



## Ark Atwood: Newsletter, Thursday 1<sup>st</sup> December

Dear Parents,

A shorter week owing to the inset day tomorrow but a busy one nonetheless. It has been lovely to have parents evenings back in person after such a long time online. I hope that all parents found these sessions useful – a reminder that as well as these termly sessions, you can catch up with your child's teacher at the end of the day or make an appointment if you have any questions or queries. On Monday, we arranged for some organisations to be in school during parents evening to offer advice and support to parents in areas like special educational needs, personal finance and adult education. I know lots of parents took up this opportunity and I hope found it useful. There are many challenges at the moment for families so if you do need support with anything, please get in touch and we will see how we can help.

**Finally, next Thursday is the next Friends of Ark Atwood event – the Winter Fair.** Take a look at the poster on the right for all the details. Ishraf and the team have done a great job pulling everything together and I am sure it will be a great event. Don't forget to bring change – it starts straight after the end of the day. All proceeds go to the Friends of Ark Atwood.

Best Wishes

James Evelyn  
Headteacher, Ark Atwood Primary Academy

## Sleep Workshop for Parents

**On Tuesday 13<sup>th</sup> December our Educational Psychologist, Jaspur Khawaja, will be running a Parent Workshop on Sleep.** All parents are welcome to attend. The workshop will cover topics such as healthy sleep habits for students, supporting successful bedtime routines and an opportunity to discuss and ask questions around sleep.

It will start after drop off in the morning at 8:45am running until approximately 9:30am. Sleep is such an important part of everyone's lives and professional advice can be ever so helpful. Do please attend if you are able to and share with other Atwood parents if you think this is something they might be interested in too!

Friends of Ark Atwood Presents

# Winter FAIR

Thursday 8th December 2022  
Time: After School

**FREE ENTRY**

COME JOIN US FOR FUN AND GAMES!

- Bouncy castle
- Food
- Santa's grotto
- Arts and crafts
- Face painting
- Football target
- Lucky dip
- Handmade gifts
- Baubles decorating
- Miss Vanesa's Photo booth
- Uniform & Book sale
- VR experience
- Christmas jolly jars & cards
- Biscuit decorating
- Nail painting
- Henna
- Penguin video game
- Bruce Forsyth's 'Play your cards right'

PLEASE BRING CHANGE..... ENJOY!

☆ All money raised goes to FOAA to help better our School ☆

Made with PosterMyWall.com

## End of Term Performances

Timings have now been confirmed for the end of term performances. We are looking forward to welcoming parents to these fun events.

For the performances at Paddington Academy, numbers are limited to a maximum of two people per child.

Date	Year Group(s)	Times	Venue
Monday 12 <sup>th</sup> Dec	Years 1, 2 & 3 Music Performance	Arrive 2.15pm for 2.30pm start	Paddington Academy
Tuesday 13 <sup>th</sup> Dec	Reception Music Performance	9.30am	Ark Atwood
	Years 4, 5 & 6 Music Performance	Arrive 2.15pm for 2.30pm start	Paddington Academy
Wednesday 14 <sup>th</sup> Dec	Nursery Performance	12.30pm	Ark Atwood

## Nursery Stay and Play

Thank you to the parents who came along to our Nursery Stay and Play session. It was lovely to have you with us and we hope you found the session useful.

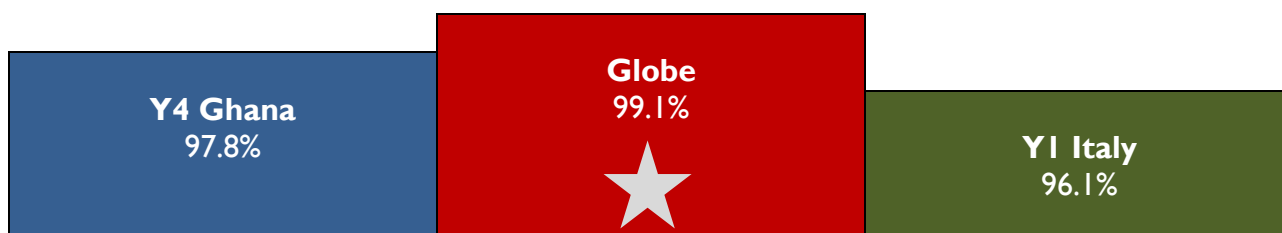


## Attendance

Excellent attendance is vital to success at school. We track attendance closely and celebrate excellent attendance.

Congratulations to our classes with the best attendance over the last five days:

Class Breakdown			
Globe	99.1	Belgium	91.2
Mexico	96.9	Ghana	97.8
India	83.0	Brazil	90.1
Italy	96.1	Greece	87.9
France	88.5	Spain	90.4
China	95.1	Canada	92.6
Barbados	92.4	Australia	82.3
Norway	93.8	Whole School	91.9



## E-Safety

We share E-Safety information with parents in the Atwood newsletter. This is to help you in ensuring that your child can use technology safely. Please read the following information.

At 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 one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. If alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

**Meet Our Expert**  
Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

**NOS National Online Safety®**  
#WakeUpWednesday

Source: <https://www.bbc.com/news/technology-53248625>  
<https://www.bbc.com/news/technology-53248625>

[www.nationalonlinesafety.com](http://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: 30.11.2022