Henry. A great reward for your dedication.

GOLD: Henry H

SILVER: Theo, Maddox, Henry H, Oliver H, Maddy J, Leighton

BRONZE : Bodhi B, Logan, Sam B, Theo, Daisy, Benjamin, Oliver CJ, Samuel D, Josiah, Alexis, Maddox, Henry H, Oliver H, Coralie, Rufus, Maddy J, Tomas, Leighton, Livinia, Ted L, Vinnie, Morgan, Harry, Alanna, Emma, Christina, Joseph, Rupert, George R, Charlie, Kaan, Martha Sm, Isabella S, Kaya, Alice

Information about Group A Strep -

There have recently been some news stories about this type of infection and we thought it would be helpful to include some information from the NHS about what Group A Strep is.

This is the bacteria that **can cause throat infection, scarlet fever or skin infections such as cellulitis or impetigo**. Most people who come into contact with Group A Strep remain well and symptom free, some get mild throat or skin infections. These infections are usually treated with antibiotics. You can reduce the risk of picking up Group A Strep by always washing your hands thoroughly and by not sharing drinking and eating utensils. It is also important to dispose of tissues after use and to wash your hands when you have a cough or cold.

Very rarely this bacterial infection can cause severe illness and some groups of people are considered to have an increased risk of invasive Group A Streptococcal disease

Groups considered to be at risk

- Are over the age of 65
- Are diabetic, have heart disease or cancer
- Have recently had chickenpox
- Have HIV
- Use some steroids or other intravenous drugs.
- People who fall into these categories who are in close contact with someone who has the disease

The symptoms that are associated with the invasive group A Strep are

- Fever (a high temperature above 38°C (100.4°F))
- Severe muscle aches
- Localised muscle tenderness
- Redness at the site of a wound

You should seek medical advice if think your child has a throat infection, scarlet fever or a skin infection. Your GP can determine whether any treatment is needed and you can find further advice and information about what to do when you or someone you care for is unwell at the [NHS website](https://www.nhs.uk).

REMINDER FRIDAY 09 DECEMBER

NO GEM LEARNER FRIDAY 09 DECEMBER

THERE IS NO GEM LEARNER ON FRIDAY 09TH DECEMBER DUE TO OUR CHRISTMAS ACTIVITIES



CHRISTMAS LUNCH & ACTIVITIES

Friday 09th December



Children from Monkton Farleigh will transfer to Atworth by coach in the morning at 9:45am and will be back at Monkton Farleigh for pick up at the end of the day.

We have lots of Christmas activities planned:

- ★ Children can dress in party clothes, Christmas jumpers or something festive!
- ★ Please supply a named cracker for your child/children
- ★ To round up the day's activities there will be a show in the church hall



CAROL SINGING

★ Monday 12th December - Atworth

Meeting at 4:30pm in the School Hall before singing around the village

Everyone is welcome to join in!

You will need to wrap up warm and bring a torch and please note – children need to be accompanied by an adult.



CAROL SERVICE

Tuesday 13th December,
1:15pm, St Michael's
Church, Atworth

Everyone is welcome to join us at our Carol Service.

Parents of pupils from Monkton Farleigh will be able to take their children straight after the service if they so wish. Please ensure you inform your child's class teacher at the time so they can make a note.

Children not collected will return to the Monkton Farleigh base by coach and be released at the normal time for collection.

Pupils of the Atworth base will be taken back to school after the service and released at the normal time.

We look forward to seeing you there.

★ Thursday 15th December - MF

Carols on the amphitheatre 1:30pm - 2:30pm,

We look forward to seeing lots of you there.

TERM DATES FOR 2022 – 2023

Term 1: Thursday 1 September – Wed 19 October <ul style="list-style-type: none"> Thursday 01 September – children back to school Wednesday 19 October – INSET DAY (school closed) 	Term 4: Monday 20 February – Friday 31 March <ul style="list-style-type: none"> Monday 20 February – children back to school Friday 31 March – INSET DAY (school closed)
Term 2: Monday 31 October – Friday 16 December <ul style="list-style-type: none"> Monday 31 October – children back to school 	Term 5: Monday 17 April – Friday 26 May <ul style="list-style-type: none"> Monday 17 April – children back to school Monday 1 May – Bank holiday (school closed) Monday 08 May – Bank holiday (school closed)
Term 3 Tuesday 03 January – Friday 10 February <ul style="list-style-type: none"> Tuesday 03 January – INSET DAY (school closed) Wednesday 04 January – children back to school 	Term 6: Monday 5 June – Tuesday 25 July <ul style="list-style-type: none"> Monday 05 June – children back to school Monday 24 July – INSET DAY (school closed) Tuesday 25 July – INSET DAY (school closed)

DIARY DATES TERM 2

DATE	EVENT
Tuesday 06 December	KS2 Christmas Production performances at 4pm & 6PM
Thursday 08 December	EYFS/KS1 Christmas Production performances at 4pm & 6PM
Friday 09 December	No GEM Learner Monkton Farleigh and Atworth
Friday 09 December	Christmas Dinner Day
Monday 12 December LAST WEEK OF TERM – NO SCHOOL CLUBS THIS WEEK	
Tuesday 13 December	Christmas Service St Michael's Church, Atworth at 1:15pm
Wednesday 14 December	Whole School Disco Atworth Base 5:30pm to 7pm
Thursday 15 December	Monkton Farleigh Carols on the Amphitheatre (1:30-2:30pm)
Friday 16 December	END OF TERM 2

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

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Algorithms rank content by user interest: someone who regularly interacts with a particular topic, 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 harm 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 no screen time (with 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 peek to see what they're looking at. Be transparent about your own social media use and try not to sexualise judgement 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 next sound plays. Push notifications encourage people to spend their time and spend time on their devices, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority – and these 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 of 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 mental space for our mental wellbeing. Spending hours on social media can cause us to neglect 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're 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

Shade Harvey-Ash 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, Shade is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEND needs.



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Safety
#WakeUpWednesday



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