



Spring Term 2022 Newsletter 13



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 25 th	Term starts
Tuesday 26 th	
Wednesday 27 th	Y1 Cricket Y5 Cricket
Thursday 28 th	YR Gym Y2 & Y3 Road Safety
Friday 29 th	Kings Active P.E sessions Y4 Road Safety



Breakfast Club, Lunches, After School Clubs, Toast & Year 6 Executive Breakfast Club are all now available to book on ParentPay for next term.



Free Easter Holiday Activities and Food (HAF) Programme in Herefordshire

If you are a parent or guardian of a school aged child 4 to 16 years (reception to Year 11) who is eligible for benefits-related free school meals, you can book up to 16 hours of free activities for your child to enjoy during the Easter holidays.

In Ross-on-Wye we have two providers that have spaces available:-

- **Prostars are running sessions for children 4 - 12 years and have an exciting timetable of activities. Each session will include a nutritious meal.** Please join us for loads of Easter fun this holiday. Children will take part in a variety of activities - sport coaches, games, arts, forest school, headstrong heroes, football workshops, martial arts and Easter crafts. Each day has a themed topic with a sporting activities.
- **St Josephs are running sessions for children 4 – 11 years and have a loads of fun activities planned. Each session will include a nutritious meal.** There will be a wide range of fun indoor and outdoor activities to choose from and Easter craft, 3D sculptures, gardening, photography and baking workshops for the children to enjoy (activities will change each day). We offer provision for children with SEND but please call or email the school in advance to discuss 01989 564655. **Please email to book a place admin@st-josephs.hereford.sch.uk**

Spaces are limited, and filling up quickly so ensure you book your child on to some of the great activities on offer, places are allocated on a first come, first served basis. The booking system is available on the Talk Community website www.talkcommunity.org/holidayactivities

The activities are only available to children in receipt of benefits-related free school meals and checks will be made to ensure that children are eligible.

If you have a question about Herefordshire's Easter Holiday Activities and Food (HAF) Programme, please contact Herefordshire Council's HAF Team at HAF@herefordshire.gov.uk

The Holiday Activities and Food (HAF) Programme has been funded nationally by the Department for Education. You can find out more about the national programme by visiting the HAF2021 website: www.HAF2021.org.





DESIGN A POTATO BOOK CHARACTER

Thank you for your amazing 'Design a Potato Book Character' competition entries... we had lots of creative characters, making it an extremely difficult job for our judges.

Here are our worthy winners...



Sophia (YR)

Olivia (Y1)

Emmi (Y2)

George (Y3)

Kai (Y4)

Alisha (Y5)

William (Y6)

Great job, everyone!

Official Opening of The Boynton Reading Room

Mr Martin Boynton, husband of the late Liz Boynton, and family members were delighted to officially open The Boynton Reading Room in memory of Liz's exceptional contribution to the school as a governor for over thirty years.

Class 5 and Class 6 led a very moving assembly which including poems, songs and wonderful memories of a very special lady. The Boynton Reading Room, situated within the remembrance and reflection garden area will act as a permanent reminder of Liz's passion for the countryside, agriculture and love of journalism.



Special thanks to **Florence's very talented Grandfather** who kindly made and donated The Boynton Reading Room sign for all to enjoy!



Year 3 and Year 4 Class Assembly

This week, pupils, staff, parents and carers came together for the first time in many months to celebrate the Year 3 and Year 4 Class Assembly.

The children sparkled as they confidently told the Easter story in readings, songs and poetry, much to the delight of their audience, who enjoyed this special service held at St Michael and All Angels Church, Walford.



CONGRATULATIONS



Beatrice (YR) who received Star of the Month at Flipz Gymnastics for great listening and lovely gymnastic moves!

Lily (Y1) who was invested into Beavers!

Ollie (Y1) who has received his Learn to Swim Level 1 Badge!

Milly (Y2) who received Star of the Month at Flipz Gymnastics for always being kind and helpful to other gymnasts!

Elsie (Y2) who has received her Learn to Swim Level 2 Badge!

Max (Y3) who was invested into Beavers and made Beaver Leader!

Matilda (Y5) who received her Karate purple belt last week, just 2 belts away from her black belt!

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

What Parents & Carers Need to Know about THE OFCOM CHILDREN AND PARENTS: MEDIA USE AND ATTITUDES REPORT 2022

ONLINE LIFE

99%

of children went online in 2021

Who owns a mobile phone?

24%

of 3 to 7-year-olds

60%

of 8 to 11-year-olds

98%

of 12 to 17-year-olds

ONLINE BULLYING

4 in 10 children were bullied. How many of them were bullied online?

74% of 8-11s

92% of 12-15s

84% of 16-17s

FAKE NEWS

NEWS

Save the Tree Octopus!

72% of teens said they could tell real from fake – but in tests, only 11% chose reliable identifiers that a post was genuine.



GAMING AMONG CHILDREN

18% of 3-4s

38% of 5-7s

69% of 8-11s

76% of 12-15s

73% of 16-17s

ONLINE SAFETY

42%

13+

of parents knew the minimum age requirement for using social media

90%

of parents had high awareness of parental tools and controls, but only 70% use them

89%

of children got online safety guidance from parents

69%

of children got online safety guidance from teachers

POPULAR PLATFORMS

What percentage of children used ...



YouTube: 89%



Facebook: 40%



WhatsApp: 53%



FaceTime: 32%



TikTok: 50%



iMessage: 15%



Snapchat: 42%



Zoom: 14%



Instagram: 41%



Twitter: 13%

PARENTAL CONCERNS

4 in 10

parents were concerned about their child's screen time

18

CENSORED

7 in 10

were concerned about age-inappropriate content

6 in 10

were concerned about content promoting self-harm

5 in 10

were concerned about extremist content online

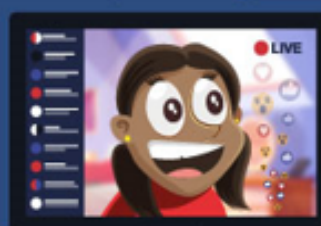


National Online Safety®

#WakeUpWednesday

Sources: <https://www.ofcom.gov.uk/consult/condocs/pa18/pa18.pdf>
0024/204809/Children-media-use-and-attitudes-report-2-002.pdf

SOCIAL MEDIA AND LIVE STREAMING



Age groups	Children who use live streaming apps	Children who use social media
3 to 4-year-olds	32%	21%
5 to 7-year-olds	39%	33%
8 to 11-year-olds	54%	64%
12 to 15-year-olds	73%	91%
16 to 17-year-olds	79%	97%



www.nationalonlinesafety.com



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Herefordshire Children's Centre Services Newsletter

Spring 2022

Herefordshire Children's Centres

Play and Learn - Now for Under 3's

Our Free Play & Learn group is now for all under 3 year olds.

Each group will run for 6 weeks allowing families to attend with children, enjoy a relaxing and safe environment, whilst having the chance to meet with other families. The sessions also cover; Play and Development, Safety in the Home, Dental Health, Healthy Lifestyles, Communication and Home Learning. At the sessions you will be given useful information and an activities to do with your child.

The Play & Learn sessions are held on different days across all of our Children's Centres, please call for more information and details of your nearest centre.

If you would like to attend the next group, which will start in April please contact the Children's Centre to book your place.

Children's Centre Phone Numbers

Widemarsh	01432 383430
Greencroft	01432 383860
Ledbury	01432 383840
Coningsby (Leominster)	01432 383340
Ross on Wye	01423 260700

Important Contacts

Early Help Hub - 01432 260800
Midwife Appointments - 01432 372965
Maternity Triage - 07990 986517
Breastfeeding Support - 07733 264085
Health Visitor Advice Line - 07870 682711
School Nursing Advice Line - 07813 451034



Herefordshire Healthy Mums

The 12 week group focuses on maintaining a healthy lifestyle with no strict eating regimes. The team of experts will help you make small changes to your lifestyle, which will remain healthy habits for life.

These sessions are free and open to mums with children under 5, and are held at Children's Centre's within Herefordshire.

This is a fantastic opportunity to get healthy and meet with other likeminded mums, so sign up now by emailing healthymums@herefordshire.gov.uk or call 01432 383567



Herefordshire Children's Centre
Find us on Facebook!

Where you can find community groups, advice and fun!
For local Easter Activities follow this link:

<https://www.facebook.com/media/set/?set=a.1282367165505108&type=3>



GIRLS ONLY SOFTBALL CRICKET



FOR ALL GIRLS IN YEAR 5, 6, 7 & 8

ALL EQUIPMENT PROVIDED

ALL ABILITIES WELCOME

QUALIFIED ECB COACHES

VENUE: HEREFORD CRICKET CENTRE, BREDON DRIVE HR4 0TN

DATES:

12TH APRIL 3:30PM-5:30PM

19TH APRIL 3:30PM-5:30PM

27TH APRIL 6:00PM-8:00PM

#WE GOT
GAME.

HUNDRED

To book your place please email Claire Langford:

clairelangford@herefordshirecricketltd.co.uk

For more info call Peter Gale 07359 027728

@herefordgirlscricket



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 **

Active April 2022

MONDAY



4 Eat healthy and natural food today and drink lots of water

11 Set yourself an exercise goal or sign up to an activity challenge

18 Try a new online exercise, activity or dance class

25 Have a 'no screens' night and take time to recharge yourself

TUESDAY



5 Turn a regular activity into a playful game today

12 Move as much as possible, even if you're stuck inside

19 Spend less time sitting today. Get up and move more often

26 Take an extra break in your day and walk outside for 15 minutes

WEDNESDAY



6 Do a body-scan meditation and really notice how your body feels

13 Make sleep a priority and go to bed in good time

20 Focus on 'eating a rainbow' of multi-coloured vegetables today

27 Find a fun exercise to do while waiting for the kettle to boil

THURSDAY



7 Get natural light early in the day. Dim the lights in the evening

14 Relax your body & mind with yoga, tai chi or meditation

21 Regularly pause to stretch and breathe during the day

28 Meet a friend outside for a walk and a chat

FRIDAY

1 Commit to being more active this month, starting today

8 Give your body a boost by laughing or making someone laugh

15 Get active by singing today (even if you think you can't sing!)

22 Enjoy moving to your favourite music. Really go for it

29 Become an activist for a cause you really believe in

SATURDAY

2 Spend as much time as possible outdoors today

9 Turn your housework or chores into a fun form of exercise

16 Go exploring around your local area and notice new things

23 Go out and do an errand for a loved one or neighbour

30 Make time to run, swim, dance, cycle or stretch today

SUNDAY

3 Listen to your body and be grateful for what it can do

10 Have a day free from TV or screens and get moving instead

17 Be active outside. Dig up weeds or plant some seeds

24 Get active in nature. Feed the birds or go wildlife-spotting



ACTION FOR HAPPINESS

Happier · Kinder · Together