



FRIDAY UPDATE

Friday 20th October 2023



This week saw the first parents evenings of the year. It has been lovely welcoming parents and carers into the school to celebrate how well your children have settled into their new class and the progress they have already made. We are so proud of each and every one of them. Next week is half term and the children have certainly earned their break. The children return on Tuesday 31st October.

After half term you will notice some changes to our playground. After many, many years of expensive upkeep our climbing frame is having to be removed. It has become increasingly worn and no longer complies with the most recent play equipment standards. We will be creating a flexible den-building area with wooden posts and some more artificial grass, which the children love. We are very excited about the play opportunities this change will create.

We hope you have a wonderful half term break and enjoy some family time.

In celebration assembly today we said well done to the following children, who received **Special Awards** and special gold Headteacher's Award sticker:

Mia (Beech class) - for great stamina in her story writing.

Ava (Hazel class) - for brilliant independent writing in her hot write this week.

Kaitlyn (Maple class) - for designing and making a fantastic outfit for her bear, using different materials.

Jibran (Cherry class) - for always being such a kind friend and role model to others.



Class Accolades

Cherry Class - Miss Startin is proud of your perseverance when working on your fairytale stories.

Maple Class - Mrs Bolter and Miss Cooper are impressed with your hard work in English on your stories.

Beech Class - Mrs McCullough and Mrs Mason are impressed with how you are applying maths strategies to solves problems independently.

Hazel Class - Miss Morris is so proud your brilliant first term in Year 2 - you are superstars!

Each class was presented with their Class Accolade certificate and earned two class ticks. Well done everyone!



WHAT'S ON NEXT WEEK (Autumn 2 Week 1):

Monday 30th Oct	- SCHOOL CLOSED—TEACHER TRAINING DAY
Tuesday 31st	- SCHOOL REOPENS TO PUPILS 8.50am
	- Year 2 P.E.
Wednesday 1st	-
Thursday 2nd	- Year 1 P.E.
Friday 3rd	- Reception Family Reading—8.50-9.10am
	- Reception P.E.

Values tokens
total this week:

83

We beat our
term target of
700

LETTERS / EMAILS HOME THIS WEEK:

Parent Governor
letter

Half term
activities letter

Attendance guide



As part of our commitment to safeguarding, it is important that we ensure that parents/carers are as informed as possible about online safety.

They might not be able to pinpoint its location on a map, and they might not fully grasp the historical and political drivers behind the conflict – but in this age where news, images and video can cross continents in seconds, many children are now aware of the terrible recent events in Israel. It's a situation, of course, that could cause youngsters extreme distress and worry.

Our guide contains some valuable pointers for supporting children to deal with upsetting content they've encountered online – whether that's the attacks in Israel, ongoing worries over the environment, or something else entirely. Our tips will assist trusted adults in helping young people to process any negative emotions that they may be feeling.

A larger version of these guides can be downloaded from our school Facebook page. <https://www.facebook.com/TheAvenueInfantSchool/>

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



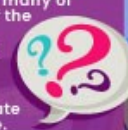
8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-5747005> | <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/bornalive/how-talk-your-children-about-conflict-and-war>

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