

W E E K L Y

NEWSLETTER



AUTUMN 2 – WEEK 5

It's beginning to look a lot like Christmas!

Learners and parents are busy enjoying our Christmas Fair this afternoon - with fun activities and a lovely atmosphere it's getting us all feeling festive. We're also looking forward to next week's panto visits (oh yes we are!).

Please check out the next page for details of which day your learners will be attending the panto. Please also note NO OUTDOOR ED on Tuesday or Friday.

Joke of the week

Finley B:
Why don't Santa's elves like to share?
They're 'elfish'!

Dates for the diary

Coffee morning - Lime class - 12th December

Visit to Pantomime - Cinderella at Exeter Northcott Theatre - 10th & 13th December

Headteacher's Award



This week the Headteacher's Award goes to
Adam
for remaining regulated in spite of challenges



Mel's memo

Please ensure that your child brings a healthy, balanced lunch to school. We request specifically that **NO FIZZY DRINKS** are brought into school.

Thank you!

PANTO PLANS

Next week many of our learners will be attending a performance of Cinderella at the Northcott Theatre in Exeter.

Please make note of which day your child is attending, and also note that there will be **NO OUTDOOR ED ON TUESDAY OR FRIDAY** next week.

TUESDAY: Beech, Oak, Ash, Larch, Hazel, Maple, Alley House

FRIDAY: Lime, Holly, Olive, Elm, Birch, Aspen, Juniper

CHRISTMAS TRAIL

If you're looking for something to do over the festive period, check out this Christmas trail running in Exeter until 27th December.

There are clues and puzzles to solve along the way, and prizes to be won, plus a great way to explore the City this Christmas!

IN EXETER

COUNTDOWN TO CHRISTMAS TRAIL

9 clues around the city!
Solve the Christmas word and receive an exclusive Exeter sticker sheet!

WIN!
One of five £100 Exeter Independent Gift Cards up for grabs!

Experience the Magic of Christmas in Exeter!

This Christmas, enjoy a free, family-friendly trail across Exeter city centre until 27 December.

- Explore 9 clue locations across the city
- Unscramble the Christmas word
- Complete the trail to claim an exclusive sticker sheet and enter a competition to win one of five £100 Exeter Independent Gift Cards!

Grab a trail leaflet or follow along online—just make a note of the letters on your phone as you explore. Trail leaflets are available at Visit Exeter information points:

- RAMM Museum Garden Entrance
- Exeter Library Foyer
- Exeter Ticket Office
- John Lewis, 4th Floor

Don't miss out on the festive fun! For more details, visit www.visitexeter.com/xmastrail.

visit exeter | EXETER CATHEDRAL CHRISTMAS MARKET | GUILDHALL | Princesshay Exeter | visitexeter.com/Christmas



Our Values
Stars of the Week

Respect
&
Resilience

Health
&
Happiness

Kindness
&
Independence

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

Larch

Lukas for persisting with difficult tasks

Olive

Eve for overcoming hurdles within her learning

Elm

Poppy for communicating well and working hard all week

Lime

Oliver F for demonstrating resilience to complete and attain great grades in his exams

Maple

Jack P for showing resilience with his learning

Beech

Kellan for demonstrating patience, understanding and maturity in difficult situations

Holly

George for being resilient in his Fun Fit sessions

Ash

Freddie for his unwavering positivity in the face of challenges

Birch

Jack M for giving everything he has, recognising his needs and managing them

Hazel

Evie for facing personal challenges and showing positivity and resilience



AUTUMN 2 - WEEK 6



MONDAY

Outdoor Education
Birch & Larch

Food Tech
Elm & Aspen
Treacle tart
Ash
Apple pies
Alley House
Pizza scrolls

TUESDAY

NO Outdoor Education
due to panto

Food Tech
Larch
Cheese tart
Olive
Soda bread with soup
Birch
Mince pies

WEDNESDAY

Outdoor Education
Elm, Aspen & Juniper

Food Tech
Oak
Cornflake tart
Holly
Christmas fayre
Hazel
Mince pies

THURSDAY

Outdoor Education
Hazel & Maple

Food Tech
Lime
Christmas fayre
Juniper
Mince pies

FRIDAY

NO Outdoor Education
due to panto

Food Tech
Beech
Pesto cheese straw Christmas
tree
Maple
Mince pies

Safeguarding

This week's focus is on mental health and wellbeing apps. On the next page you'll find a guide with helpful information for parents and carers to help you choose trustworthy and effective apps to support children's mental health and wellbeing.

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

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>