

# NORTH WALKDEN PRIMARY

## NEWSLETTER

26<sup>th</sup> January 2024

### Headteacher's Weekly Awards - WELL DONE TO OUR STARS OF THE WEEK

All the children get a special mention in the Achievement assembly on Friday and will bring home a certificate detailing the reason for their award.

Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Riley Thea	Theo K Laurel	Oliver Nico	Olivia Sheldon	Kaidyn Yassmin	Isla W Grace	Teddy Thomas	Lucy Rocco

The year is racing by and we have had another busy week in school. Unfortunately we are experiencing a lot of general colds and coughs across school. This isn't unusual for this time of the year but we would like to ask all parents to talk to their children about hand washing, using tissues to blow their nose and covering their mouth/nose when coughing or sneezing. This will help to minimise the spread to other children and staff.

**Spring 2 After School Clubs:** Please find the clubs planned for after February half term. The surveys will open on Monday 29<sup>th</sup> January at 6pm and close on Friday 2<sup>nd</sup> February at 12pm. The clubs are limited and available on a first come first serve basis. Please remember to book on if your child wished to attend.

All school led clubs finish at 4pm – as we are now moving into lighter nights children in Y5 and Y6 who have permission to walk home from school may walk home after their club finishes.

	Monday	Tuesday	Wednesday	Thursday
Year 1	TBC	MULTISPORT		
Year 2	TBC	MULTISPORT		
Year 3	HANDBALL	ORIGAMI		
Year 4	HANDBALL	HANDWRITING		
Year 5	MATHS BOOSTER - TARGETED SUPPORT	DEBATE CLUB	FOOTBALL	
Year 6	MATHS AND ENGLISH BOOSTERS - TARGETED SUPPORT	DEBATE CLUB	FOOTBALL	MATHS BOOSTER - TARGETED SUPPORT

**Free School Meal Vouchers:** Vouchers will be issued for the February half term to all families who are entitled to benefits related free school meals. Don't miss out and check if you are eligible if you have not received these before. You can check here <https://www.gov.uk/apply-free-school-meals>

### Y6 Roving Reporters Bulletin

#### School Council Goals

Some of our goals this year are:

- More equipment
- Raise money
- Improve outdoor equipment
- Mental health week
- Suggestion box

The road safety committee want to talk in an assembly about road safety after our survey a few weeks ago. Another school council focus is conservation so we are looking at spider plants, flower bombs and bug hotels in KS1 and KS2.



## French Day

### School Meal event:

French Fri-day! As part of our French celebration day we have a special menu for lunch that is available to all children. You can place your order on The Evolve Hub if your child would like to join in.

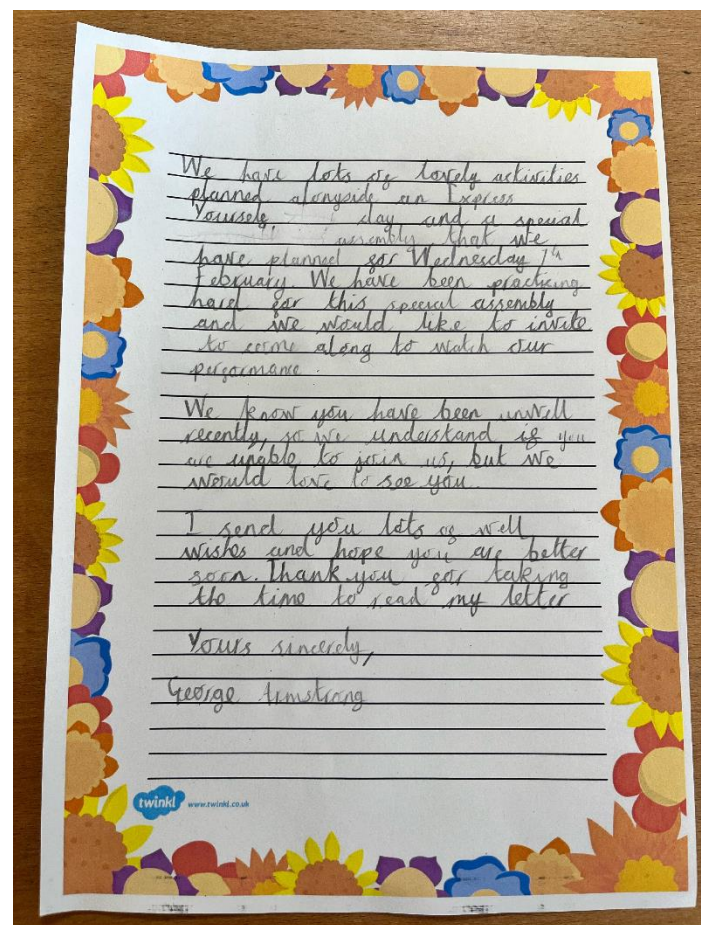
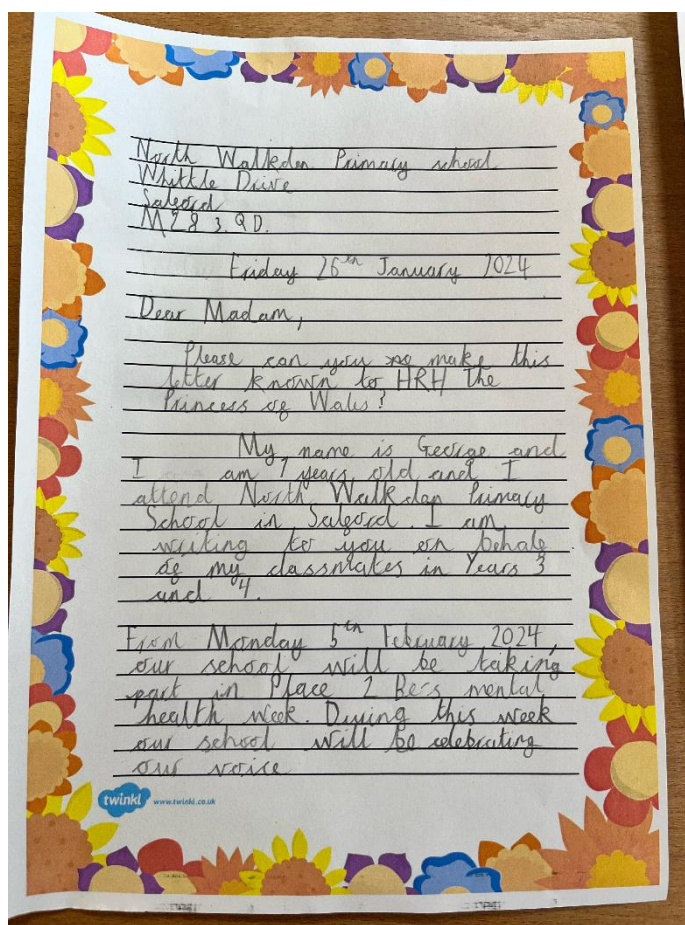


**Empowering Parents Empowering Communities EPEC – get involved!** Parents of children aged 2 – 11 years who want to learn more about your child’s behaviour or learn different parenting techniques then take a look at the 8 week course that is available to you on the attached poster.

If you are interested in a unique opportunity to receive free training and support to enable you to offer support in your community, meet like-minded parents, share ideas and develop new skills then take a look at the poster attached.

**Mental Health week:** Place2Be and North Walkden are busy in their preparations for our mental health Week in February. Year 3 and 4 Pupils have written a letter to HRH Princess of Wales, Patron of Place2Be about our assembly on 9<sup>th</sup> February and to wish her a speedy recovery from her recent operation. If she is well enough we hoped she may even wish to come and join us!!!

The theme for our Assembly is “Our Voice”. We thought you may like to have a preview of the letter we are sending to the Palace.



We also have some really helpful information below about talking to children about their mental health. We know that these conversations can be difficult to have so we hope this is useful to you.

**Punctuality and Attendance**

Please remember school starts at **8:45am** – Doors will be open from 8.35am. Children arriving after 8.55am must enter through the school office and be signed in.

**Last week’s attendance – Our School target and individual pupil target is 96%**

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Whole School
Class attendance award	89	96	95	99	92	95	93	96	95
Late arrivals	3	1	4	3	3	1	4	4	21

# MY VOICE MATTERS

Place2Be's  
**CHILDREN'S MENTAL HEALTH WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCG18](https://bit.ly/3PzCG18)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

My VOICE  
MATTERS



## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...



TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?



WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?



**Online Safety:** We have some helpful advice below about online safety and we will share different supportive advice each week in the newsletter.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

**Social media influencers** are people who have established credibility in a specific industry and have the power to influence other people's decisions. Most commonly associated with YouTube and Instagram, 'influencers' will usually have a large number of followers and be viewed as authentic by their audience. It is for this reason that many influencers are often paid by big companies to promote their products in the hope of persuading their followers to purchase those goods.



## What parents need to know about SOCIAL PRESSURES LINKED TO 'INFLUENCERS'



### AN UNREALISTIC PERCEPTION OF BODY IMAGE

Some of the most popular social media influencers often depict themselves as having the 'perfect body' and are paid to promote items such as health supplements or swimwear, which young people believe can help them achieve the same look. What is not always realised is that these images can be edited or filtered and aren't always a true-life representation. Your child may feel like this is what they need to look like and in some cases, become obsessed with their body image, which could contribute towards a lower self-esteem or even becoming depressed if they can't achieve the same look.



### BECOMING UNREALISTIC ROLE MODELS

As children become more and more involved on social media and identify with their favourite people are to follow, they may come to see social media influencers as role models, particularly if they are attracted by the lifestyle they see online. This could lead them into developing potentially unrealistic expectations of life and in some cases, using their role models as an escape from reality, particularly if they feel like their own life isn't very fulfilling.



### ENCOURAGING BAD HABITS

Although many social media influencers will get paid to advertise brands and their products, they will also post their own material online too, usually depicting their daily life or an activity for example. This may have both desirable and undesirable consequences, with influencers able to inspire both good habits, such as healthy eating, exercise or kindness. However it may also encourage children to adopt bad habits, such as drinking, smoking, swearing or even criminal behaviour, particularly if these are seen to be endorsed by the influencer.



### THE NEED TO HAVE EVERYTHING

Many social media influencers will take photos or videos of themselves wearing the latest fashion or jewellery which companies want them to promote. They may also be provided with the latest gadgets to promote or, if they are children, toys to play with in order to persuade their followers to purchase them. Many children will be keen to buy these items in order to keep up with the latest trends however if they get left behind, they could be made to feel inadequate or inferior by other children who do have them.



### AUTHENTICITY OF ENDORSEMENTS

Social media influencers hold a lot of persuasion with their audience and are often looked up to by younger followers. Many children will see them as credible, authentic and trust what they see online. However, some influencers may not always believe in the product they are promoting and therefore can mislead their followers, abusing their level of confidence in them. Your child may therefore find themselves looking up to people who are disingenuous or who feign interest in activities that they themselves do not actually care about.



## Safety Tips For Parents

### FOLLOW WHO THEY FOLLOW

A good way to see first-hand who may be influencing your child is to create your own social media account and follow the same people they do. This will give you a strong indication of what is shaping how your child behaves, what they like and what they are taking an interest in.



### TALK ABOUT ROLE MODELS

Role models can play an important part of your child's life, particularly outside of the home. Talk to your child about who they look up to and why. Remind them that not everybody online is who they seem to be and if you do have concerns that your child is being negatively influenced, work with them in finding more positive alternatives.

### BUILD THEIR SELF-ESTEEM

It's important that your child is aware of how unrealistic perceptions of life can be depicted on social media and that it is easy to be deceived. Discuss with your child how images can be heavily edited, cropped or manipulated to create artificial scenarios and that often the lifestyle that people display on social media isn't always realistic or in fact the truth.

### DISCUSS REALISTIC VS UNREALISTIC EXPECTATIONS

If you notice your child has suddenly taken a strong interest in the way they look, or you find they are a lot more body conscious, then it's a good idea to speak to them about why they feel that way. If they seem unhappy, try to build their self-esteem by talking to them and listening to their concerns, helping to build their confidence through praise and positivity. Remind them that looks aren't everything and not everything they see online is actually a true depiction of real life.



### ENCOURAGE INDEPENDENT THINKING

Social media influencers can be quite powerful individuals who hold a lot of persuasive power so it's important to encourage your child to think independently about everything they see and engage with online. Talk to them about the dangers of blindly following others and in keeping an open mind when viewing content. Teach them to always question people's motives online, especially when they see individuals are promoting a brand or product which they are likely to have been paid to advertise but may not necessarily personally endorse.



### Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



**School communication:** Please ensure you are logged into your school spider app so that you receive all the important messages we send out. If you need to download the app again, its 'School Spider' and then you can simply go to the log in page and click forgot password to reset your log in details.

**Contacting School:** If you wish to contact school then you can email us on [NorthWalkdenPrimary.PupilContact@salford.gov.uk](mailto:NorthWalkdenPrimary.PupilContact@salford.gov.uk) and we will respond the same day or call 0161 921 2921.

**DIARY DATES:** Whilst we aim not to change dates once set sometimes circumstances mean we have to, please always check the dates each week and update your plans accordingly. Any changes will be highlighted.

DATE	ACTIVITY/EVENT	TIME	CLASS
WEDNESDAY 31 <sup>ST</sup> JANUARY	FRONT ROW MUSIC CONCERT – Y1-Y6 TO WATCH	2.45 – 3PM	PARENTS OF THOSE HAVING MUSIC LESSONS AT LUNCH
FRIDAY 2 <sup>ND</sup> FEBRUARY	FRENCH CELEBRATION DAY – children invited to wear French themed clothes or colours	KEY STAGE 2	KEY STAGE 2 CHILDREN
FRIDAY 2 <sup>ND</sup> FEBRUARY	SPECIAL SCHOOL DINNER EVENT – ALL CHILDREN ARE ABLE TO ORDER A SCHOOL MEAL ON THIS DAY – please order on the Evolve Hub	LUNCH	ALL
WK BEG 5 <sup>TH</sup> FEBRUARY	MENTAL HEALTH WEEK	ALL WEEK	ALL CLASSES
TUESDAY 6 <sup>TH</sup> FEBRUARY	SAFER INTERNET DAY	9-3	ALL CLASSES
WEDNESDAY 7 <sup>TH</sup> FEBRUARY	MULTIPLICATION TIMESTABLE CHECK (MTC) – PARENTS MEETING	3.20 – 3.30PM	YEAR 4 PARENTS
FRIDAY 9 <sup>TH</sup> FEBRUARY	COMFY CLOTHES DAY – as part of children’s voice – we have listened and arranged a comfy clothes day – children to wear the clothes they feel most comfortable in i.e. onesie, tracksuit, pyjamas, dress up etc....	ALL DAY	WHOLE ACHOOL
WEDNESDAY 14 <sup>TH</sup> FEBRUARY	RECEPTION CLASS VALENTINES WORKSHOP	9-9.45	RECEPTION PARENTS WELCOME
WEDNESDAY 14 <sup>TH</sup> FEBRUARY	EYFS VALENTINES DISCO	2.15- 3PM	EYFS
WEDNESDAY 14 <sup>TH</sup> FEBRUARY	KEY STAGE 1 VALENTINES DISCO	3.30- 4.30PM	KEY STAGE 1
THURSDAY 15 <sup>TH</sup> FEBRUARY	END OF TERM SINGING SHOWCASE	1.15PM	YEARS 1-6
FRIDAY 16 <sup>TH</sup> FEBRUARY	COFFEE MORNING FOR PARENTS	9AM	ALL PARENTS WELCOME
FRIDAY 16 <sup>TH</sup> FEBRUARY	ZUMBA DAY	9-3	YEARS 1-6 ON A ROTA
FRIDAY 16 <sup>TH</sup> FEBRUARY	SCHOOL CLOSES FOR HALF TERM	3.15PM	WHOLE SCHOOL
DATE	ACTIVITY/EVENT	TIME	CLASS
MONDAY 26 <sup>TH</sup> FEBRUARY	SCHOOL RE OPENS	8.45AM	WHOLE SCHOOL
MONDAY 4 <sup>TH</sup> MARCH	YEAR 6 – CRUCIAL CREW TRIP	12 – 3PM	YEAR 6
WEDNESDAY 6 <sup>TH</sup> MARCH	YEAR 6 CONDOVER RESIDENTIAL TRIP	WEDNES DAY - FRIDAY	YEAR 6 AB EC TW
WEDNESDAY 6 <sup>TH</sup> MARCH	YEAR 2 FAMILY TIME WORKSHOP	9-10	YEAR 2 PARENTS WELCOME
THURSDAY 7 <sup>TH</sup> MARCH	WORLD BOOK DAY - Altru Drama workshop Y1-6. All children are invited to come dressed in an outfit that	9-3	WHOLE SCHOOL

	represents their continent – this will be advised in the WBD letter		
MONDAY 11 <sup>TH</sup> MARCH	CO SAFETY SEYMOUR SESSIONS	ALL DAY	YEAR 5 & 6
THURSDAY 14 <sup>TH</sup> MARCH	NURSERY STAY AND PLAY- READING AND STORIES	9-10	NURSERY PARENTS WELCOME
FRIDAY 15 <sup>TH</sup> MARCH	CHOCOLATE DONATION IN EXCHANGE FOR EXTRA PLAYTIME		WHOLE SCHOOL
MONDAY 18 <sup>TH</sup> MARCH	EASTER HAMPER RAFFLE TICKETS GO ON SALE	2 WEEKS	WHOLE SCHOOL
MONDAY 18 <sup>TH</sup> MARCH	PARENTS EVENING PHONE CALLS	3.45 -5.00	WHOLE SCHOOL
WEDNESDAY 20 <sup>TH</sup> MARCH	PARENTS EVENING FACE TO FACE	3.30-6.30	WHOLE SCHOOL
THURSDAY 21 <sup>ST</sup> MARCH	YEAR 5 LAST SWIM	1-3	YEAR 5
WEDNESDAY 27 <sup>TH</sup> MARCH	RECEPTION EASTER WORKSHOP	9-9.45AM	RECEPTION PARENTS WELCOME
WEDNESDAY 27 <sup>TH</sup> MARCH	EYFS AND KEY STAGE 1 EASTER HAT PARADE	ALL DAY	EYFS AND KEY STAGE 1 CHILDREN
WEDNESDAY 27 <sup>TH</sup> MARCH	EASTER HAMPER RAFFLE DRAW	2PM	
THURSDAY 28 <sup>TH</sup> MARCH	COFFEE MORNING	9AM	ALL PARENTS WELCOME
THURSDAY 28 <sup>TH</sup> MARCH	KEY STAGE 2 EGG DISPLAY	9-12	KEY STAGE 2 CHILDREN
THURSDAY 28 <sup>TH</sup> MARCH	BREAK UP FOR EASTER HOLIDAYS	2PM	

More dates will be added so please keep your eye on the diary dates each week.

Kind regards, Mrs Warburton