
Croft Newsletter - February 2023

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Croft Church of England
Primary School

Welcome Message

Another busy fortnight for us here at Croft. It has been lovely to see and meet so many parents this week at parents' evenings, thank you to everyone who attended. We hope you found the sessions useful to update you on how your child is doing in school and the progress they are making in their learning.

The children have been busy learning – please see the dedicated pages in the newsletter to find out what your children have been up to this week! Within this newsletter you will also find out information about upcoming events and important information about our developing curriculum.

Having completed all the reading assessments across school, all children should now be coming home with a reading book that is pitched accurately to their level. The aim is for children to be able to read the book with 95% fluency/accuracy and working towards 90wpm in KS1 and 110wpm by the end of KS2. We have bought new books for the older children – the children were very excited to look through them and receive their new book. Please can children bring in their reading book every day as they may read in school with an adult. We are hoping for book change day to be on a Monday.

We hope you are enjoying our newsletters and are finding them informative.

Have a lovely weekend!

Miss Clarke and Mrs Thompson 😊



Important dates coming up



WORLD
BOOK
DAY

2 MARCH 2023

An important letter to everyone from Topaz class

Dear parents and carers,

On Thursday 16th February, Topaz class are holding a bake sale. This will be from 3.15pm, on the playground with pricing from 50p.

Charities we have chosen

As a class, we have chosen to donate half of the money raised to Archie's Army (Archie is a boy in our class with a disability). The other half will be donated to Save the Children (based in Syria and Turkey). We choose Save the Children because of the countries' tragic earthquake.

Food

We would appreciate any donations of sweet treats like: cakes, biscuits, cookies, cupcakes, flapjacks etc. Please remember in school we have a no nut policy.

Please bring cakes to the Topaz class on the morning of the cake sale.

Thank you! From all of Topaz!

World Book Day – Thursday 2nd March

This year we will be celebrating World Book Day through the theme of 'Heroes'! We will be inviting children and staff to dress up as heroes from a book. This could be a fictional hero from your favourite book or comic, or a favourite real-life hero from a non-fiction book, for example, Tim Peake, David Attenborough, Florence Nightingale. We cannot wait to see everyone in their costumes and talk about why they have chosen their heroes!

Little Sparkles

Our learning this week...

Mrs Goward came to visit Little Sparkles Class. She came back with some bacteria samples that she had collected last week.

We have been teaching the children about germs 🦠 and why we need to wash our hands properly.

The children showed keen interest in observing the samples.

One child said, "They look beautiful!"

A big thank you to Mrs Goward for this educational visit.



Our learning this week...

We have been very busy this week. In forest school we gave the trees clay faces. We have been busy building houses in our outside area and practicing counting accurately.



Ruby

Our learning this week...

We have been busy this week learning about giving and understanding directions. We have also been learning about connections in our lives.



Diamond

Our learning this week...

We've been continuing our Rocks, Relics and Rumbles topic and found out how longitude and latitude lines help us to locate the world's volcanoes. In science, Diamond class have investigated magnets the different attract and repel rules. Children's mental health week has been wonderful and we finished off our work this week with an 'I'm amazing at...' poster which the children have taken home with them to display with pride.

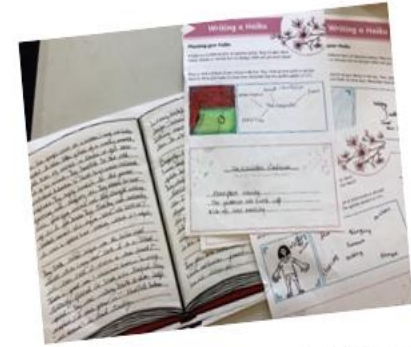
Our learning this week...Topaz

In English we have been learning about the water cycle and writing explanation texts to inform people what happens. We even conducted an experiment with a write up to see how the water cycle worked in real time. In PE we have been learning about using our partner to help us balance. It was a tricky challenge but we made some amazing shapes. In Geography we started learning about the 5 types of mountains and sorted some images into the different types. It was fascinating to learn how each of these mountains were formed. In PSHE, Topaz are organising a bake sale to 2 Charities and we worked on our letter writing skills to write letters to parents asking them for donations.

Amethyst

Our learning this week...

Our learning this week in Amethyst!



Literacy – writing Haikus and publishing our adventure narratives.



Art – exploring bold colour patterns and combinations.



Reading – expanding our class library!



History – exploring WW2 artefacts.



A Sentence a Day Writing Sheets
Write a sentence to go with each picture

beach buildings forest ocean clouds water

1. The beach is sunny and bright. I love to go there with my family and we can see the sea and the sky.

2. The forest is green and beautiful. I like to go there with my friends and we can see the trees and the flowers.

3. All the buildings are different and large. I like to go there with my family and we can see the city and the people.

4. The ocean is blue and beautiful. I like to go there with my family and we can see the waves and the sand.

5. The clouds are white and fluffy. I like to see them in the sky and they make the sky look beautiful.

Tuesday 20 February 2023

To explain how the water cycle works

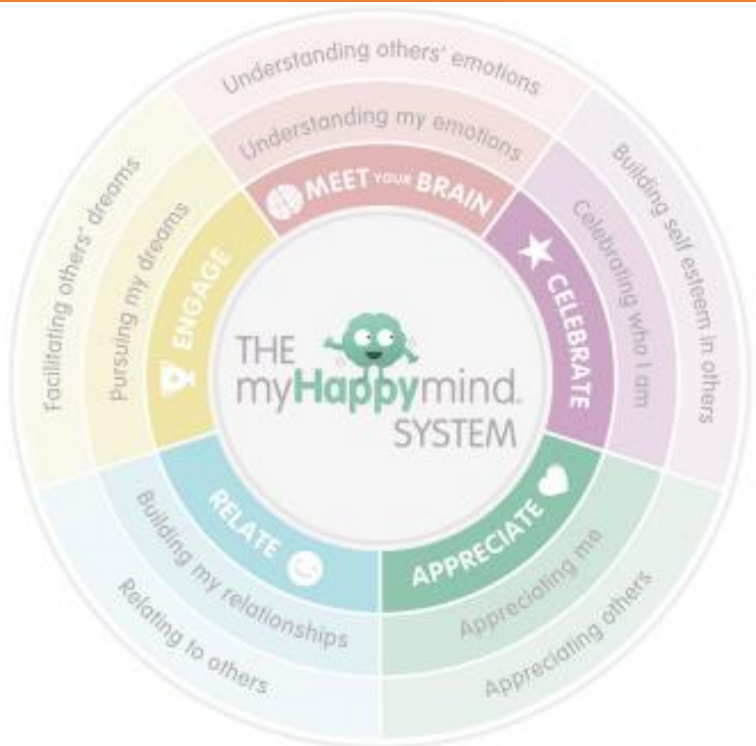
Aim
To create a water cycle

Procedure
To build up the water which will condense on clay pipes and precipitate into the soil

Equipment
Hot water
A large tray
Clay
Ice
Sand
Clay pipe

Procedure
1. Fill tray with water
2. Put clay in bank
3. Cover tray with sand with clay from pipe
4. Heat water with a heat lamp
5. Observe the condensation

Welcome to



Working with



We are eager to support children at Croft CE Primary School in developing their understanding of themselves as individuals and learners. This is echoed by yourselves in the parental survey completed before Christmas. In response to this, we have explored different resources and will be joining a programme called myHappyMind.

The myHappyMind curriculum is grounded in scientific research and helps children to:

- 😊 Feel happier
- 😊 Know what to do when they feel worried or stressed
- 😊 Improve their focus and learn more
- 😊 Achieve more of the goals that they set for themselves
- 😊 Develop better relationships with friends and families
- 😊 Feel great about who they are and have positive self esteem

And much, much more!

Parents and carers will be able to follow and echo the work children complete in school through the free parent app too!

We are very excited about this project. More details about the project and how to access the parental app will be coming out next week, however, if you'd like to find out more, please look at the myHappyMind website.



Diary Dates

- **February**

- 10th – rescheduled Amethyst open afternoon
- 13th – rescheduled Diamond and Topaz open afternoons
- 16th – after school cake sale run by Topaz class (on the playground)
- 20th – 24th - Half Term

- **March**

- 2nd – World Book Day
- 10th – 19th – British Science Week
- 17th March – Red Nose day

- **April**

- 3rd – 14th - Easter Holidays

- **May**

- 1st – Bank Holiday (school and pre-school closed)
- 8th – Bank Holiday (school and pre-school closed)
- 29th – 2nd June – Half Term



St Michael and All Angels

- **Saturday lunches-** are on the first Saturday of the month starting on Feb 4th, 12 - 1.30pm, everyone is welcome. There is a different menu each month, IE, soup, jacket potatoes, shepherds pie, quiche, plus a drink and dessert.
- **Church services-** 1st Sunday in the month joint service 10am, see church gate / website for details, 2nd, 3rd , 4th Sunday 11.15 am at Croft church. (5th Sunday joint service).

Safer
Internet
Day 2023 | Tuesday
7 February

Coordinated by the UK Safer Internet Centre

Want to talk about it?

Making space for conversations
about life online



Safer
Internet
Day 2023 | Tuesday
7 February

This week all classes have taken part in 'Safer Internet Day'. This year's theme was: 'Want to talk about it? Making space for conversations about life online'.



Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

This Safer Internet Day make space for...

■ Make space for regular conversations about life online

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

▲ Make space for enjoying and exploring the online world together!

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

● Make space for working as a family to agree expectations for going online

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

◆ Make space for learning about the apps, games and websites your child is using

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

✨ Make space for supporting and reassuring your child if things go wrong

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

What Parents & Carers Need to Know about

WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients, not even WhatsApp can read them. Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted - it only related to WhatsApp's business features, not to personal messages.



WHAT ARE THE RISKS?

SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes - encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out (aiming to dipper them into distracting payment details) or impersonating a friend or relative and asking for money to be transferred to help with an emergency.

DISAPPEARING MESSAGES

Users can set WhatsApp messages to disappear in 24 hours, 7 days or 90 days by default. Photos and videos can also be instructed to disappear after the recipient has viewed them. These files can't be saved or forwarded - so if your child was sent an inappropriate message, it would be difficult to prove any wrongdoing. However, the receiver can take a screenshot and save that as evidence.

ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of dangerous rumours. In India in 2018, some outbreaks of mob violence appear to have been sparked by false allegations being shared through the app. WhatsApp has taken steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's wise warning a young person's profile settings to restrict who can see their photo and status. The options are 'everyone', 'my contacts' and 'nobody' - choosing one of the latter two ensures that your child's profile is better protected.

LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be part of, they can use WhatsApp's group settings to leave. If someone exits a group, the admin can add them back in once, if they leave a second time, it is permanent.

THINK ABOUT LOCATION

If your child needs to use the 'live location' function to show you or one of their friends where they are, advise them to share their location only for as long as they need to. WhatsApp gives a range of 'live location' options, and your child should manually stop sharing their position as soon as it is no longer needed.

DELETE ACCIDENTAL MESSAGES

If your child posts a message they want to delete, WhatsApp allows the user seven minutes to erase a message. Tap and hold on the message, choose 'delete' and then 'delete for everyone'. However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.

CHECK THE FACTS

You can now fact-check WhatsApp messages that have been forwarded at least five times, by double-tapping the magnifying glass icon to the right of the message. From there, your child can launch a Google search and decide for themselves whether the message was true or not.

POTENTIAL CYBERBULLYING

Group chat and video calls are great for connecting with multiple people in WhatsApp, but there is always the potential for someone's feelings to be hurt by an unkind comment or joke. The 'only admins' feature gives the admin(s) of a group control over who can send messages. They can, for example, block people from posting in a chat, which could make a child feel excluded and upset.

CONTACT FROM STRANGERS

To start a WhatsApp chat, you only need the mobile number of the person you want to message (the other person also needs to have the app). WhatsApp can access the address book on someone's device and recognise which of their contacts also use the app. So if your child has ever given their phone number to someone they don't know, that person could use it to contact them via WhatsApp.

LOCATION SHARING

The 'live location' feature lets users share their current whereabouts, allowing friends to see their movements. WhatsApp describes it as a 'simple and secure way to let people know where you are.' It is a useful method for a young person to let loved ones know they're safe - but if they used it in a chat with people they don't know, they would be exposing their location to them, too.

Meet Our Expert

Porvett Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media arena and is the founder of Kids Fi Clicks: a web resource that helps parents and children thrive in a digital world.



NOS
National Online Safety
#WakeUpWednesday

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content - including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform, which allows people to interact with other (usually unknown) users. Account holders can leave comments on account video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying or even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk - especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge' which can cause injuries very quickly, just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers may impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' - so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube - and, if applicable, with content creators - to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Cochrain (a.k.a. Lurndain) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and publicising the content of Liverpool Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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MENTAL HEALTH

South Leicestershire School Sports Partnership Newsletter



WHAT IS MENTAL HEALTH

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

SIGNS OF POOR MENTAL HEALTH IN YOUNG PEOPLE

Emotional signs to look out for include:

- Crying more than usual
- Persistent sadness
- Irritability and aggression – particularly if this manifests in regular, unprompted outbursts
- Appearing bored more often than normal

Behavioural signs that could be a sign of poor mental health include:

- Young children may become clingier while young adults become more withdrawn
- Losing interest in friends and other things they like doing
- Being reluctant to talk
- Usual activities don't retain their interest
- Difficulty concentrating

Physical signs of poor mental health in children

- Changes in appetite
- Disrupted sleep patterns
- Increased bed wetting for younger children
- Frequent headaches or stomach aches
- Rapid loss of weight
- Teeth grinding
- Loss of hair
- Self-harm

Ref: NSPCC YOUNGMINDS
NHS Childrens Society



Children's Mental Health Week

runs from 6-12 February 2023
Find out more [here!](#)

Find useful resources on our Parent/Guardian Portal [here](#)



TIPS TO SUPPORT CHILDREN & YOUNG PEOPLE

- Be there to listen
- Support them through difficulties
- Encourage their interests
- Take what they say seriously
- Build positive routines

There are also lots of free help and support services and resources available to access online.

YOUNGMINDS

YOUNGMINDS are a mental health charity for children, young people and their parents, making sure all young people can get the mental health support they need. For information, support and resources, visit their page [here](#)

- **Time to Talk Day (Mind)**
2nd Feb
- **Children's Mental Health Week (Place2Be)** 6-12th Feb
- **Eating Disorders Awareness Week (Beat Eating Disorders)**
28th Feb-6th March

Key February dates



Mind are a mental health charity, their aim is to make sure no one has to face a mental health problem alone. Find out more [here](#)



Find advice and support about mental health for children, teenagers, students and parents [here](#)



Mental Health Foundation have a useful article centred around friendship and mental health, check it out [here](#)



Beat Eating Disorders Awareness Week takes place from 28th Feb-6th March. For information and support visit their website [here](#)

LET'S GET SOCIAL!



@slssp



@learningsouthleicestershiressp



@southleicestershiressp

HEALTHY TOGETHER NEWSLETTER



WELCOME TO YOUR FIRST HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the first edition of your newsletter from Healthy Together. Each term you will receive this information leaflet designed for parents/carers and school staff.

In this update, you can find out more about the offer to primary school pupils and families from Healthy Together, some of the latest updates on our Health for Kids website and much more.

HEALTH FOR KIDS

[Health for Kids](#) enables primary school age children to learn about health in a fun and interactive way. They can venture into the four different worlds discovering exciting activities, playing games and taking quizzes along the way.

Children can play the ever popular [Poop Shooter game](#), find out about [building their character](#) or uncover advice about [moving up to secondary school](#) through our animations and articles.

Take a closer look at the website with your child by [clicking here](#)



HEALTH FOR KIDS: GROWNUPS

[Health for Kids: Grownups](#) provides health related advice and information specifically to parents and carers of 5-11 year olds.

Localised information, including news, public health (school) nurse contact details and local support services in the [Leicester, Leicestershire and Rutland](#) area can also be accessed through a dedicated local area.

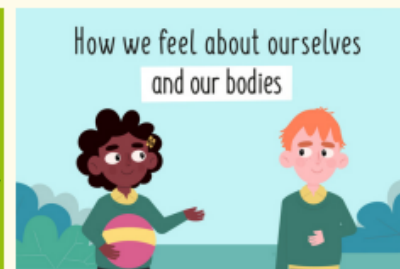


IN THE SPOTLIGHT

SUPPORTING HOW CHILDREN FEEL ABOUT THEMSELVES

To help children better understand the feelings and thoughts they may have about themselves and their body, we have created [a brand new animation](#).

Devised by members of the Healthy Together school nursing team, the animation offers lots of advice and useful information to help a child recognise any weaknesses, but also celebrate their strengths.



TAKE A LOOK AT OUR NEW BODY IMAGE ANIMATION BY [CLICKING HERE](#)

DID YOU KNOW YOU CAN CONTACT A SCHOOL NURSE BY TEXT?

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 382

- ✓ Development
- ✓ Sleep problems
- ✓ Communication issues
- ✓ Toileting
- ✓ Health issues
- ✓ School transition



CHILDREN'S MENTAL HEALTH WEEK 6-13 FEBRUARY 2023

Health for Kids offers a number of resources to support your child with their emotional health and wellbeing. Click on the links below for more:

- [Lanterns game](#)
- [Building your character](#)
- [Feeling worried](#)
- [Feelings activity sheet](#)

THE ROLE OF THE SCHOOL NURSE



Through the [local area of Health for Kids: Grownups](#), you can find out more about the support available to you from the Public Health (School) Nursing team at Healthy Together.

This includes finding contact details for the school nursing team at your child's school via our [School Nurse Finder](#).

CLICK HERE TO FIND OUT MORE ABOUT THE ROLE OF THE SCHOOL NURSE

WHAT TO LOOK OUT FOR NEXT TIME...

- ▶ Information on our Healthy Lifestyles campaign
- ▶ Details of our new Healthy Food Choices game on Health for Kids Plus much more

CROFT JUNIORS

We are looking for girls from year 2 and 3 to join our football club. Training is on Monday evenings and Saturday mornings at Broughton Astley Leisure Centre

For more information
Please contact
Jamie on
078 6872 7309



Leicestershire Libraries Newsletter

February 2023

Space Hoppers Story Weaving Workshops



Curve Creative Practitioners at Curve, Chandni Mistry and Tamika Gore will lead you on a story weaving journey through space.

£3 per child, suitable for ages 4—11 years. Free for accompanying adults. All booking will be through [EventBrite](#) and the tickets will go on sale at 4pm on Monday 23rd January. Keep an eye on our Facebook Page for details.

During February Half- Term we will be shooting into space with some splendid space themed events!

Monday 20th February	10.30am	Hinckley Library
Tuesday 21st February	2.30pm	Oadby Library
Wednesday 22nd February	10.30am	Broughton Astley Library
Wednesday 22nd February	2.30pm	Wigston Library

Curve Creative Practitioners at Curve, Chandni Mistry and Tamika Gore will come into the libraries and work with families to create their own out of this world adventures! Join us for an hour of space hopping fun as we travel the solar system and find stories on every planet in this interactive theatre workshop where families tell the stories of our solar system.

World Book Day

Thursday 2nd March is
World Book Day 2023!

Encouraging reading for pleasure and the opportunity for every child to have a book token. Find out more at <https://www.worldbookday.com/> There are online activities, resources, stickers and book recommendations. We would love you to share what you are doing on World Book Day. Just follow Leicestershire Libraries on social media and use the tags **#worldbookday** **#leicestershirelibraries**



Safer Internet Day Tuesday 7th February

For Safer Internet Day the NSPCC have put together a pack of resources to help families to keep children safer online.

You can find the resources on the NSPCC website here:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

International Women's Day

There are some amazing female writers from Cressida Cowell, Jacqueline Wilson, Rachel Bright and Skye McKenna to name a few as well as amazing female characters to inspire us all.

Take a look at some of the new titles we have in Leicestershire libraries and browse the [library catalogue](#) for more great titles!



Getting ready for School

You can use Leicestershire library services and pick up a library card for your child as part of getting ready for school! With lots of books for every type of reader you can share stories, learn something new and join in some of the events and activities at your local library. Find out where your local library is and more about joining the library www.leicestershire.gov.uk/libraries. For more information about getting ready for school in Leicestershire take a look at the webpage <https://www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/school-readiness>

