



Autumn Term 2021 Newsletter 12



The Value of the Month for December is to understand our Rights & Responsibilities

Rights and responsibilities help to make communities better...
it means being dependable, making good choices, and taking accountability for your actions.

What's happening next week...



Monday 6th	Y5 / Y6 Church Rehearsal (AM)
Tuesday 7th	
Wednesday 8th	
Thursday 9th	Y5 Gym / Y4 Swimming
Friday 10th	Christmas Lunch Day Christmas Jumper Day Y5 / Y6 Church Rehearsal (AM)

Christmas Post Box

Our Post Box will continue to be outside on the playground (weather permitting), every Monday & Tuesday morning.

Please ensure that envelopes are clearly marked with children's full name and class in order for the cards to be delivered to the correct recipient.



Christmas Performances

As you are aware, we continue to work closely with Public Health England and some difficult decisions have already been made this week. In addition, the following arrangements are now in place until the end of term:

Year 5 & Year 6 Carol Concert

We regret to inform you that parents / carers are no longer able to attend this event, however, arrangements have been made to film the performance which will take place in St Michael & All Angels Church, Walford.



Christmas Pantomime - Tuesday 14th December

Unfortunately, the children will not travel to Monmouth Savoy Theatre for the Jack and the Beanstalk Pantomime. Instead, an online and interactive Santa Live Pantomime has been purchased for every child to enjoy within their group. In addition, a variety of treats have been purchased for the children to share throughout the performance.

EYFS / KS1 Christmas Concert

We regret to inform you that parents / carers are no longer able to attend this event, however, arrangements have been made to film the performance.





Active Advent!

Can you complete all of our challenges before Christmas?

1st

20 Star
Jumps



2nd

10 Burpees



3rd

20 High
Knees



6th

10 Chair
Squats



7th

10 Wall
Press Ups

8th

20 Jumping
jacks



9th

10 Lunges

10th

20 Elf Skips

13th

10 Tuck
Jumps

14th

30 sec
Plank

15th

20 sec wall
Squat

16th

10 Pencil
Jumps

17th

30 sec 1 Leg
Balance

Random Act of Kindness

We were all pleased to hear that Freya (Y5) has shown kindness and generosity this Christmas by donating a special gift to a local family in need.



*Well done, Freya!
We are all really proud of you.*



IMPORTANT INFORMATION

Christmas Lunch

Please ensure that alongside paying for the Christmas Lunch Donation that you go and select your child's menu choices on ParentPay for **Friday 10th December**.

This is booked in the same way as any other lunch booking on ParentPay.

Paying for the donation alone will NOT book your child's meal.

Sooooo Proud...

We would like to congratulate all of Year 6 for their incredible support of the whole school, each and every morning, since the beginning of the Autumn Term. Each morning, they 'meet and greet' everyone with a cheery 'hello' and a warm welcoming smile.

In addition, the Eco-Team ensure that the school environment is well maintained and looked after – undertaking this work with great passion and commitment.

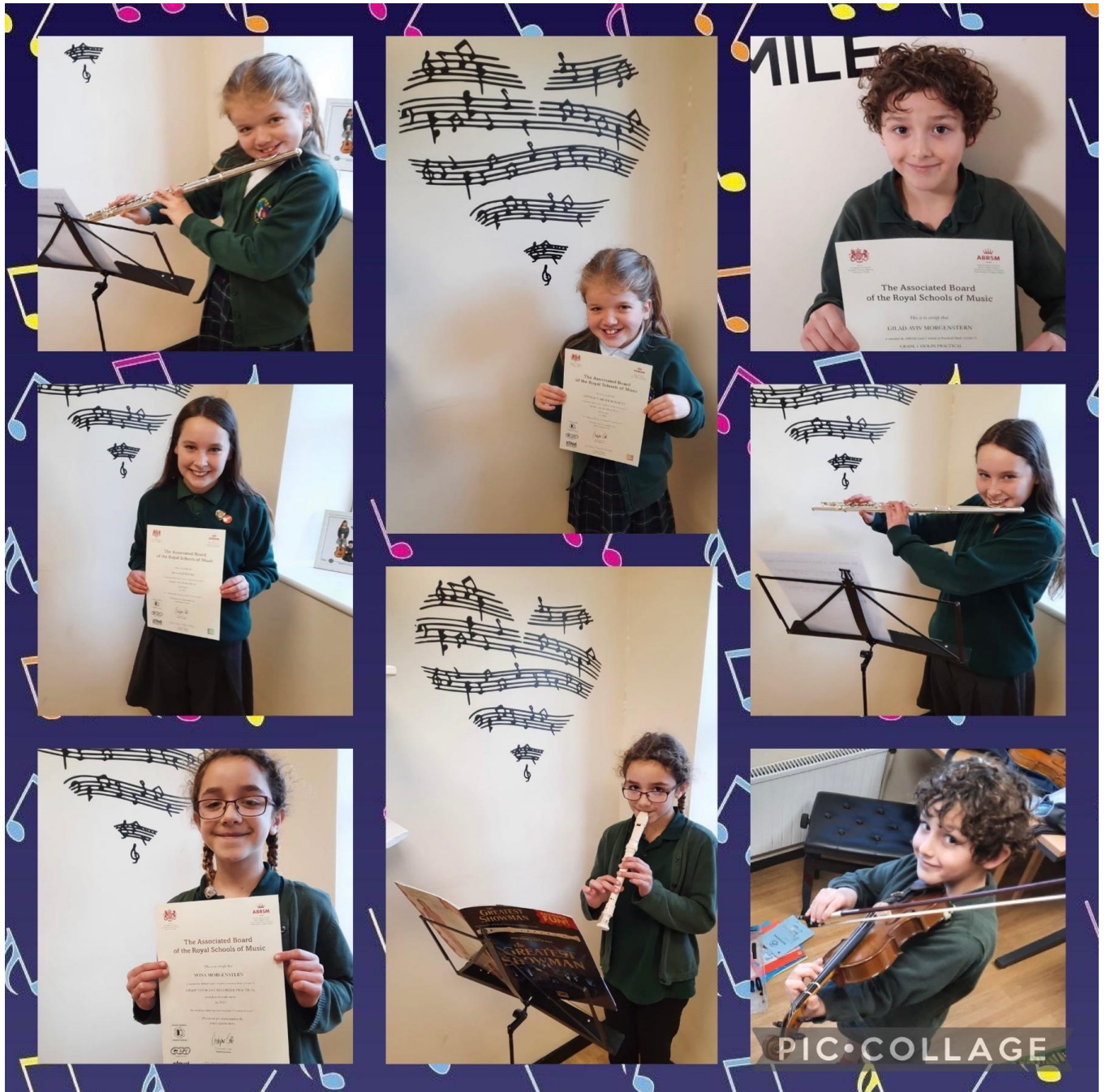
Huge thanks to parents / carers who have recognised the important and valuable contribution our members of Year 6 are making – your positive comments and numerous emails have made us all feel very proud.



GO TEAM WALFORD!



Walford's Marvellous Musicians



Congratulations to...

Gilad (Y3) who achieved his Grade 1 violin, passing with distinction.

Yona (Y4) who achieved her Grade 3 descant recorder, passing with merit.

Ottilia (Y6) who achieved her Grade 1 flute exam.

Isla (Y6) who achieved her Grade 1 flute exam.

Well done everyone - we are all really proud of you!

SMALL DOG CHEWS HAVE NOW SOLD OUT!
ALL OTHER SIZES ARE STILL AVAILABLE TO ORDER.



Walford Nursery & Primary School
alongside
St John The Baptist, Lea Church



'Dog Chew' Competition



WIN **£100** Smyths
Toy Voucher
PLUS £25
CLASS PRIZES



The child that sells the
most bags of dog chews
during the competition will
win the **TOP PRIZE of £100.**
PLUS, the top sellers in
each of the other classes
will receive **£25!**



Help us raise
money for
books for our
new Class
Libraries!



INFORMATION FOR PARENTS

This competition has been arranged thanks to the generosity of a major manufacturer of high-quality dental dog chews who is a customer of Alan Keef Ltd, Lea. The dog chews can be found in leading supermarkets and pet stores but will be supplied in unbranded bags for **£5.00 each** (RRP £16.00). A similar competition held with Lea School raised £4,300 in two weeks – so anything is possible if we all sell as much as possible!

There are a few simple rules for the competition which can be found within this leaflet.

Please do all you can to sell as many packs as possible to family, friends and colleagues and help your child win whilst raising money for Walford Nursery & Primary School and St John the Baptist, Lea Church.



What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child that can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.nos.gov.za/documents/about-us/programmes/age-inappropriate-content/>; <https://www.nos.gov.za/documents/about-us/programmes/age-inappropriate-content/>; <https://www.nos.gov.za/documents/about-us/programmes/age-inappropriate-content/>



www.nationalonlinesafety.com



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021

December Kindness 2021

SUNDAY



5 Give a gift to someone who is homeless or feeling lonely

12 Be generous. Feed someone with food, love or kindness today

19 Contact someone who may be alone or feeling isolated

26 Get outside. Pick up litter or do something kind for nature

MONDAY



6 Leave a positive message for someone else to find

13 See how many different people you can smile at today

20 Help others by giving away something that you don't need

27 Call a relative who is far away to say hello and have a chat

TUESDAY



7 Give kind comments to as many people as possible today

14 Share a happy memory or inspiring thought with a loved one

21 Appreciate kindness and thank people who do things for you

28 Be kind to the planet. Eat less meat and use less energy

WEDNESDAY

1 Spread kindness and share the December calendar with others

8 Do something helpful for a friend or family member

15 Contact an older neighbour and brighten up their day

22 Congratulate someone for an achievement that may go unnoticed

29 Turn off digital devices and really listen to people

THURSDAY

2 Contact someone you can't be with to see how they are

9 Notice when you're hard on yourself or others and be kind instead

16 Look for something positive to say to everyone you speak to

23 Choose to give or receive the gift of forgiveness

30 Let someone know how much you appreciate them and why

FRIDAY

3 Offer to help someone who is facing difficulties at the moment

10 Listen wholeheartedly to others without judging them

17 Give thanks. List the kind things others have done for you

24 Bring joy to others. Share something which made you laugh

31 Plan some new acts of kindness to do in 2022

SATURDAY

4 Support a charity, cause or campaign you really care about

11 Buy an extra item and donate it to a local food bank

18 Ask for help and let someone else discover the joy of giving

25 Treat everyone with kindness today, including yourself!



ACTION FOR HAPPINESS

Happier · Kinder · Together

