

# NORTH WALKDEN PRIMARY



## 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
Abigail Wyatt	Blaine Henry	Jamie Deniz	Darcy Brantley	Eva Alexis	Jacob Darcie	Bobby Thomas	Lola Rahaf

We have had an eventful week in school celebrating Internet Safety day, Mental Health week and Chinese New Year. The children has been engaged in lots of exciting activities aimed at getting the messages across in a fun and interactive way. Today we have all enjoyed being in our comfy clothes after a busy week! We will share pictures with you on Facebook next week.

Next week is our last week this term and we have more activities to look forward too. Early Years and KS1 will be having their Valentines discos. Years 1 to 6 will be enjoying a drama production of 'The Secret Garden' along with the end of term singing showcase and Zumba day. I can't wait!!!

**Chinese New Year – February 10<sup>th</sup> 2024 – Year of the Dragon:** Happy New Year to everyone celebrating this weekend!



**Staffing:** Today we said goodbye to Mrs Kiggin, our fantastic Welfare lady who has supported the children at North Walkden for many years. We wish her all the best in her retirement and a huge THANK YOU for all of her hard work.

We will be welcoming Mrs Matthews to the team on Monday as she takes over from Mrs Kiggin as our new Welfare Assistant.

**Parenting Smart:** This is a free resource to all parents/carers where Place2Be is a service in School – lots of useful strategies for managing difficult behaviours.

Being a parent is the toughest role of all and we all need a bit of help and support. Please take a look at the information below.



# Parenting Smart



We all want the best for our children, but parenting can be really tough sometimes. We've all been there.

Place2Be's Parenting Smart is a site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Learn more at [parentingsmart.org.uk](https://parentingsmart.org.uk)

Or scan me



Exclusive to Place2Be schools

# Parenting Smart – Online Course

Parents and Carers of 4-11 year olds can now access our free online course providing you with **extra tools to deal with everyday parenting challenges.**

The course aims to help you **strengthen your relationship with your child** and **respond helpfully to challenging behaviour.** You can also join discussions with other parents in your group from across the UK.

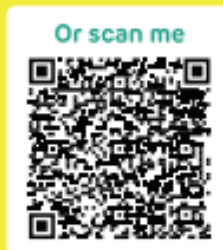
Designed to fit around busy family lives, the 4-week course can be **broken down into short 15-minute sections** and you can access it from your mobile phone, tablet or any other device.

All of the content is based on the latest evidence and experience from Place2Be's Parenting Team, in partnership with South London and Maudsley-NHS Foundation Trust.

- ✓ Free
- ✓ No fixed times
- ✓ Accessible from any device
- ✓ Hear from other parents around the UK
- ✓ Place2Be professional on hand to support learning



Learn more at [place2be.org.uk/family](https://place2be.org.uk/family) or talk to the Place2Be staff member in your school.





Well done to YEAR 4 who all arrived on time every day – FANTASTIC!  
**Children should be in school by 8.45am if you arrive after this time  
 you are late!**



Well done to Year 1 and Year 3 who both achieved the attendance  
 target this week!

**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	92	95	<b>96 BRONZE</b>	94	91	<b>96 BRONZE</b>	88	<b>98 SILVER</b>	94
Late arrivals	1	2	4	4	4	<b>0</b>	1	4	20

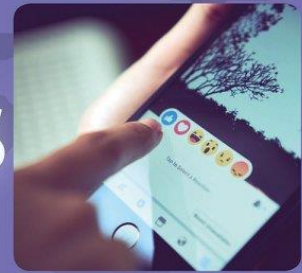
**Online Safety:** We have some helpful advice below about online safety and we will share different supportive advice each week in the newsletter.



'Likes' are a simple way for users to show that they like a post on social media. This could be anything from photos and videos to status updates and comments. The feature is widely used on several social media platforms and is extremely popular on Instagram and Facebook. It is often used by children to measure the success of their social media post and gauge opinion. However, it can also bring a number of social pressures, particularly if users start to question their own levels of popularity.



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



## DAMAGING TO SELF-ESTEEM

Your child may use likes to measure their own self-worth, with more likes instilling a greater level of confidence and acceptance amongst their friends and peers. However, children who only receive a small number may in turn feel a sense of rejection or isolation and could potentially suffer from low self-esteem issues, impacting them in other aspects of their life such as at school or in social settings.



## AN ADDICTIVE FEATURE

Like features encourage children to stay online for longer. In doing so, your child is likely to engage with app's for longer periods than they otherwise would have wanted, checking their phone more frequently, including at night when they should be asleep. This could contribute towards screen addiction which can cause sleep deprivation and consequently a lack of focus during the next day at school.



## UNREAL VIEW OF THE WORLD

Your child may follow celebrities or other popular individuals on social media who receive millions of likes. Not everything on social media is a true reflection of the world and your child may feel pressured into behaving in a similar way in real life or posting similar material in order to feel popular and achieve a similar level of self-worth.



## COMPETITIVE CULTURE

Children will often compare the number of likes they receive for their post against their friends or followers, possibly evoking emotions of jealousy or resentment. In a bid to increase their own status and receive more likes, this could lead to a competitive culture in which children try to better one another, potentially leading to them engaging in more and more riskier activities.



## Safety Tips For Parents



### FOLLOW OR BEFRIEND YOUR CHILD ONLINE

Using the same social media sites as your child and connecting with them online will allow you to keep an eye on what their interests are and who may be influencing them. Following their likes will help you build a picture of what your child is being exposed to and what they find interesting.



### MONITOR MENTAL HEALTH

If your child does post on social media, it is important to monitor their feelings and emotions, supporting them and encouraging them to talk to you about what they may be experiencing. Explain to them that not everything online is real and that life is not dictated by how many likes a post may or may not get.



### ENCOURAGE HOBBIES OR OTHER ACTIVITIES

Try to help reduce your child's screen time and need for social media through encouraging them to do other things such as a sport or hobby or simply playing with friends outdoors. Supporting them to take up other activities that they enjoy can also help build self-esteem and increase their own confidence.



### DISCUSS THE REAL WORLD

Talk to your child about online perceptions and about what they feel is and isn't important in their life. Try to establish an open and honest conversation and speak about what they feel is acceptable to post online and if they feel pressure to conform.

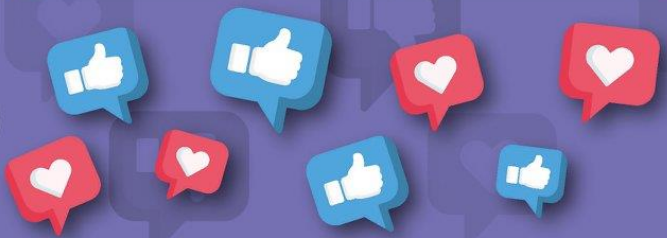


### HELP TO BUILD YOUR CHILD'S SELF-ESTEEM

Try to help build your child's self-esteem through positivity and praise and listening to them if they are struggling with the way they look or feel. Talk to them about the positive aspect of their personality and help them understand that looks aren't everything. Try not to criticise or blame your child which could compound any negative thoughts they are already feeling.

## 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.



<https://www.independent.co.uk/life-style/gadgets-and-tech/facebook-like-inventor-deletes-app-iphone-justin-rosenstein-addiction-fears-7986566.html>, <https://www.childrenscommissioner.gov.uk/wp-content/uploads/2018/01/Childrens-Commissioner-for-England-Life-in-Likes-3.pdf>, <https://www.psychologicalscience.org/news/releases/social-media-likes-impact-teens-brains-and-behavior.html>, <https://ico.org.uk/media/about-the-ico/consultations/2614762/age-appropriate-design-code-for-public-consultation.pdf>, <https://www.familylives.org.uk/advice/primary/health-and-development/helping-your-child-build-self-esteem/>

**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 14 <sup>TH</sup> FEBRUARY	RECEPTION CLASS VALENTINES WORKSHOP	9-9.45	RECEPTION PARENTS WELCOME
WEDNESDAY 14 <sup>TH</sup> FEBRUARY	EYFS VALENTINES DISCO – children to come dressed in red!	2.15-3PM	EYFS
WEDNESDAY 14 <sup>TH</sup> FEBRUARY	KEY STAGE 1 VALENTINES DISCO - - children to come dressed in red!	3.30-4.30PM	KEY STAGE 1
THURSDAY 15 <sup>TH</sup> FEBRUARY	M&M PRODUCTION OF 'THE SECRET GARDEN'	9.15 – 10.15	YEAR 1 - 6
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 - all children to wear sportswear	9-3	YEARS 1-6 ON A ROTA
FRIDAY 16 <sup>TH</sup> FEBRUARY	SCHOOL CLOSURES 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	WEDNESDAY - 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 represents their continent – this will be advised in the WBD letter	9-3	WHOLE SCHOOL
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
THURSDAY 14 <sup>TH</sup> MARCH	RECEPTION / YEAR 6 HEIGHTS AND WEIGHTS	9.30 – 10.30	RECEPTION / YEAR 6
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