



Learn together. Grow together. Succeed together.

**Edition 18: Friday 26th January
2024**

Dates for your Diary

Tues 23 rd Jan 6pm	PDSA meeting in Twilight
Fri 26 th Jan	Appointment letters for parents' evening distributed
Fri 2 nd Feb	NSPCC Number Day
Weds 7 th and Thurs 8 th Feb	Parents' Evening 3.30-6.30pm
Fri 9 th Feb	Foundation Stage Heights and Weights
Fri 9 th Feb	End of spring term 1
Mon 12 th to Fri 16 th Feb	Half term holiday
Mon 19 th Feb	Start of spring term 2
Weds 21 st Feb 9.10-10.30am	MHST Parent Workshp
Mon 26 th to Weds 28 th Feb	Year 4 Minstead Residential
Thurs 28 th March to 12 th April	Easter Holidays

This week at Parsons Down...

- ✓ This week's **attendance** for EYFS and Key Stage 1 was 95.3% and for Key Stage 2 it was 92.7%.
- ✓ Many thanks to everyone who has sent their slip back in for our forthcoming **parents' evening**. Appointment letters should have come home today.
- ✓ Many thanks to everyone who attended Tuesday's **PDSA** meeting. Kylie McLeish was elected as the new chair. More news coming soon about forthcoming events.
- ✓ The **Eco Council** remain busy. There's an event on in Thatcham this weekend with the mass unwrap at Co-op (see flier below). We are also still collecting plastic sweet wrappers and bottle tops for an exciting art project. They can be dropped off at our reception.
- ✓ Unfortunately, there's no **No Outsiders** photo to share this week as we're currently operating without a hall projector for our assemblies.
- ✓ We currently have vacancy for a **Parent Governor**. Being a Governor is an important role in the life of our Partnership of Schools as they are responsible for the strategic direction of the school. If you are interested in finding out more about this exciting opportunity, please speak to Mrs Bull or Mrs Vicky Rock who is one of our current parent governors.
- ✓ **NSPCC Number Day will soon be upon us**. It's on Friday 2nd February and children are encouraged to come to school in maths related non-school uniform. We've encouraged them to look in the cupboards for an item of clothing that may have a number on it (like a football top), a pattern such stripes or spots or quite simply shapes. There is no need to go and buy something new. We are asking for a suggested donation of £1 with all proceeds going to the NSPCC. Money can be brought in on the day and handed to their class teacher. We would like to once again invite parents, carers or grandparents to come into class between 2pm and 3pm on Friday 2nd February to work alongside their child or group of children and teach them a game. There are so many games that have a link to maths. We do have some games but if you would be able to bring in a game with you that would be fabulous
- ✓ We've sent out a **Year 4 Minstead** residential update with the medical and consent forms. Please can we have them back by Friday 16th February
- ✓ Amy, our Family Support Worker, has organised a **parent/carers workshop**, "**The voice of the child: what children and young people want their parents/carers to know about mental health**". It is a Parent Workshop Session Organised by The Mental Health Support Team at Parsons Down Partnership of Schools – 21st February 9.10am – 10/10.30am. This session will be an informal, relaxed chance to hear about ways to support your child's mental health and also ask any questions you might have. For any questions and to book a space please email Amy Bannister at: abannister@pdp.w-berks.sch.uk
- ✓ Please remember that the **staff carpark** is only for staff and parents who have permission to park there.

Finally, be kind, be safe, be respectful, Mrs Bull



The Week in Pictures

An online safety reminder, Year 2 taking their history learning outside and this weekend's mass unwrap.

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on use of many devices which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, links and tips for adults.

SMARTPHONE SAFETY TIPS

for young people

7 You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around if a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Schirren is an online safety campaigner, author and researcher who has developed a lot of important work: building and online safety policies for schools. She has written books on online safety, paper and online, and is a frequent speaker at conferences and events. She was named as one of the top 100 young people in the UK, and is a member of the National Online Safety team.

The National College
NOS National Online Safety
 #WakeUpWednesday



Say no to single use plastic. Join our **MASS UNWRAP**

Sat 27th Jan
 10-12
 Co-op
 Thatcham



WHAT IS A MASS UNWRAP?
 It is an awesome action that highlights the level of plastic packaging in supermarkets, by asking customers to remove unnecessary packaging.

Fully supported by Co-op **PLASTIC FREE THATCHAM**
 SURFERS AGAINST SEWAGE
 www.eco-friends.org.uk/events

