



SUMMER TERM 2 – WEEK 6

Welcome to the last weekly newsletter of this school year!

We've enjoyed meeting many of our new learners this week as they've been coming in for their transition days. We are looking forward to them all joining us in September!

Look out for our bumper 'end of year' newsletter next week, with memories and highlights from the school year to enjoy.

Jokes of the Week!

Benji's joke:

Why did the mummy go on holiday?
To unwind!

Daylun's joke:

What did the mollusc say to the sea cucumber?
With fronds like these, who needs anemones?!

Headteacher's Award



This week the Headteacher's Award goes to Dainton for making good choices in tricky situations and coping well with transition week

Next week:

- No Outdoor Ed
- School finishes at 1pm on Tuesday



Useful info



DO YOU RECOGNISE THESE GLASSES?!



They are a new addition to our lost property collection - if they belong to you, please collect from the office by 1pm on Tuesday!

BREAKING NEWS

NEW PRIME MINISTER!

The UK voted yesterday, and with over 9.5 million people voting for the Labour Party they have won 412 seats compared to 121 for the Conservatives, so today Sir Keir Starmer has become our new Prime Minister.

He says he's 'ready to serve our country' after 14 years of Conservative Prime Ministers, and has met with the King, who has to officially 'appoint' him as Prime Minister.





Our Values
Stars of the Week

Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

The value this term is **independence** and we've seen some great examples of this quality in school this week.

Aspen

Benji for independently recognising when he needs movement and sensory breaks

Birch

Noah for helping out around the class and building positive relationships with peers and adults

Chestnut

Nathan for joining Chestnut class with such enthusiasm

Larch

Mabel for finding regulatory strategies that work for her

Beech

Phoebe for organising herself and returning completed work independently

Holly

Bethany for her work on the Holly zodiac display

Lime

Leah for presenting her work to a high standard

Hazel

Evie for putting such effort into perfecting her skills in a card game

Ash

Dainton for choosing to be in the right place doing the right thing all week and being his own person

Juniper

Leo for welcoming new members of the class so nicely

Olive

Emma for making independent choices within the classroom

Food Tech

It's been a fantastic week in the Food Tech department. Learners in Aspen and Larch made a delicious homemade tomato chutney, learners practiced knife skills chopping onion and measuring spices with the spoons. They were also skinning tomatoes using the blanching method, we had some very proud learners and amazing chutney by the end of the lesson, really well done. Learners in Oak, Juniper, Birch and Beech made a classic ratatouille with lots of fresh vegetables, I was impressed with how most learners tried something new and enjoyed eating it as much as they enjoyed preparing it.

Some learners in Birch and Ash classes completed their main meals for their design and make challenge, it was wonderful to see them putting skills into practice with a high degree of independence for their selected recipes, we had a real variety of dishes being produced: tofu noodle salad, halloumi kebabs, chicken wings with rice and pasta salad. Learners in Chestnut class made courgette and lemon linguini. Learners practiced zesting lemons and developing knife skills whilst preparing the courgette. Olive class made a vegetable noodle stir fry and some learners worked diligently on some written tasks when completing recipe cards for their BTEC recipes.


Learners in Hazel and Maple made a chewy gooey flapjack and chocolate chip muffins. Learners in Holly class made a magnificent herby orzo salad. Lime class did a fantastic job of preparing a salad niçoise, where learners multi-tasked to prepare different elements which were par-boiled along with hard boiled eggs and made an unforgettable salad dressing to tie it all together.

Next week in Food Tech, it will only be Monday's timetabled classes as Tuesday is our last day and we will be providing a cooked brunch for all our learners. Birch and Juniper class will be making pizza toast, using baguette and their favourite toppings. Some learners in Birch class will be completing their design and make challenge when making their dessert and evaluating their two-course meals. Learners in Chestnut will be making a simple fruit brulee, parents/learners, please do bring in a few small ramekins to transport work home.



Next week

SUMMER 2 - WEEK 6



MONDAY

No Outdoor Ed

Food

- Birch
- Dessert & evaluation
- Juniper
- Pizza toast
- Chestnut
- Make dessert & evaluate

TUESDAY

No Outdoor Ed

Food

Harry's end of term brunch!

WEDNESDAY

SCHOOL HOLIDAYS!

THURSDAY

SCHOOL HOLIDAYS!

FRIDAY

SCHOOL HOLIDAYS!

Safeguarding

The focus this week is on a topic familiar to many parents - screen addiction! National Online Safety have put together some helpful information and tips to support parents and carers with this, check them out on the next page.

If you would like any support with any of our safeguarding topics, please reach out to Jane.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

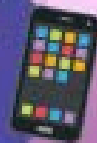
The Children's Commissioner report 'Life in Likes' explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realize they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents: Media Use and Attitudes Report 2018