



Spring Term 2022 Newsletter 8



The value of the month is... Resilience

Having the motivation to keep going and not to give up.
When things get difficult – having the ability to bounce back.
Having the tenacity to accomplish our goals.

What's happening after half term...



Monday 7th	Y4 Swimming Pre-School Stickman Trail
Tuesday 8th	
Wednesday 9th	
Thursday 10th	Y2 Gym / Y6 Netball Tournament
Friday 11th	



School Disco Thursday 17th March



Disco tickets will be available to purchase via ParentPay from Monday, 14th March 2022.

KS1	5.00pm – 6.00pm
KS2	6.15pm – 7.30pm

Sumdog.com Herefordshire Maths Contest

Calling all children in Class 1 – Class 6!

Sumdog's Herefordshire Maths Contest is here!

It starts on Friday 4th March at 8.00am, and finishes at 8.00pm on Thursday, 10th March 2022.

Sign in to sumdog.com to play the games and join the contest. After signing in, click on 'Tasks' on the left hand side of the screen. 'Herefordshire Maths Contest' should appear as one of the children's activities – click on this.

Here are some things to keep in mind during the contest:

- Children can play at any time.
- For the score to count, the Herefordshire Maths Contest activity must be showing in the green panel on the left of the student's screen when they click to start each game.
- The children's scores are based on the number of correct answers.
- A class's score is the average of the scores from all children from that class who take part.
- To appear on the leaderboard, at least 5 children from a class need to play.
- As some children have limited computer access, every student is limited to 1000 contest questions. However, their free logins let them keep playing other activities afterwards.

We hope you all enjoy using Sumdog! Let's see which class can make it onto the Leaderboard!



Paddle and Praise

If you have a pre-school child, then Paddle and Praise might be the group for you.

It is run on behalf of St. Michael's Church, Walford and St. Mary's Church, Ross on Wye and everyone is welcome. It is a great opportunity to meet other mothers, unwind and enjoy special time with your children.

The morning starts with actions and songs in a small, shallow indoor heated pool followed by refreshments, a Bible story, and a related creative activity.

It runs once a month on a Thursday morning from 9.30am until 11.30am and while there is no charge, any donation to our work in the church is always appreciated.

Dates for the spring and summer terms are as follows:

17th March, 7th April, 26th May, 23rd June and 14th July



Numbers are limited so please get in touch if you are interested in joining this group.

For more information, please contact Wendy Alston mandwalston@btinternet.com



1st Walford Scout Group

GOOD NEWS!!!!

Walford Scout group are looking to start a Cub Section after Easter 2022 Cub Scouts (8-10½)

For Cubs, excitement and adventure are key. Their programme offers a huge variety of activities surrounding areas of fitness, global and beliefs; whilst allowing them to be creative and get involved in their local communities. Cubs are introduced to exciting outdoor skills and take part in adventurous activities, as well as camps and residential experiences. The Cub Pack is the second section of the Scout Group following on from Beavers. Cub Scouts are young people aged between 8 and 10 ½. There is flexibility in the core age range: young people can join as early as 7½ and can move to Scouts between age 10 and 11.

During their time in the Pack, Cub Scouts will get a chance to try a wide range of activities as well as going on trips, days out, and on camps. Participation and personal development, rather than meeting set standards, is the key approach, and there are a range of badges and challenge awards that Cubs can gain to recognise their achievements.

We have managed to re-start the Beaver section as of January 2022.

We need leaders as well as cubs – All training offered, Mums, Dads, Grandparents, Family & Friends (18+ years)

Know of someone? Interested yourself?

OPEN MEETING is to be held on Monday 14th March @ 7.00pm @ Walford Village Hall
All those interested in places, volunteering then please join us and find out more

Ros Hatherill (Acting Group Scout Leader): ros.hatherill@icloud.com for all further enquiries.

WORLD
**BOOK
DAY**

3 MARCH 2022

25 YEARS

World Book Day

Thursday 3rd March 2022

WORLD
**BOOK
DAY**

3 MARCH 2022

25 YEARS

World Book Day proved to be great fun again this year with children and staff enjoying the opportunity to dress up. Everyone made such a big effort – HUGE thanks to all parents/carers for your continued support and incredible creativity!

A special congratulations to our best costume winners:

Nursery - Piper, James & Thomas

Class R - Florence P

Class 1 - Piper H

Class 2 - Milly

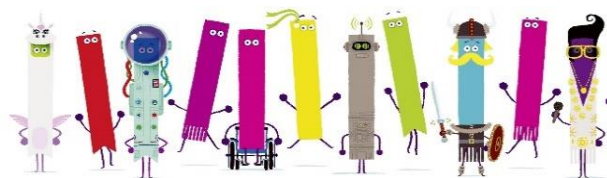
Class 3 - Oscar

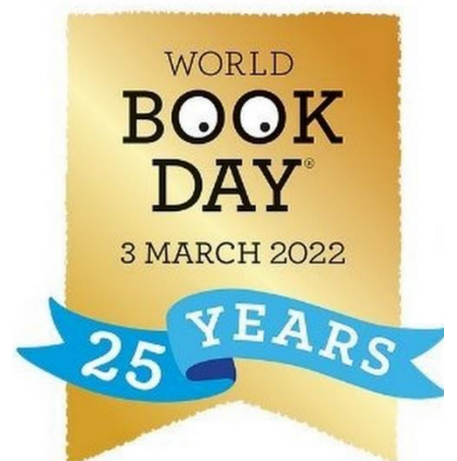
Class 4 - Lottie

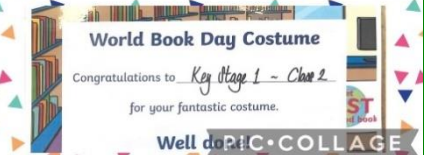
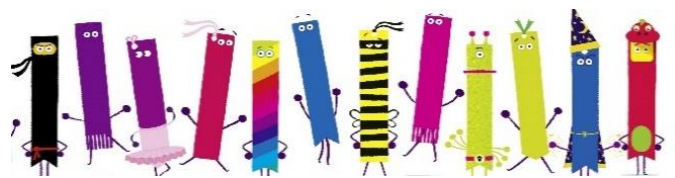
Class 5 - Joey

Class 6 - Mia

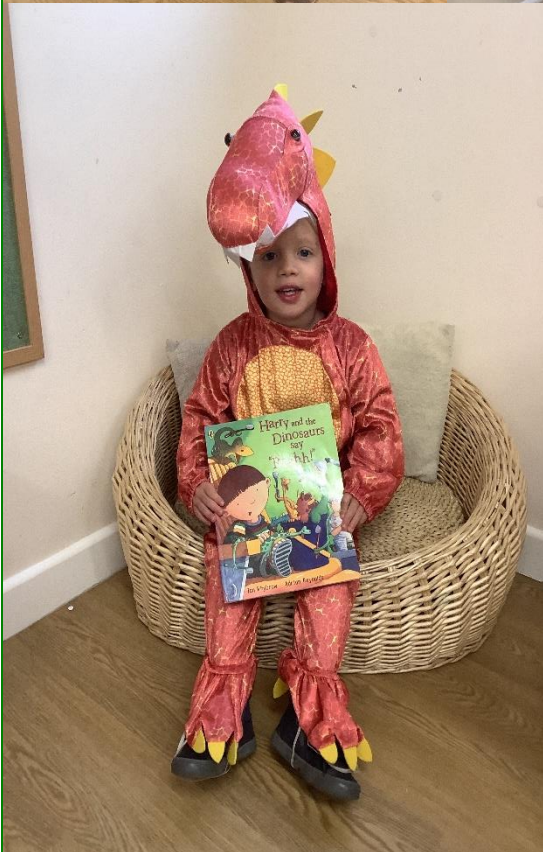
Overall class winners – Class 2 & Class 5













to...

Milly (Y2) who achieved her Stage 3 Learn to Swim badge last week.

Max (Y3) who achieved his 10 metre Rainbow Distance badge last week.

Emily (Y6) who came 2nd in her Horse-Riding class.

Well done, everyone – we are all very proud of you!





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 dupe them into disclosing 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 on the app. WhatsApp itself took steps to prevent its users circulating hazardous theories and speculation in the early weeks of the Covid-19 pandemic.

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.

Advice for Parents & Carers

CLICK HERE

CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's also worth altering 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.



EXPLAIN ABOUT BLOCKING

If your child receives spam or offensive messages, calls or files from a contact, they should block them using 'settings' in the chat. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.



REPORT POTENTIAL SCAMS

Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they'll be given the option to report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it really is them, or if it's someone trying to trick your child.



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.



Meet Our Expert

Parveen 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 N Click: a web resource that helps parents and children thrive in a digital world.



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So Proud...

HUGE congratulations to Ophelia (Y2) who entered into a story writing competition and has had her story selected for publication!

Ophelia's story will feature in the anthology of the chosen children's stories.

Well done, Ophelia! We cannot wait to read it!



March 2022	Thursday 3 rd	9.00am	Dress-Up Day – World Book Day
	Thursday 17 th	5.00pm – 6.00pm 6.15pm – 7.30pm	KS1 Disco KS2 Disco
	Friday 18 th	9.00am	Wear What You Like – Comic Relief
	Friday 25 th	9.30am	Nursery, EYFS & KS1 Class Assembly via Zoom
April 2022	Tuesday 5 th	2.00pm	Year 3 & Year 4 Easter Service via Zoom
	Thursday 7 th	3.05pm	End of term

Key Dates – Statutory Assessments

May 2022	w/b Monday 9 th May	Year 6 KS2 SATs ** Holidays are not permitted **
May 2022	w/b Monday 16 th May w/b Monday 23 rd May	Year 2 KS2 SATs ** Holidays are not permitted **
June 2022	w/b Monday 6 th June	Year 1 Phonics Screening Check ** Holidays are not permitted **
June 2022	w/b Monday 6 th June	Year 4 Multiplication Table Check ** Holidays are not permitted **

Challenge 2022

Thank you to all those families that took part in Challenge 2022! We are still able to accept any last-minute sponsorship forms and monies up until Monday 7th March.

Thank you to those of you that shared photographs with us to show how you chose to raise money:

Kingsley (YR) and Nell (Y2) chose to make 40 bird feeders and sold them over half term.

Elijah (Y1) read a book **every day** during the half term holiday as part of his readathon.

Joseph (Y1) chose to hold a toy sale, selling the toys that he no longer uses.

Iestyn (Y5) chose to cycle 20.2km on his bike. Phew...Impressive work!

Well done everyone – you have all been very busy!



Mindful March 2022

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

