



School Prayer This Week

Dear God, Thank You for making us all different and special. Please guide us to treat each other with love. When someone is new or different from us, help us to make everyone feel they belong. Amen



House points:

St David's – 975

St George's – 884

St Patrick's – 961

St Andrew's – 949

Well done St David's!

SPIRITS Awards this week:

Year 1 – ZS & SK

Year 2 – EN & AZ

Year 3 – LL & AO

Year 4 - AK & HU

Year 5 – HR & JO

Year 6 – ZH & SM

Gymnastics Silver

Competition Winners!:

Y3 – LH & NO Y4 - JJ, AM & AF

Important Updates

- **IMPORTANT** – Please remember that we are a 'Nut-free' school due to staff and pupils' allergies. Therefore, no nuts in packed lunches or snacks please.
- Please see the following link for a useful national guide: [A guide for parents and carers on managing children's digital lives](#)
- Uniform – Ties, Book Bags & PE tops can be bought from the school office. Ties are £4.00 KS1 & £5.00 KS2. Book bags are £3.50 & PE tops are £10.00 each (limited sizes available) and can also be purchased via our online supplier [here](#)
- A polite reminder that Breakfast club starts at 7.45am. The charge is £1 per day regardless of whether your child eats or not.

New Parent Governor Vacancy

A special thanks to Mr Looqman Mulla for his role as Parent Governor over the last 4 years. We are now requiring a new Parent Governor. Please contact Mrs Butler in the school office if you are interested.

Soccer HQ

A reminder that Soccer HQ will be in school every week on Tuesdays for KS1 and Wednesdays For KS2, if your child is currently participating in this, please send you child to school in their PE kits on the relevant days. Last session next week.

Friday Bake Day

We will be selling cookies/cakes every Friday. This is being done as a treat for the children for all their hard work. They are nut & dairy free but not gluten free.

Attendance for the week

Whole school target: **96%**

Current attendance of whole school: **94.3%**

Rec: **85.8%**

Year2: **96.7%**

Year 4: **93.3%**

Year 6: **93.5%**

Year 1: **94.6%**

Year 3: **91.7%**

Year 5: **100.0%**

This week's attendance winners are Year 5!

The most punctual winners are Year 6!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

ENCOURAGING HEALTHY FRIENDSHIPS

Navigating the complexities of childhood and adolescent friendships can be challenging – but with the right guidance, children and young people can cultivate meaningful, supportive relationships, some of which may last for many years. These top tips provide a comprehensive approach to fostering healthy friendships among children and young people. It's important to remember, however, that each child is different, and will require an individual approach to relationship support.

1 GRANT FRIENDSHIP OPPORTUNITIES

Encouraging children and young people to join extracurricular activities can foster healthy friendships by providing shared interests and common ground. Engaging in these pastimes offers a platform for interaction, sometimes alleviating the social pressure of knowing what to say, and helps children develop meaningful connections.

2 LEAD BY EXAMPLE

The children and young people in our lives see how we behave, the connections that we've made and the interactions between us and others. When we model healthy friendships, we set an example and help youngsters to understand what healthy friendships looks like and how to navigate them.

3 HELP THEM LOVE THEMSELVES

Healthy friendships aren't just about dynamics with other people. They're about our relationship with ourselves. For overall wellbeing, it's important for a child to have the space to build their self-esteem and a positive self-image, as these factors can have a notable influence on the friendships they form throughout life.

4 MONITOR SCREEN TIME

Too much screen time can affect some children's wellbeing in general, but it can specifically impact friendships if it results in fewer positive social interactions. In some cases, reducing screen time and encouraging children and young people to find ways to interact face-to-face can have positive results. It's also important to remember that young people can make positive friendships online, but they will require support to do this safely.

5 TEACH PROBLEM-SOLVING

Inevitably, friendships can run into problems. However, this is also an opportunity to support children and young people to work through any difficulties that may arise. It can be tempting to intervene and try to fix these issues for those involved, but helping them consider ways of resolving conflict or managing difficult situations for themselves can help them create stronger friendships.

6 EMPOWER THE CHILD

When we give children and young people the confidence to choose their friends, navigate interpersonal boundaries and consider how they want to interact with the different people around them, we empower them to take control of the friendships they have. When young people feel in control of these things, they're more likely to make positive choices and remain aware of the signs of a negative relationship.

7 TEACH EMPATHY

'Healthy friendships' doesn't always mean 'perfect'. Sometimes, disagreements can happen. When we teach children and young people to have empathy, we help them to see both sides of a relationship; to be mindful of the challenges a friend might be facing or whatever else might be going on. This can help children and young people to build stronger friendships.

8 BE OPEN TO QUESTIONS

Talking to young people about their friendships, who they spend time with and who they interact with can open the door to questions if they have concerns. Initially, these queries may be straightforward, but if we are receptive to discussion from the outset, young people are more likely to come to us for help when they are older as well.

9 UNDERSTAND BOUNDARIES

One of the keys to a healthy friendship is honouring boundaries. This can include anything from respecting personal space and belongings to acceptable language and behaviour. Understanding the importance of setting these limits and upholding those set by others can help children stay safe. If young people figure out their boundaries and feel comfortable enforcing them, they're more likely to call someone out if they go too far.

10 SPOT THE SIGNS

We can't always supervise young people; sometimes, we need to step back and give them some space. However, it's important to consider any indicators that they may be struggling in their friendships. Are they becoming increasingly irritable? Does their behaviour alter when they've been with their friends? Are they becoming withdrawn or reluctant to take part in certain activities? These could all be signs that they're finding things difficult, and we should remain alert to such changes.

Meet Our Expert

Becky Dawson is an experienced educator who has worked in primary and secondary schools for 20 years. She is a facilitator, consultant and coach working with young people and the adults who work with them, with a focus on developing understanding and skills around mental health, wellbeing and safeguarding.



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