



"Participate, excel, take pride!"

## Newsletter and Diary Dates February 2023

### Children's Mental Health Week

Last week was Children's Mental Health Week, and to promote this each class took part in a drama workshop exploring communication, feelings and emotions. It was wonderful to see our children expressing themselves through drama. At Snarestone, we take our children's mental health very seriously. All our pupils know that there are trusted adults who they can turn to if they have any worries or are feeling anxious, and there are worry boxes in each classroom which are checked daily, where children can post their worries. We are also extremely lucky to have Mrs Phillips as our amazing Emotional Literacy Support Assistant (ELSA), whose role it is to support the emotional wellbeing of our pupils.



Visit <https://www.place2be.org.uk/> for more information, advice and support about children's mental health.

### Litter

Huge thanks to the Wombles in Litter Education (WILE), who delivered a wonderful, thought-provoking assembly all about the hazards of dropping litter and the importance in keeping our environment litter-free. This has inspired us to take part in a community litter-pick around Snarestone this week.



### Anti-Bullying 'Beyond Bullying Award'

We are currently working towards achieving our Beyond Bullying Award, in partnership with the Leicestershire Anti-Bullying Team. In order to achieve this, we need to demonstrate that we have a strong awareness and culture of anti-bullying. Our assembly theme this half term has been about anti-bullying, and our children know that we use **STOP** to define bullying and what we should do:

Bullying is **Several Times On Purpose**

We should **Start Telling Other People**

Some of our pupils have helped to design our children's anti-bullying leaflet, which will be going home to children this week.

Further information advice and support can be found on the Beyond Bullying website, at <https://www.beyondbullying.com/>

### Punctuality and Attendance

We take great pride that our attendance is generally very strong across the school, often much higher than national averages – thank you to all our parents/carers for your support with this. However, there are a few occasions when children are arriving in school after 9am, and we would appreciate your support in ensuring that children arrive between 8:45-9:00; thank you. Please note that children arriving after 9:05 will now have an unauthorised late mark.

### World Book Day

To celebrate World Book Day on **Thursday 2<sup>nd</sup> March**, we would like children to dress as their favourite book character, and bring in the book that the character is from, to share with their class. This is entirely optional; children may come in non-uniform if they prefer. We haven't had a World Book Day dress-up for some years now (as we realise the additional pressure that this can bring to households); however, this is something that our School Parliament really want us to do this year.

FOSS will also be running a book stall where children can choose a book for 50p.

### Red Nose Day

It is Red Nose Day on **Friday 17<sup>th</sup> March**, and our School Parliament have decided that they would like to run a 'Break the Rules Day!' to raise money for Comic Relief.

Children will be allowed to break the school rules for one day only, with 'fines' for each rule they break. Examples may include wearing make-up or jewellery, having coloured hair, having a temporary tattoo, painted nails or wearing pyjamas!

Further details will be distributed nearer the time.



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## Diary Dates

Please find below diary dates that we currently have for the spring term: *New or updated events are in red*

FEBRUARY			
w/b 13 <sup>th</sup> Feb.	Community litter picking week	all week	Years R-6
Wednesday 15 <sup>th</sup> & Friday 17 <sup>th</sup>	Gareth Baker (Patron of reading) – reading workshops. Gareth will be selling signed copies of his books after school on 15 <sup>th</sup>	am	Years R-6
Friday 17 <sup>th</sup>	VIP assembly – all parents welcome!	2:45 start	Whole school
w/b 27 <sup>th</sup> Feb.	Fairtrade Fortnight		
MARCH			
Wednesday 1 <sup>st</sup>	Whole school forest school day – all children will need to come to school in their forest school clothing	all day	Years R-6
Thursday 2 <sup>nd</sup>	World Book Day – children may dress up as a character from their favourite book, and bring the book into school to share. FOSS are also organising for children to choose a book in return for 50p, as well as other activities to be confirmed!	all day	Years R-6
Thursday 2 <sup>nd</sup>	Electricity safety assembly and workshops for KS2	pm	Years 3-6
Friday 3 <sup>rd</sup>	Celebration assembly	2:45 start	Whole school
Tuesday 7 <sup>th</sup>	Parents' Evening	3:30-5:30	
Thursday 9 <sup>th</sup>	Parents' Evening	3:30-7:00	
Friday 10 <sup>th</sup>	VIP assembly – all parents welcome!	2:45 start	Whole school
w/b 13 <sup>th</sup> March	British Science Week – each class will be taking part in science workshops during this week		
Monday 13 <sup>th</sup>	Cricket taster day for all year groups – all children will need their PE kit on this day	all day	Years R-6
Friday 17 <sup>th</sup>	Red Nose day – our School Parliament have decided that they would like a 'Break the Rules Day' to raise money for Comic Relief. Further details nearer the time!		
	Celebration assembly	2:45 start	Whole school
Saturday 18 <sup>th</sup>	Unity cross country races at Snarestone Primary School – as we are hosting this event, it would be amazing to see as many of our pupils as possible take part!	10:30am start	Years R-6
Friday 24 <sup>th</sup>	VIP assembly – all parents welcome!	2:45 start	Whole school
Tuesday 27 <sup>th</sup>	Herons' performance of Jack and the Beanstalk to parents	2pm	Year 3/4
	Herons' performance of Jack and the Beanstalk to parents	6pm	Year 3/4
Thursday 30 <sup>th</sup>	Easter Service at St. Bartholomew's Church – all are welcome to attend!	10am start	Whole school
Friday 31 <sup>st</sup>	Easter egg and bunny hunt around school! FOSS Easter raffle. END OF TERM	all day	Years R-6
APRIL			
Monday 17 <sup>th</sup>	First day of term		

There will also be a number of sports competitions and events taking place throughout the term. Miss Cunningham will send information about these separately.

## King's Coronation and Maypole Festival

Thinking ahead to the summer term, a reminder that Monday 8<sup>th</sup> May has been designated as a Bank Holiday for the King's Coronation. As a school, we will be celebrating the King's coronation at our annual Maypole Festival, which will take place on Friday 19<sup>th</sup> May from 1:30pm – please do try and keep this date free if you can.

## Snarestone Cross Country

It is our turn to host the next Unity Schools cross country race, which will take place on Saturday 18<sup>th</sup> March (am). A letter will be going out this week asking for volunteers to help us with a number of roles including marshals, hares (to run with the children), and helpers to serve refreshments. Any help would be hugely appreciated!



As our assembly theme in school is anti-bullying, this month's internet safety guide is about how to combat online bullying:

# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent "fighting their battles for them". In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

For further guidance, tips and resources, visit the UK Safer Internet Centre at <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>





## Term Dates 2023-24

### Autumn Term

<b>Teacher Days</b>	Thursday 24 <sup>th</sup> August / Friday 25 <sup>th</sup> August 2023
<b>August Bank Holiday</b>	Monday 28 <sup>th</sup> August 2023
<b>School Opens to Pupils</b>	Tuesday 29 <sup>th</sup> August 2023
<b>Mid-Term Break</b>	Monday 16 <sup>th</sup> to Friday 20 <sup>th</sup> October 2023
<b>Schools Close</b>	Friday 22 <sup>nd</sup> December 2023

### Spring Term

<b>New Year Bank Holiday</b>	Monday 1 <sup>st</sup> January 2024
<b>Teacher Day</b>	Monday 8 <sup>th</sup> January 2024
<b>School Opens to Pupils</b>	Tuesday 9 <sup>th</sup> January 2024
<b>Mid-Term Break</b>	Monday 19 <sup>th</sup> to Friday 23 <sup>rd</sup> February 2024
<b>Schools Close</b>	Friday 22 <sup>nd</sup> March 2024

### Summer Term

<b>School Opens</b>	Monday 8 <sup>th</sup> April 2024
<b>May Day</b>	Monday 6 <sup>th</sup> May 2024
<b>Mid-Term Break</b>	Monday 27 <sup>th</sup> to Friday 31 <sup>st</sup> May 2024
<b>Schools Close</b>	Wednesday 10 <sup>th</sup> July 2024