



# WEEKLY BULLETIN

Monday 9th May 2022

SUMMER  
Term

## Dates for your



- SATS Exams all week
- May - One Big Clean - Eco School Project
- May 9th - 13th - Mental Health Awareness Week
- May 10th - Might Girls Workshop
- May 11th - Tam O'Shanter's / Eco Project
- May 12th - Allday's Farm - Mobile Farm Visit

## NEW PHONE SYSTEM



There will be an answering service on these lines from 8am -5pm Monday to Friday.

Please select the appropriate option -

- 1 - Report Child's Absence
- 2 - Finance
- 3 - Pastoral Team
- 4 - Business Manager
- 5 - Kitchen
- 0 - Reception

Lines will be closed from 5pm.



Loneliness Online: What Causes It and Ways to Feel Better

A free online safety guide on loneliness online.

Does a child you know ever feel lonely when they're online? In a study by the UK's Office for National Statistics, 14% of 10-12-year-olds said that they DID often feel lonely - so any child experiencing those feelings is, sadly, far from unusual. To support Mental Health Awareness Week - which this year has the theme of 'loneliness' - we spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online. They also suggested some ways they use technology to make themselves feel better when that happens, and we've compiled their ideas into a loneliness-busting guide.



# LONELINESS ONLINE:

## What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?  
In a recent study, 14% of 10-12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

### CAUSES OF LONELINESS ONLINE

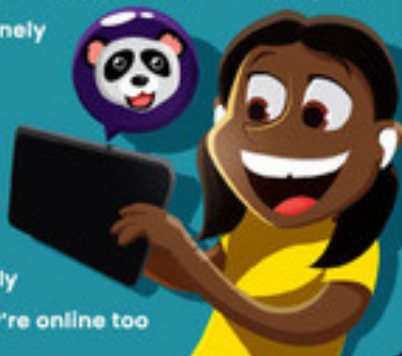
-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat



### WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too



### TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature



### FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

**0800 1111**



**National  
Online  
Safety®**

**#WakeUpWednesday**





# SCHOOL LUNCHES

Please see the lunch menu for the next week, W/C 9th May 2022.

If your child would like a hot dinner please let your classroom staff know in advance.  
Dinners are charged at £2.45 per day, unless you are entitled to Free School Meals  
Lunches are to be paid for in cash, this can be either passed to your Teacher, TA,  
or the school office.

WEEK 3 Choice 1 Choice 2 Choice 3 Dessert	Monday	Tuesday	Wednesday	Thursday	Friday
					
	Homemade Sausage Roll served with Mashed Potato & Baked Beans	Mac 'n' Cheese served with Crusty Bread & Seasonal Vegetables	Cottage Pie served with Seasonal Vegetables	BBQ Chicken served with Rice & Seasonal Vegetables	Breaded Haddock Bites (MSC) served with Chips & Peas or Baked Beans
					
	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad	Jacket Potato with a Selection of Fillings Served with a Side Salad
					
	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad	Deli Choice of Breads with a Selection of Fillings Served with a Side Salad
					
	Banana Bread	Chocolate Crunch	Victoria Slice	Yoghurt Fruit Crunch	Vanilla Biscuit
	Available every day – Unlimited Salad, Freshly Baked Bread, Organic Yoghurt, Fresh Fruit Platter, Milk & Chilled Water. For allergen information, please ask one of our Catering Team.				
					
					

## IMPORTANT

If your child has allergies please notify the school office.



## WEEKLY FRUIT DELIVERY

As part of our healthy eating programme and to encourage healthier snacking we are offering all pupils free fruit in class.



**Healthy School**



## BREAKFAST CLUB

As part of our healthy eating programme we will be offering all pupils a health breakfast option, before lessons start.

# ATTENDANCE

100% ATTENDANCE

Well done to Miss Storey's class who topped the attendance chart with 100%.

Well done to our pupils in the Top 5 forms & Year groups



Year groups  
attendance  
percentage.

Year 5 & 6 - 85%

Year 7 - 79%

Year 8 - 71%

Year 9 - 77%

Year 10 - 48%

Year 11 - 45%

Top 5 Form groups  
attendance  
percentage.

Daley - 100%

Parks - 87%

Anderson - 85%

Newton - 89%

Woodman - 85%

Curie - 85%

Well done to pupils in Woodman for who made the top 5 this week.



If your child is going to be absent please notify the school on the day by 9am.  
This can be done from our new absence line or Via our Parent App