



Little Thurrock Primary School

Newsletter



Self-help Solidarity Democracy Equality Equity Self-responsibility

Friday 24th November 2023

Dear parents and carers,

As you know we had our latest OFSTED inspection on Tuesday and Wednesday this week and although I can't share the inspection outcome at the present time, I can say that I am extremely proud of all of the children and staff for their efforts over the two days and how the school has developed since the last inspection. I also need to thank you as parents and carers for the fantastic response to OFSTED parent view; we had a large number of responses and the vast majority of them were very positive. The school has been waiting since 2018 for another full inspection and the whole school team showed Little Thurrock at its best. We should be able to send the report to you either shortly before or shortly after Christmas.

You may be aware of the role of the Children's Commissioner for England, a role currently held by Dame Rachel De Souza.

Dame De Souza has launched a 'Big Ambition' survey which she would like as many children as possible to complete.

The survey can be found at:

<https://childrenscommissioner.gov.uk/thebigambition>.

If you would like your child to have their say then please do encourage them to complete the survey.

I do hope that you have a wonderful weekend whatever you choose to do.

Ian Broyd
Headteacher

Contact details

Telephone: 01375 373586

Email: a.mail.ltp@osborne.coop

Website: www.littlethurrock.thurrock.sch.uk

Twitter: @LittleThurrock_

Upcoming events and dates.

(Please note the dates subject to change)

Wednesday 29 th November	Year 4 Trip – Colchester Castle
Friday 1 st December	Thurrock SSP Event Y5/6 Basketball @ Gateway TBC
Friday 1 st December	LTSA Non-Uniform day
Thursday 7 th December	Official Christmas Jumper Day
Monday 10 th December	Hanukkah Celebration Week
Monday 11 th December	Year 1 & 2 Carol Service @ URC - 9.30am – 11am
Tuesday 12 th December	Nursery & Reception Christmas Nativity (Time TBC)
Wednesday 13 th December	Nursery & Reception Christmas Nativity (Time TBC)
Thursday 14 th December	Year 3 & 4 Carol Service @ URC - 9.30am – 11am
Friday 15 th December	Year 5 & 6 Carol Service @ URC - 9.30am – 11am
Monday 18 th December	Christmas Jumper & Dinner Day
Monday 18 th December	School Carol Concert – 6.30pm ticketed event
Wednesday 20 th December	Last Day of Term
Monday 6 th January 2024	First Day Back to School Spring Term 2024
Wednesday 17 th January 2024	Year 5 Space Workshop

Friday Celebration Assembly

We celebrate a number of achievements in school, which you will find via Class Dojo. Here you will find out more about the learning that has taken place in the classroom each week.

Little Thurrock Way certificate which is awarded to children weekly.

	Week ending 17th November 2023	Week ending 24th November 2023
RED	Philip	Narin
RLR	Mehmet	Maddison
RCW	Yuivand	Sofia
1AS	Nina	Ariela
1JO	Eden	Amelia
1BA	Arlo	Maja
2JD	Vinnie	Whole Class
2AA	William	Dalton
2CD	Leah	Oona
3HM	Faiza	Israel
3MS	Ellie	Millie
3SM	Jayden	Emma
4RS	Amelia	Teddy
4NP	Cody	Adam
4LB	Albion	Melissa
5EE	Valentina	Harrison
5SR	Dustie	Archie
5LH	Maisie	Muhammad
6FD	Sadie	Emmie
6SZ	Eden	Matt
6AL	Robbie	Ajju

Attendance

We are continuing to celebrate and reward good attendance this year. Our new display in the hall will help to track this further. Extra play will be rewarded on a weekly basis as before. In addition to this, we will be holding a prize draw with the chance to win a £5 AMAZON voucher each week for those children with 100% attendance

	Week ending 17th November 2023	Week ending 24th November 2023
RED	95.7 %	91.7 %
RLR	97.4 %	89.6 %
RCW	94.1 %	85.7 %
1AS	97.8 %	94.2 %
1JO	98.5 %	99.3 %
1BA	92.5 %	90.7 %
2JD	98.0 %	88.7 %
2AA	99.3 %	91.3 %
2CD	97.0 %	94.0 %
3HM	95.3 %	95.7 %
3MS	95.3 %	94.3 %
3SM	94.9 %	96.0 %
4RS	93.1 %	93.1 %
4NP	95.0 %	91.0 %
4LB	92.6 %	92.0 %
5EE	95.0 %	90.7 %
5SR	98.3 %	99.0 %
5LH	98.0 %	98.0 %
6FD	93.9 %	95.6 %
6SZ	97.2 %	93.8 %
6AL	95.9 %	97.2 %

Welcome to Boom Reader

Boom Reader is used in all year groups to support communication between home and school in reading. Each child from Nursery through to Year 6 has their own reading journey captured in one place for both parents and teachers to share and use to support children's individual progress in reading.



Each week we will share and celebrate the class reading logs. The class in each phase with the most winning certificates will win a prize at the **end of Autumn term**.



Class	Week ending 17 th November 2023	Week ending 24 th November 2023
Nursery AM	15	12
Nursery PM	7	7
RED	14	15
RLR	11	7
RCW	15	11
1AS	20	20
1JO	17	17
1BA	12	13
2JD	12	14
2AA	19	15
2CD	15	14
3HM	14	9
3MS	13	12
3SM	14	15
4RS	18	15
4NP	14	14
4LB	23	16
5EE	18	12
5SR	15	26
5LH	20	23
6FD	24	19
6SZ	27	28
6AL	13	19

Winners 17.11.23

EYFS : RCW

KS1 : 1AS

LKS2 : 4LB

UKS2 : 6SZ

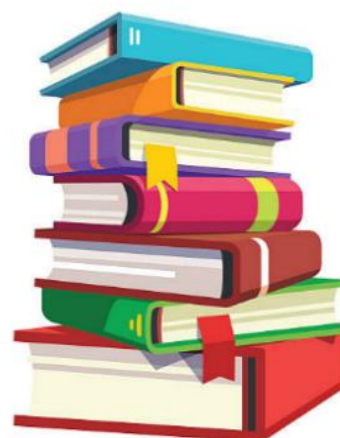
Winners 24.11.23

EYFS : RED

KS1 : 1AS

LKS2 : 4LB

UKS2 : 6SZ



Week beginning 27th November 2023 - School Dinner Menu Week

Week 2

Week commencing - 6th Nov, 27th Nov, 18th Dec, 8th Jan, 29th Jan, 19th Feb, 11th Mar

Monday	Quorn Hotpot	Meat Free Sausage Roll Herby Diced Potatoes	Jacket Potato with a Choice of Filling	Sweetcorn	Baked Beans	Frozen Yoghurt
Tuesday	Chilli Con Carne Rice	Vegetable & Bean Fajitas	Jacket Potato with a Choice of Filling	Fresh Broccoli	Mixed Vegetables	Cocoa Sponge and Cocoa Sauce
Wednesday	Roast Gammon with Roast Potatoes	Roast Quorn Fillet with Roast Potatoes	Jacket Potato with a Choice of Filling	Fresh Cauliflower	Fresh Carrots	Fruit Jelly
Thursday	Cheese and Tomato Pizza with Potato Wedges	Tuna Pasta Bake	Jacket Potato with a choice of Filling	Green Beans	Baked Beans	Oat Cookie
Friday	Salmon Fingers with Chips	Vegetable fingers with Chips	Jacket Potato with a Choice of Filling	Peas	Baked Beans	Banana Sponge



Pupil Change of Details

If you need to update your child's personal information, or parent and carer details such as mobile number, email address or any other information, please email the school office and mark for the attention of Mrs Mitra through a.mail.ltp@osborne.coop.

Thank you for your co-operation.



Attendance Matters!



Every Student, Every School, Every Day

If your child has been absent due to an illness or an appointment on the morning, please call the main office number on 01375 373 586, select option 1 and leave a message for the Attendance Officer.

Unfortunately, if we do not receive message or evidence for the absences, they will be marked as unauthorised. Thank you for your support.

Any medical / other appointments will require evidence such as text messages, doctors note or letter to be provided for front office.

If you need to take leave during school term time, please complete a leave of absence form and hand back to main office.

Thank you.



Battle of the Bands on Times Table Rock Stars

This week's battle ended as follows:



18th November - 23rd November 2023

🏆 6FD	736	6SZ	617	6AL	226
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18th November - 23rd November 2023

🏆 4NP	436	4LB	328	4RS	88
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18th November - 23rd November 2023

🏆 5LH	306	5EE	112	5SR	9
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18th November - 23rd November 2023

🏆 2CD	93	2AA	48	2JD	35
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18th November - 23rd November 2023

🏆 3SS	153	3MS	95	3HM	11
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Winners of the Week: 6FD
Highest Scorer: Reece (6SZ)
Most Improved Player: Asya (5LH)



As you are aware, LTPS were entered into this year's England Rocks tournament with TTRS. 4363 primary schools from across the country took part and as a school, we finished 1,330th. Of the 4363 schools, 30,034 classes were entered and I am very proud to announce **6SZ were our highest ranked class - 209th!** This is an amazing effort collectively and next year we need to build on this success and see more of LTPS on that leaderboard.

Please make sure you speak to your child's class teacher if they do not know their TTRS login and always ensure tablets are updated with the most recent version of the software.

Our next 'Battle of the Bands' commences today at 3:30pm and will end Thursday 30th November at 7.30pm. Will 6FD hold on to their top spot in the charts next week? Will Reece go on to maintain his legendary status of our Highest Scorer?

Well done to Dottie on raising awareness on Radio Essex.
We are so proud of you.







Little Thurrock Achievers

On Saturday 18th November a few of our Little Thurrock Disciples took part in Tang Sou Dao National Championship at Harrow Lodge Leisure Centre in Hornchurch.

The first part was for the adults and children with a yellow belt and above to demonstrate their formation in front of three judges to then be scored and graded. The winners received a gold, silver or bronze medal. The second part of the championship was sparring, which consisted of three rounds and four judges giving the points for their sparring. The winners were then graded receiving a gold, silver and bronze medal.

It was a very long and stressful day for parent and carers; the children learned a lot about personal challenges, develop self confidence regardless of winning or losing and also the importance of taking part.

Well done to these children who took part and made everyone proud. You all did a great job!



Well Done to Saarah in 5LH and Owais in 6AL
Saarah won a gold medal for her sparring and bronze for formation.



Well Done to Nya in 2JD and Jayden 3SM
Both children won bronze medals for sparring.
Jayden was in the boys' group, age 8-10 years old
Nya was in the girls' group, age 5-7 years old





Little Thurrock Achievers



Well Done to and Iman in 2CD Afaf in 4NP
Both children won bronze medals each for
their formation



Well Done to Harnoor in 6SZ who won a trophy
for an outstanding performance in her sparring.
Harnoor also won a silver medal for her formation.
Well Done to Harman in 4NP who won a bronze
medal in his sparring group too.



Congratulations Edina

Edina (1AS) has been practising her judo skills and has placed first and second in recent competitions. She was very proud of both achievements, particularly as she achieved a personal target. Keep up the great work Edina!






YOU ARE INVITED TO

A Non-School Uniform Day

FRIDAY 1ST DECEMBER
IN EXCHANGE FOR DONATIONS FOR
LTSA CHRISTMAS EVENT

PLEASE BRING DONATIONS OF FESTIVE
FOOD, DRINK & NEW OR PRE-LOVED
SOFT TOYS

LTSA MEMBERS WILL BE COLLECTIONG
DONATIONS AT THE PLAYGROUND CONTAINER
8.30-8.50AM ON THE DAY






merry CHRISTMAS

LTSA CHRISTMAS EVENT

JOIN US IN THE SCHOOL HALL FOR A FUN AFTERNOON FULL
OF GAMES, ACTIVITIES AND TREATS!

- Festive Food & Drink
- Visit our very own 'Elfridges'
- Gift & Craft Stalls from Local Sellers
- Games, Tombola & Raffle
- Performance from Little Thurrock School Choir
- Father Christmas will even be popping by!



DECEMBER 15TH

3.30PM TO 5.30PM

"FREE ENTRY"





Essex Fire Museum Open Days

Sunday 26th November 2023

Sunday 17th December 2023

10.30am to 4.00pm

(Last suggested entry time: 2.30pm)



Visits must be pre-booked via:
museum@essex-fire.gov.uk

Address: Essex Fire Museum, Grays Fire station,
Hogg Lane, Grays, RM17 5QS

An Awareness Raising Session for Parents and Carers to Increase Knowledge of Gangs and Child Criminal Exploitation

Thursday 7th December 2023

18.00 till 19.00

Via MS Teams

This session will identify the harms associated with gangs and county lines and will look on practical advice on how to support a young person who you may be concerned about in relation to Exploitation

To book your place visit www.thurrocklscp.org.uk



STAR SPORTS MORNING CLUBS & AFTER SCHOOL CLUBS

AT LITTLE THURROCK PRIMARY SCHOOL

CLUBS START: MONDAY 11TH SEPTEMBER

CLUBS FINISH: THURSDAY 14TH DECEMBER

The clubs will run for the full term and children can attend multiple clubs.

MONDAY 25 spaces £72 – 12 weeks	Gymnastics after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
TUESDAY 20 spaces FREE – 12 weeks	Fun Fitness morning club from 8am till the start of the school day (8.35am) for children in: Year 1 & Year 2
TUESDAY 20 spaces FREE – 12 weeks	Tag-rugby after school club from the end of the school day till 4.30pm for children in: Year 4, Year 5 & Year 6
WEDNESDAY 20 spaces FREE – 12 weeks	Basketball morning club from 8am till the start of the school day (8.35am) for children in: Year 3, Year 4 & Year 5
WEDNESDAY 20 spaces £72 – 12 weeks	Dodgeball & Multi Sports after school club (basketball, hockey, cricket, tennis and much more!) from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6
THURSDAY 40 spaces £72 – 12 weeks	Football after school club from the end of the school day till 4.30pm for children in: Year 1, Year 2, Year 3, Year 4, Year 5 & Year 6

The clubs have limited spaces; therefore, spaces will be allocated on a first come first served basis with waiting lists if needed.

Parents/Carers please ensure children are collected from the after school clubs on time at 4.30pm and please take the children to the school office at 8am for the morning clubs then the Star Sports staff will take the children to their classes at 8.35am. Children need suitable/comfortable sportswear for the clubs, tracksuit, trainers (boots), water and any required medication (asthma pump, EpiPen etc.) and please send detailed information of the medical condition to us for our records.

Please contact Mr Cole to book places and for more information: **07976756259**

Please **TEXT** us each child's name, year, class, school, the club(s) you're booking for and any medical/allergy info.

TRANSFER PAYMENTS TO: MR K COLE 20-79-73 40797049

Please put 'LT' and the name of your child as the payment reference AND text us each time you make a payment (state the payment reference you have used each time please). We no longer accept cheques. Thank you!

Please **DO NOT** contact the school office regarding the Star Sports clubs as they are run by Star Sports and the school office will not be able to take or accept bookings or payments. Thank you.

LIMITED SPACES, BOOK NOW!

Communication at Little Thurrock

Learning Concerns	Pastoral Concerns	Concern relating to particular learning or physical needs	Issues relating to staff	Concerns & Queries relating to school administration
↓	↓	↓	↓	↓
Please raise your concern with your child's class teacher in the first instance.	(Pastoral care covers our support of your child's individual needs, their emotional wellbeing and helping them with any personal problems they may be experiencing at school.)	Where a concern is related to a special need and you feel an adjustment may be required to support successful learning e.g. issues related to ASD (autistic spectrum disorders), dyslexia or dyspraxia or physical disabilities	Please contact reception who will forward your concern to the most appropriate person.	
↓	↓	↓		
Please arrange a meeting with your child's class teacher to discuss the concerns further.	Please raise your concern with your child's class teacher . ↓	Please raise your concern with your child's class teacher in the first instance.		
	If you feel that the class teacher is unable to help for pastoral concerns, please contact our Pastoral LSA Mrs Fleming . Mrs Fleming works with all of the children for behavioural and pastoral support.	↓		
		Please arrange an appointment with our Assistant Head teacher and SENCO Mrs Wright .		
↓				
Please make an appointment to see our Deputy Head teacher Mrs Joynes if you remain concerned following the steps above.				
↓				
Please make an appointment to see our Head teacher Mr Broyd if you remain concerned after following the steps above.				
Teachers are available after school for informal conversations and appointments can be made with all of the above by contacting the school office on 01375 373586 or emailing a.mail.ltp@osborne.coop				
If you are writing to the school it is really helpful if you give us as much information about the background of your concern or complaint as possible, including who it involves, and what you would like the outcome to be.				
				Please speak to Mrs Greenfield Support Officer

September 2023							October 2023							November 2023							December 2023						
M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
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18	19	20	21	22	23	24	16	17	18	19	20	21	22	20	21	22	23	24	25	26	18	19	20	21	22	23	24
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Autumn Term:	Monday 4 September 2023 – Wednesday 20 December 2023	73 days
	<i>Half Term 23 October – 3 November</i>	
Spring Term:	Thursday 4 January 2024 – Thursday 28 March 2024	56 days
	<i>Half Term 19 February – 23 February</i>	
Summer Term:	Monday 15 April 2024 – Tuesday 23 July 2024	66 days
	(22-23 July twilight inset payback)	
	<i>Half Term 27 May – 31 May, and May Bank Holiday - 6 May</i>	-
		195 days

	School Holiday
	Additional autumn half term
	Inset days, schools closed to students
	Trust conference, schools closed to students



September 2024							October 2024							November 2024							December 2024						
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9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22
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5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
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26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31
							30																				

	School Holiday
	Additional autumn half term (some Thurrock schools only)
	Inset days, schools closed to students
	Trust conference, schools closed to students
	Bank Holidays

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION
PEGI
12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Breachbear' (costing £8.99), which unlocks new levels and mini-games.

AGE-INAPPROPRIATE CONTENT

18

As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Nights at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series do provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Nights at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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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.



Source: <https://www.bbc.com/news/health-57171001> | <https://www.children.com/uk/supporting-your-child-with-upsetting-content/> | <https://www.norfolk.gov.uk/what-to-tell-your-children-about-conflict-and-war>



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Christmas Services

@ Bradleigh Avenue



- Sun 3rd Dec 10.30am Advent 1 - family worship with our Scout and Guide groups**
- Wed 6th Dec 11.00am Advent 1 - with our Community Café, followed by lunch**
- Sun 10th Dec 9.30am Advent 2 - young families' time**
- 10.45am Communion service**

All of the above are Gift services to support the Women's Refuge

- Sun 17th Dec 9.30am Advent 3 - young families' time**
- 10.45am Family worship**
- 3.00pm Carol Service and Tilbury Band Concert**
- Sun 24th Dec 10.30am Family worship followed by lunch**
- Sun 31st Dec 10.30am Family worship**



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Luke 2: 10 NRSV

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info@dramainmind.co.uk
or call 0203 9875227/
07716095814
www.dramainmind.co.uk



FREE WORKSHOP
THURS 28TH SEPT - THURS 14TH DEC 2023
4.30PM - 5.30PM
MUST BOOK TICKETS FOR ENTRY!

Healthy Lunchboxes

Healthy eating is important for everyone, especially for children when they are growing and developing rapidly. Having a healthy lunch means giving children food that is high in nutrients and low in saturated fat and added sugar.

A balance lunch should contain each of these food groups

Food Group	Why?	Ideas for lunchtime
Fruit and vegetables	These give a wide range of vitamins and minerals that are essential for growth and development	<ul style="list-style-type: none"> • 1 piece of fresh fruit or some vegetables e.g. an apple, banana or satsuma, or veggie sticks e.g. carrot, pepper sticks • Tomato, cucumber, grated carrot in a sandwich • Tinned fruit in natural juice e.g. pear quarters, grapefruit and pineapple chunks • Dried fruit e.g. 1 small box/pot raisins or apricots • 1 small carton of fruit juice*
Starchy foods	These provide energy, B vitamins are essential for the body's metabolism, some iron, calcium and fibre.	<ul style="list-style-type: none"> • Sandwiches with bread/bagels/wraps or rolls, or include pitta bread with a dip like hummus • Leftover pasta made into a salad • Crackers and cheese • Bread sticks and dips • Plain Scones • Cooked new potato salad • Rice Cakes

Milk and dairy foods	The calcium in milk helps build strong bones and teeth, healthy nerves and muscles. This food group also provides some zinc, vitamin A and some B vitamins.	<ul style="list-style-type: none"> • Low-fat fat yoghurt (you can add some fresh or tinned fruit to add flavour) • Cheese cubes • Grated cheese in a sandwich or in a pasta salad • Full fat cream cheese (can be used on crackers)
Protein	This food group is essential for muscle growth and repair, iron, zinc, vitamins D and B	<ul style="list-style-type: none"> • Hummus (in a wrap) • Cooked meat in a salad or sandwich • Cooked Lentils with rice in a salad • Tinned tuna or salmon in sandwiches or salad • Tinned mackerel (add to pasta and tomatoes) • Hard boiled egg
Drinks	Hydration	<ul style="list-style-type: none"> • Water is the best drink to give your child. All schools provide fresh drinking water. Giving a child their own bottle can encourage them to drink more • Milk can be offered as an alternative to water, semi-skimmed or skimmed are the best options • Fresh fruit juice <p>*(children and adults should have no more than 1 small portion of fruit juice a day)</p>

For more information:

www.nhs.uk

www.nhs.uk/Change4Life/Pages/healthy-lunchbox-picnic

Local Community Information

The Sleep Charity

At any time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

The free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Sunday, Monday, Tuesday, Thursday evenings 7-9pm, and Wednesday mornings 9-11am. The number is 03303 530541.

You can read more hear: <https://thesleepcharity.org.uk/national-sleep-helpline/>



Liz Wilson

Helpline Team Leader

Helpline Number: 03303 530 541

thesleepcharity.org.uk



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