

Loatlands Edition

Respect, Resilience and Curiosity

Issue 28 – Friday 12th May 2023

Telephone: 01536 903713

Email: parents@loatlands.pfschools.org.uk

Website: www.loatlandsprimary.net



Dates for your Diary

Please follow the link below for the yearly planner, please check for updates.

<https://loatlandsprimary.net/news-dates/letters-home>



I am excited to share with you that I am in discussions with a wraparound care provider in the hope to have this in place in Loatlands from September. Before final decisions are made I need to know if this is something the parents would use and what your requirements would be.

Please take 5 minutes to complete the questionnaire below so I can see what is needed and hopefully get arrangements in place for September. Thank you

Please be aware it will say "this form might not be safe" please click "continue anyway"

<https://forms.office.com/r/gEdqY0vEYA>

Congratulations to the Year 6 children on completing their SATs.

They were all hugely resilient and worked incredibly hard every day in order to do their best.

We are all extremely proud of them as I am sure you are too!

A massive thank you to the staff involved. They came into school early to provide breakfast for the children, gave an encouraging smile and thumbs up if the children had a wobble and supported every single child to believe in themselves

Mrs Willis

name it

Please can you make sure that every single item of clothing (including coats) and water bottles brought into school are labelled clearly with your child's name. As the weather gets better the children tend to remove coats and jumpers during playtime and if they are not named it makes it very difficult to reunite them with their owner 😊

Calling all Childminders...

If you have space and would like us include your contact details into our new parent pack for September. Please send your business and contact details to Parents@lootlandspfschools.org.uk



LOCAL CHILDMINDER'S



Every class in school will have their photo taken on Tuesday next week.

Cowell Class - come to school wearing school uniform and bring their forest school kit to change into.

Year 1 - will not have PE that day so need to come to school in their School uniform

Year 3 – come to school wearing school uniform and bring their PE kit to change into

Please can we remind parent's that following a bout of sickness or diarrhoea, it is School policy that Children must remain off school for 48 hours. This is to help prevent the spread of sickness bugs throughout the school. *Thank you*



Reminders

Reception and Year 6 Children Health Screening – Monday 15th May

Please refer to letters sent home

Whole School Class Photos – Tuesday 16th May

Please refer to information above

Year 1 Year group assembly – Friday 19th May

Come along and see what your children have been learning about. Entrance via the Community Entrance gate at 9am (lasts approx. 20-30 mins)

Timestable Rockstars

The results for this week's battle of highest scoring class are:

1st place – Cowell 13,429

2nd place – Tolkien 2,101

3rd place – Lewis 1,355



Largest improvement in accuracy in 7 days

1st place - Logan W, Year 3 Rowling

2nd place – Indiana, Year 3 Rowling

3rd place – Olivia R-H, Year 3 Morpurgo

Well done to everyone who took part 😊

Safeguarding Spotlight -

Managing device Stress and Anxiety

With smartphones, tablets, laptops and games consoles now the norm, it's no surprise to learn that almost nine out of ten (89%, to be exact) 10 to 15-year-olds in the UK go online every day. What's perhaps less expected, though, is that more than one in four (27%) say their parents or carers don't talk to them much – or, in fact, at all – about what they actually do in the digital world.

This leaves many children feeling like they lack a source of emotional support if something online is causing them stress. Maintaining a regular avenue of communication about our digital lives is just one step that trusted adults can take to help children feel more in control of how – and when – they use internet-enabled devices.

Helping Children and Young People with Managing Device Stress and Anxiety

According to recent figures, a third of 5 to 7-year-olds in the UK have at least one social media profile; 69% of 8 to 11-year-olds play games online; and a whopping 97% of 12 to 15-year-olds use messaging apps or sites. Whichever way one slices it, digital devices are an increasingly integral part of how today's young people live their lives.

There are many positive aspects to this, of course, but what's also true is that the lure of their screens and the frequently brutal law of the online jungle can create a huge amount of additional stress for youngsters. Click on the link below for practical advice on how parents and carers can help their child to manage the pressures of living online.

[Free E-Safety Guide | Managing Device Stress & Anxiety | National Online Safety](#)

Please also refer to the poster below for more information.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

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.

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 hurtful 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.

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.

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.

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.

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.

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.

Marvellous Me 'Thumbs Up' Celebration

To make the most of Marvellous Me, we have now added each child's House information (Mars, Earth, Saturn and Jupiter) to Marvellous Me.

This means that we are able to count all 'Thumbs Ups' awarded to children towards a House score.

This replaces the physical counters we used previously as House Points.

Every week and at the end of every term, we will share the scores for each House with you.

Children can earn a 'Thumbs Up' for hard work and positive behaviour.

Thank you to all the parents that are accessing Marvellous Me.

It is a wonderful way of sharing your child's achievements with you.

This week's winner is **SATURN**, well done to everyone in Saturn House who received a thumbs up 😊



Saturn 1st Place 225



Mars 2nd Place 222



Jupiter 3rd Place 211



Earth 4th Place 178

Keep up the hard work everyone. Remember every Thumbs up counts!!



GIRLS FOOTBALL DEVELOPMENT CAMP

ONLY FEMALE FOCUSED DEVELOPMENT CAMP IN NORTHAMPTONSHIRE.

MAY
30

MEMORIAL SPORTS FIELD
SYWELL ROAD, NN8 6BS

JUNE
1

OBELISK CENTRE
NORTHAMPTON, NN2 8UB

ALL CAMPS RUN 9AM - 3PM
GIRLS AGED | 6 - 14

£26 PER DAY



WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE





ELITE FOOTBALL COACHING

EFC FOOTBALL DEVELOPMENT CAMP

JUNE 1ST 2023



Boys and Girls Aged 6 - 13



CAMP TIME 09:00AM - 03:00PM



The Obelisk, Northampton, NN2 8UE

£26 PER DAY



ALL PLAYERS ARE WELCOME AND WILL TRAIN IN SMALL GROUPS BROKEN UP BY AGE AND ABILITY SO THEY CAN
LEARN AT THEIR OWN PACE.

WWW.ELITEFOOTBALLCOACHING.ORG/BOOKONLINE



REVISED Pathfinder Schools - 2022-23 academic year Term Dates

Mo	Tu	We	Th	Fr	Sa	Su
Sep-22						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Mo	Tu	We	Th	Fr	Sa	Su
Oct-22						
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31						

Mo	Tu	We	Th	Fr	Sa	Su
Nov-22						
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Jan-23						
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Mo	Tu	We	Th	Fr	Sa	Su
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Aug-23						
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	School days
	School holiday
	Weekend
	Training day
	Bank Holiday

Total Days	
Pupils	189
Teachers	194

Term	Days	TD	Term	Days	TD	Term	Days	TD
Autumn 1	30	32	Spring 1	28	29	Summer 1	28	28
Autumn 2	35	36	Spring 2	30	30	Summer 2	38	39

Pathfinder Schools - 2023-24 academic year Term Dates

Mo	Tu	We	Th	Fr	Sa	Su
Sep-23						
28	29	30	31	1	2	3
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Mo	Tu	We	Th	Fr	Sa	Su
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