



Ark Atwood: Newsletter, Friday 12th May

Dear Parents/Carers,

I have been super impressed this week by how well the Year 6 pupils have conducted themselves during their SATs assessments, but I am acutely aware that this has been due to the hard work by the staff team to prepare the pupils well in advance. Thank you again to everyone that has helped out over the course of the week, especially those that prepared the full cooked breakfast each morning – no surprise everybody was in school well on time!!

My uniform sticker supply is happily running low, I have issued a record number of stickers this week due to seeing so many pupils wearing their uniform with pride and looking so smart. It has been great to have pupils presenting themselves in the morning, hoping I have the stickers on me. Don't worry I still have enough left for next week and always order more – but do want to thank parents and carers for supporting us with this!

Deliberately I have not added the attendance figures on the newsletter or shared this with pupils over the last few weeks as it has been an odd few weeks this half term for various reasons but I am looking forward to focussing on our attendance again from next week and enjoying a full week of learning once again with no known disruptions.

I look forward to meeting our Friends of Atwood parents/carers on Monday to discuss arrangement for our Summer Fayre – this will take place in the hall at 8.45am.

Wishing you all a fabulous weekend!

Ms Tam McKernan
Headteacher, Ark Atwood Primary Academy

Upcoming Dates

- **Friends of Atwood Meeting in the Hall at 8.45am on Monday 15th May**

Uniform Reminder

- Smart and ready for learning (ties, shirts tucked in etc.)
- Black shoes (trainers only for PE days)
- Hair tidy/tied back if long with hair accessories that match/coordinate with our uniform colours
- **Stud earrings only – please ask if you are not sure if the earrings your child is wearing are appropriate**
- No nail polish
- No necklaces

House Points



Aspire & Achievement	Scholarship	Perseverance	Integrity	Respect & Responsibility	Enthusiasm
193	367	319	414	245	213

Huge congratulations to Integrity House on a very successful week with a whopping 414 house points!

Achievement Assembly

On Friday, lower school celebrated two wonderful scholars from each class who have either personified the Atwood Values or been true Atwood scholars producing great learning. Congratulations to the following children this week!

Value of the Week

India	Malak
Mexico	Celia
France	Mercy
Italy	Honey
Barbados	Salma
China	Laith
Belgium	Raseel
Norway	Aila

Scholar of the Week

India	Neda
Mexico	Marwa
France	Alanah Rose
Italy	Aleena
Barbados	Mya
China	Hero
Belgium	Ahmed
Norway	Mila



Half Term Activities Available



Coronations Cakes!



This week in Year 2 we had a bake off to commemorate the Coronation of King Charles III. We followed our recipe and instructions to ensure we had the perfect cake batter. Then we popped the cupcakes into the oven at lunch time until they were golden brown. The best part of the day was getting to decorate our cakes with icing sugar and colourful sprinkles. Keep a look out on the lower school corridor for our Coronation Cupcake instructions.

I Can Be



As part of the 'I Can Be' project the Year 3 girls met with Jo, a Finance Director for BT. Jo explained what her job entails and give time for the girls to ask a variety of interesting questions about her role. Jo talked about finance and budgeting and then set the girls a budget challenge activity whereby they were given a sum of £100 (fictional sadly) to decide how the money should be spent given a range of scenario budget requests.

The girls thoroughly enjoyed the scenario and meeting the very inspirational Jo.

Meet the Ducklings!

This term in Reception we are learning about Animals, lifecycles, and habitats. As part of our learning, we had the opportunity to host three lovely ducklings. The children have really enjoyed feeding them, changing their water, and watching them swim in our water tray. As well as taking good care of them, they have also been learning about the life cycle of a duck. We really enjoyed writing in our duckling diaries and watching them grow bigger every day. The ducks, now aged 9 days, have returned to their owners. We will certainly miss them! Their birthplace will always be Ark Atwood Primary Academy!



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 for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have harmful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



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