

Spalding St Paul's Primary



Growing together to be Proud of everything we do

Personal Excellence

Respect

Opportunities

Uniqueness

Discovery

The St Paul's Post

Date: April 2023

School Information

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<https://www.facebook.com/spaldingstpaulscit>

Dear Parents

Welcome back to school and to the summer term, the final term of the year. I hope you all had a wonderful Easter break and enjoyed eating lots of chocolate eggs.

This is a very important term for the children. Not only will they be sitting National tests, but we will also be consolidating and extending the work covered in this year, so that firm foundations are laid ready for the children's transition into their new year groups in September.

There are lots of exciting activities planned for the summer term so keep an eye out on the School Newsletters, ParentMail and the Website and don't forget to have a look on Facebook and Twitter to see what the children have been up to in class.

Kind Regards

Mrs Ratchford and all the staff at St Paul's School.



Coronation Celebrations

Please be reminded that this year we will have an additional Bank Holiday on Monday 8th May 2023 to celebrate the coronation of King Charles III.

On Friday 5th May we will be holding a Street (field!) party here at school to celebrate the King's Coronation. The party will be for the afternoon, and we will be inviting parents and family members to join us. Children can come dressed in red, white and blue for the day.

We will be holding a picnic on the field for parents and children at 1pm. If you have signed your child up for a school meal, then Farm Kitchen will be providing the children with a Coronation Packed Lunch that the children can take onto the field to eat with you – obviously you can supplement this with your own coronation treats. Please bring in a packed lunch if you have not signed up for a school meal.

If you are unable to make the event children will celebrate their picnic with their friends and staff.

Entry to the event will be a donation and there will be raffle prizes on offer. All proceeds collected will go to the PTFA. A poster with more details about the day will be coming out shortly.



Staffing Update

Sadly, this week we will be saying goodbye to Mrs Zoe Dean. Mrs Dean has been working at St Paul's School for the past 8 years as a Teaching Assistant and ELSA support. We wish Mrs Dean all the best of luck as she takes up her new adventures.

Parking



May we remind parents to be courteous when parking during drop-off and collection. Please do not park near drop curbs as this makes it difficult for people to access paths with wheelchairs and buggies. Thank you.

Polling day: Thursday 4th May 2023



The school has been asked to be a polling station for the Local Council elections being held on Thursday 4th May. **School WILL NOT be closed.**

However, in order to accommodate the elections taking place we have had to make a few adjustments to the school day. This will only affect our Pre-school and EYFS children whose classrooms will be used on this day.

At the beginning and end of the day, children will need to come in and be picked up from the side gate with the rest of the children.

Please be respectful on this day as there will be members of the Public using the Pre-school and EYFS gate and there will be more people around than usual.



Assessment Weeks

YEAR 6 SATS:

Tuesday 9th May – Friday 12th May

Year 6 children need to arrive in school at 8:20am from Tuesday 9th May to Friday 12th May for a prompt 9am start.

YEAR 4 MULTIPLICATION CHECK

Monday 5th June and Friday 16th June.

KS1 SATS:

Year 2 Children
During the Month of May

Phonics Screening Check:

Year 1 children and Children in Year 2 who did not pass in Year 1.
Monday 12th June – Friday 16th June



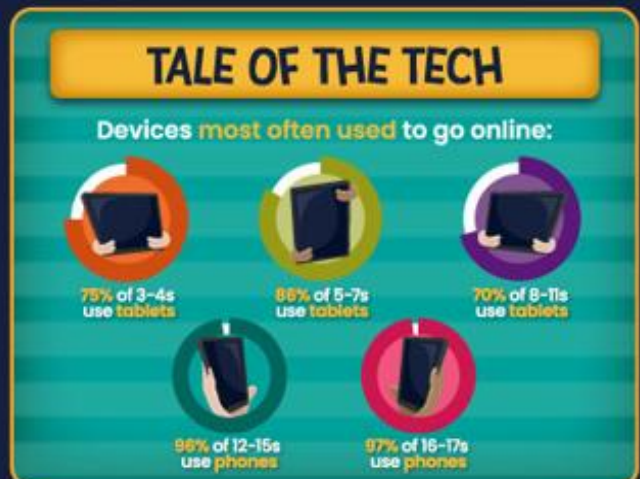
Sex and Relationships Education (SRE) Curriculum.

In the second part of the summer term classes will be teaching the PHSE curriculum on 'Changing Me'. Through this topic aspects of the Sex and Relationships (SRE) education will be taught.

Please find attached a letter explaining in more detail this part of our curriculum.

What Parents & Carers Need to Know about OFCOM'S 'CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES' REPORT 2023

Each year, Ofcom – Britain's regulatory body for communications – produces an overview of children and parents' media experiences across the previous year. The latest version has just been released, and we've pulled out some of the report's most thought-provoking findings which relate to online safety ...



Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory; creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While this is useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on our child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem; it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



NOS
National
Online
Safety
#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/about-the-big-ask-big-ans-act/>
<https://www.org.gov.uk/people/population-and-community/time-and-justice/bulletin/childrens-commissioner-reports-on-online-safety-and-social-media-usage-year-end-report-2020>



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