

31.03.23 Newsletter



St Peter's C of E Academy
"Giving children the keys to unlock their future"

Chippenham, Wiltshire SN14 0LL www.st-peters.wilts.sch.uk

DIOCESE OF BRISTOL ACADEMIES TRUST

St. Peter's Academy Newsletter 31.03.23



Welcome



Dear Parents and Carers,

It has been a busy week in school as we approach the end of term. The children enjoyed participating in circus skills run by The Sports Project giving them the opportunity to learn new disciplines they may not have encountered previously. Thank you as well to FOSPA who ran an Easter Egg hunt for each class.

The newsletter this week is full of activities and links for events going on over the Easter break. Whatever you are doing, I hope you all have a restful and enjoyable time during the holidays,

Gordon Nunn

Acting Headteacher

New School Website

Have you viewed our new website yet? It is full of useful information and illustrates our latest news. Follow the link to take a look: [St Peters C of E Academy](#)

Mental Health and Wellbeing Survey

We are looking for your views and ideas about how we can support the mental health and wellbeing of children and families at St. Peter's.

We would be grateful if you could spend a few minutes completing this quick survey sharing your thoughts and ideas:

<https://forms.office.com/e/MFd0xzgcLm>

Medical Conditions



If your child uses an inhaler, could you please complete the attached form and return it to the school office as soon as possible.

This is to ensure we have up to date records that reflect your child's current needs.

If you require a paper copy, please contact the school office.

[Individual Healthcare Form](#)

School Attendance

As we approach the Summer, a quick reminder that term-time holidays will not be classed as authorised absences. In Term 5 children in Years 2 and 6 will complete statutory assessments, followed by Year 1 children (Phonics) and Year 4 children (Times Tables) in Term 6. It is crucial that children are in school during this time.

We are monitoring attendance every two weeks, focusing on children whose overall attendance is below 90%. We will invite parents to an absence review meeting if the attendance is below 85% and we have not previously discussed it with you.

Any leave of absence during term time will only be granted in 'exceptional circumstances'. In the Education Act the Department for Education states: *every day at school counts enormously and so does every consecutive day attended by pupils. Pupils need to be able to absorb new facts and knowledge, acquire new skills and consolidate before building further and progressing. They simply cannot do so if their structured school terms are disrupted by too many preventable absences.*

If the absence has not been authorised by the school and an absence occurs, where the child's total unauthorised absences amounts to 10 or more sessions (5 school days), continuous or aggregated within the previous six months within the current academic year (including the most recent unauthorised absence), schools are expected to notify the Education Welfare Service.

We will notify you by letter if your child's unauthorised absences amount to 10 sessions or more and a notification has been made. A regular check is made on attendance for all pupils and if a pupil's attendance falls below 90% there will be a follow up from the school.

The Educational Welfare Service have made it clear that if children are taken on holiday in term time because of their need to go on holiday at a quieter time, medical evidence will need to be provided with an application form for absence.

Online Safety

An additional Online Safety, we believe in empowering parents, carers and trusted adults with the information to lead an informed conversation about online safety with their children. Should they feel it's 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 guidance, facts and tips for adults.

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 does, however, blurred safety boundaries and created new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-18-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 rife with sophisticated algorithms that learn from our online behaviour and try to predict our needs and needs. That's very helpful in some respects, but it can mean the online world is tailored for children and young people to experience. Content can be targeted at them at any time - it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSH NOTIFICATIONS

Content is also directed at us through notifications from our apps, meant to draw our focus to new, interesting content. While that's useful in some circumstances, it can mean we're kept going back online (and it's designed to do so) and can lead to distraction, especially if our child's attention. As such, notifications become more distracting, and we're experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate and connect (via text, video, messaging apps) that it's difficult to set boundaries. Young people are often online for a long time, but with fewer boundaries, it's harder to know when to stop. The lack of non-verbal cues (the subtle expressions or tone of voice).

DIGITAL DEPENDENCY

As devices often help in understanding emotions, it's not surprising that children may not be developing the inner confidence to work things out for themselves. However, group membership is both in digital and real life - and being excluded from online communities can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with things of the nature of new, interesting content. A certain level of stress is a normal response to unfamiliarity. It's important to be sensitive, though, it can lead to overstimulation and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in highly positive ways, but it does also have a darker side, including cyberbullying and hate speech. People looking on 'group sharing' can see other people's lives - while there are opportunities for positive interactions 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. No device and the digital world can be confusing, so helping 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 or a bad chat or an online message, it may sound minor but can actually have a much bigger impact than you realise. To get involved, having your own device can get involvement while our child is online. It's always worth encouraging your child to get any comments out in the open.

MEET OUR EXPERT

Dr Claire Taylor-Smith is an experienced counselling psychologist and specialist in children's mental health. She has worked in the NHS, supporting children and young people with mental health issues, and is a frequent speaker at national and international events.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make us aware of what's going on in the background of the device. Check any notification on your phone or tablet to see if you really need to look at it - especially for young people. Try switching off notifications on your device 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 or a child looking out for if your child seems to be checking their phone or tablet more often than before, or appears unusually nervous, irritable or withdrawn, it could be a sign that something is going on. Encourage your child to do the same. You should both feel less triggered and more in control.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that you're not the only adult who can help guide our children through this confusing, ever-changing digital world. Encourage your child to help you out by showing you how they use their devices, and remember that 'children' and 'teenagers' aren't always the same thing.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: logic, drive and generosity. Don't let the rules of the internet, however, that balance can easily get lost - it's important to help your child manage their emotions when they're online. Check in with them regularly about their use of their devices, and remember that 'children' and 'teenagers' aren't always the same thing.

National Online Safety
#WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.03.2022



Sendit

Sendit is an add on app to Snapchat and it allows users to play games together. Sendit state on their website that the app is not intended for children under the age of 13.

The games include Q&A games including ask me anything. A user asks a question and players can respond anonymously. As with any anonymous elements there is an increased risk of cyberbullying.

The app does contain in-app purchases ranging from £0.99 to £29.99. There is also a weekly subscription service available, which provides users with enhanced features. It costs £8.49 per week. Ensure payment details are not stored/accessible on your child's device to avoid unexpected bills.

If you know that your child is using this app then you can contact Sendit to ask them to disable their account.

Further information
<https://www.getsendit.com/parents>

Anime TV

Anime refers to animations originating from Japan. Due to its cartoon style, your child might inadvertently watch it when it isn't appropriate for their age. Some Anime contains adult themes. It is important to check age ratings so a starting point could be Common Sense Media. They have created a list of some Anime TV with reviews/age ratings:
<https://www.common sense media.org/lists/anime-tv-for-teens-and-tweens>

Being unkind online

It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other.

Talk to your child about how they speak to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face. How they act online should be how they behave on the school playground when they are following school rules. Here are some examples of what being unkind looks like online:



- Sending nasty or hurtful messages
- Leaving unkind comments
- Sharing photographs of somebody else without their permission
- Excluding somebody on purpose
- Impersonating somebody with a fake account
- Telling/sharing lies

The above might happen whilst your child is gaming online or whilst using social media or messaging apps e.g. WhatsApp.

Top Internet Manners

Internet Matters have produced a list of 'manners' that we all should follow to create a safer and kinder online world:
<https://www.internetmatters.org/resources/top-internet-manners/>



What should I do if my child is being bullied online?

Ensure that your child understands that if they receive unkind messages or see something that worries them, they should not reply or engage in conversation with the perpetrator. Instead, they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact you again in the future.

Further information
<https://www.esafety.gov.au/kids/i-want-help-with/how-do-i-know-if-im-being-mean-online>

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BeReal

You must be 13+ to use BeReal. BeReal is a social media app. It notifies you once a day to upload an image of what you are doing. Once you receive the notification, you have two minutes to capture and share what you are doing at that moment. All your friends post at the exact same time and once you have posted, you can then see what your friends have posted. If you do not post, then you cannot see your friend's BeReals from that day or access the discovery tab.



What do I need to be aware of?

BeReal is private by default and only visible to your friends. However, it is possible to share with all users by selecting the public option. If selected, your BeReal will appear in the Discovery tab so all users can see and interact with it, therefore there is the possibility of strangers contacting your child via this app.

There is also an option to share your location. Chat to your child about location sharing as it is important that your child understands the risk of location sharing and when it is and is not appropriate to share.

Discovery tab – this is the area where you can view all other BeReals that have been made public. There is an element of risk that your child may see an inappropriate image depending on what others have uploaded.

If your child is using BeReal then talk to them about what they share, what they should do if they see something inappropriate or that they find upsetting and that they know how to use the reporting tools.

Further information:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-safety-blog/is-bereal-safe-for-my-child>

Snapchat

Update

Family Centre: New Feature

Snapchat launched Family Centre last year, which includes features such as allowing you to see who your child is friends with on Snapchat and who they have been communicating with (you will not be able to see the contents of conversations).

Snapchat have now announced their latest feature for Family Centre - Content Controls. Content controls will allow you to limit the type of content your child can watch on Snapchat by filtering out stories.

You can find out how to set this new feature up here:
<https://values.snap.com/en-GB/news/introducing-content-controls-on-family-center>

No Parking outside back gates



Please can we remind parents not to park in this area outside the school's back gates. We need to ensure this area remains safe for pupils and their families when walking to and from school. The church has also asked us to remind parents that their car park is private and is only to be used by preschool families at drop-off and pick-up.

Community Book Swap



Have you found our Community Book Swap cupboard yet?

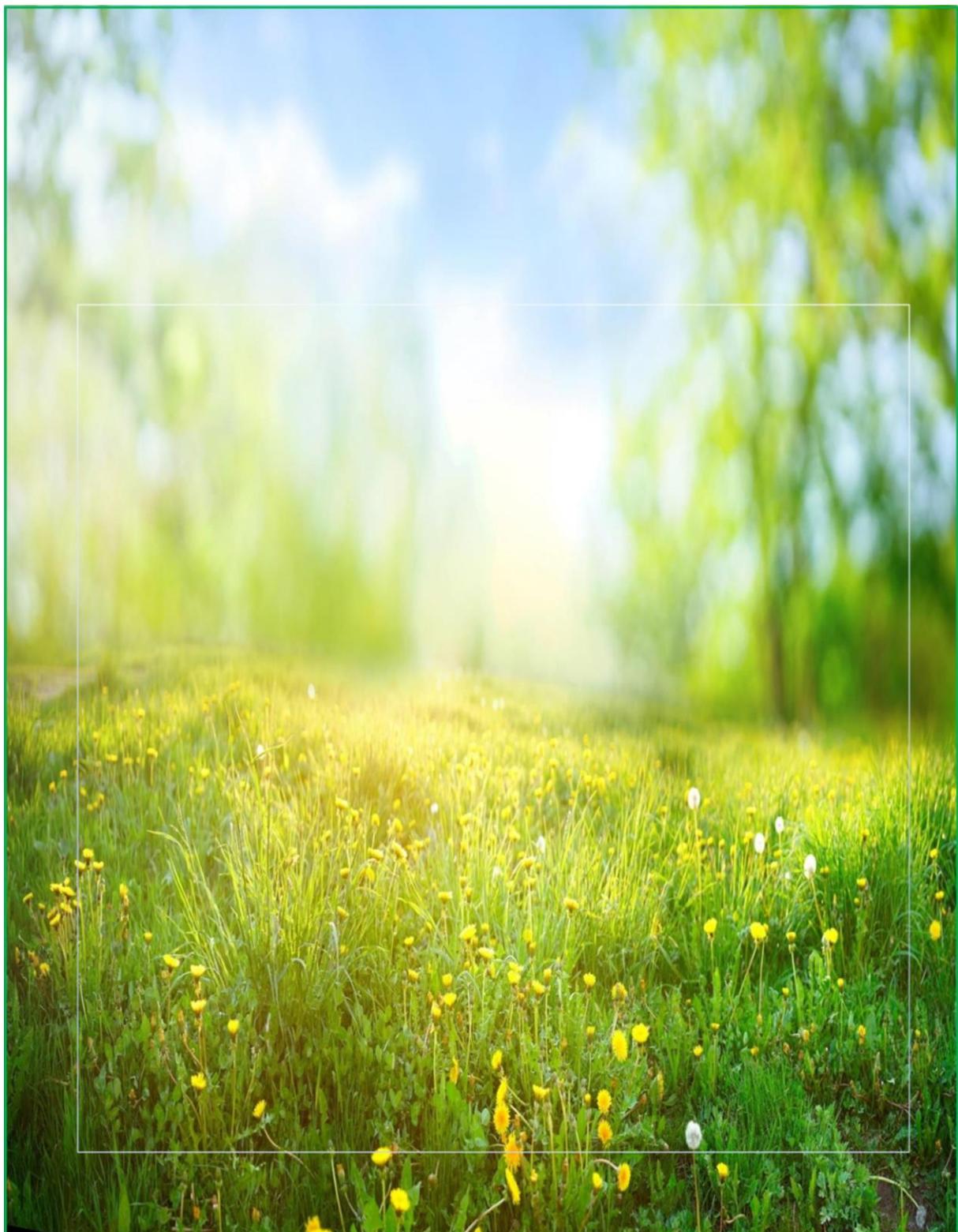
There are lots of lovely books available to read.

It is located outside the main school office. We have put this here to encourage all members of the community to keep on reading.

If you have any books that you are not going to read again, pop them on the bookshelf for others to enjoy. Whilst you are there, have a look to see whether there is anything that takes your interest.

Books for all ages and abilities are welcome, just do not forget to swap a book in so we can keep the shelves full!

Local events over the Easter Holidays



For Children at Chippenham Library

Easter Break 1 - 15 April

Everyday – 10 Little Spring Things Trail, decorate a butterfly or flower for our sky garden, mindfulness colouring + books!

SAT 1/4 – 11:00 Storytime with Movement

2:00-4:00 Lego Club

MON 3 /4 – 10:30-12:30 Board Games with hot drinks (subject to staffing)

2:15pm Baby Rhyme Time

TUES 4/4 – 11-11:45 Katie Bunney Live Music (Chill & Dream!) please book

2:00-4:00 Lego Club

WED 5/4 – 11:00 Toddler Rhyme Time

THURS 6/4 – 2:00-4:00 Lego Club

SAT 8/4 – 11am Funny Bunny Storytime

(feel free to dress up or wear a hat: theme of Springtime!)

2:00-4:00 Lego Club

TUES 11/4 – 11-11:45 Katie Bunney Live Music (Chill & Dream!) please book

2:00-4:00 Lego Club

WED 12/4 – 11:00 Toddler Rhyme Time

THURS 13/4 – 2:00-4:00 Lego Club

FRI 14/4 – 11:00 Baby & Toddler Rhyme Time

2:00-4:00 Board Games with hot drinks (subject to staffing)

SAT 15/4 – 11am Storytime

2:00-4:00pm Lego Club

Places are allocated on a first come first served basis and all children must have library cards. For further information please contact us in the library or on 01249 650536



Chappell & Matthews

COMPETITION TIME!!



Peter Rabbit is looking to move home and has decided he would like to build his own house. Peter

Rabbit is stuck for ideas and would like some friends to help him design his brand new home!

This is where you can help him out by designing the perfect home for

Peter Rabbit!

3 winners will be picked on Thursday 6th April!

*All entries to be dropped into our office at 71 Market place, Chippenham, SN15 3HG by Monday 3rd April, please make sure your child's name is written clearly on their work along with a contact number to call if they win!

GOOD LUCK!

**Braeside
Easter
Activity Days!**
Adventure - Challenge - Fun



ALL DAY
- £36

Age 8 – 12 years
(Siblings up to 14 years)

Dates: Tuesday 11th – Thursday 13th April 2022

Drop Off – 8:30am – 9:00am
Gates will be closed and locked from 9:15am

Pick Up 4:30pm – 5:00pm
Gates will be open for pick up from 4:30pm

Tuesday	Wednesday	Thursday
Survival Day Shelter Building Fire Lighting Camp Fire Cooking – Easter themed	Canoeing Morning Lifeline Problem Solving with Easter prizes	Climbing Wall Zip Wire Abseiling Leap of Faith

Activities will run in groups, in rotation, throughout the day.

Please book online by visiting
www.braeside-education.co.uk/holiday-club

Children need to bring:

- Packed Lunch
- Water Bottle
- Appropriate outdoor clothing for the weather, including trainers

Contact us for more details –
info@braeside-education.co.uk
01380 722637

Dates for your diary

March

31/3/23 End of Term 4 (2pm finish)

April

17/4/23 Start of Term 5

28/4/23 Voyager Class trip to Hardenhuish Obstacle Course

May

5/5/23 Coronation afternoon in school

9/5/23 - 12/5/23 Year 6 SATs

9/5/23 Odyssey Class trip to REME Museum

10/5/23 Pioneer Class trip to REME Museum

22/5/23-26/5/23 Year 6 residential

26/5/23 End of Term 5

June

14/6/23 Sports Day (KS2 am, FS/KS1 pm)

Term Dates

Term 5: 17/4/23-26/3/23 (Bank holidays on 1st and 8th May)

Term 6: 6/6/23-21/7/23

Remaining TD Days (children not in school): Monday 5th June, Monday 24th July, Tuesday 25th July

Flu and Covid Update

Flu and coronavirus (COVID-19) are [currently circulating at high levels](#) and are present in the school community. Nationally, high numbers of scarlet fever, which is caused by group A streptococcus, also [continue to be reported](#).

Professor Susan Hopkins, Chief Medical Adviser at the UK Health Security Agency (UKHSA), said:

It's important to minimise the spread of infection in schools and other education and childcare settings as much as possible. If your child is unwell and has a fever, they should stay home from school or nursery until they feel better and the fever has resolved.

Helping children to learn about the importance of good hand hygiene is also key, so practice regular handwashing at home with soap and warm water. Catching coughs and sneezes in tissues then binning them is another simple way to help stop illness from spreading.

Adults should also try to stay home when unwell and if you do have to go out, wear a face covering. When unwell don't visit healthcare settings or visit vulnerable people unless urgent.

Remember that flu vaccination is still available for all eligible groups and is the best protection against the virus. We have seen good uptake in older age groups but vaccination among young children remains low. Flu can be very unpleasant and in some cases can lead to more serious illness. Getting your child vaccinated protects them and others they come into contact with, and it's still not too late.

Eligible children include:

- those aged 2 and 3 on 31 August 2022
- all primary school-aged children
- some secondary school-aged children

You can get more information [getting your child vaccinated against flu](#) on NHS.UK.