



WEEKLY NEWSLETTER – 28TH FEB 2023

HEADTEACHER UPDATE

Dear Parents and Carers

We are thankful for the super start the children have already made to this half term and we continue to celebrate their excellent achievements. Most recently through our Parent Consultation Evenings where so many wonderful positives were shared alongside the next steps and support for the continued success of our children. We thank you for your attendance and continued support and we thank our teachers for their continued dedication.

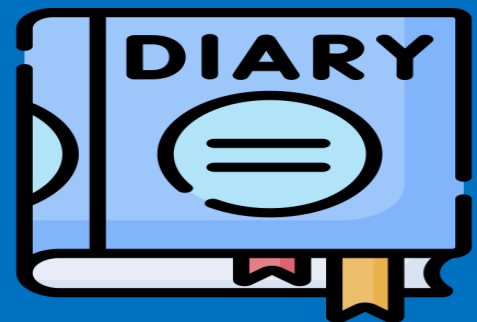
As we celebrate the success of last half term, we look forward to all that this half term holds.

Miss Victoria Kirkman

Interim Executive Headteacher

DATES FOR THE DIARY

DATE	EVENT
01.03.2023	Local Celebrity Visit + Reception & Yr6 Height & Weight
02.03.2023	World Book Day + Friends Meeting in the Village Hall at 2.30pm
07.03.2023	No Merlins After School Club or Extended Nursery Hours Due to Staff Training
10.03.2023	Parent Celebrations Assembly with Miss Kirkman
17.03.2023	Red Nose Day
22.03.2023	Diversity Parent Information Evening—6.30pm at Kettlesing Village Hall
24.03.2023	Walk to School Day + KS2 Choir Concert at The Royal Hall



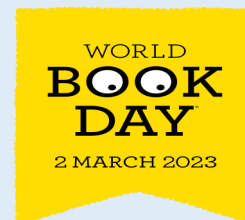
Please may we remind all parents/carers to continue reading at home with your child each evening and to complete the reading record when you have done so. Studies have shown that reading for pleasure with your child makes a huge difference to their educational performance.



Diary Dates

THURSDAY 2nd MARCH - WORLD BOOK DAY

The children are invited to help us celebrate World Book Day this year by coming into school dressed as their favourite book character. Remember to bring your book along with you on the day. We would also welcome any book donations for our book swap



FRIDAY 17th MARCH - RED NOSE DAY

For this year's Red Nose Day event the children are invited to wear any Red Nose Day accessories alongside their normal school uniform. There is a suggested donation of £1 for this event and donations can be made via ParentMail or by bringing cash into school, which can be handed to the class teacher. Thank you in advance.

WEDNESDAY 22nd MARCH - DIVERSITY ROLE MODELS—PARENT/CARER INFORMATION SESSION 5:00-6:30pm at Kettlesing Village Hall

Diversity Role Models recognise the key role that parents and carers play in shaping and supporting young people's opinions and attitudes. Their workshop will help parents understand the work school is doing to be more inclusive, why it is important, and how they can support young people to develop empathy, inclusive behaviours, and embrace diversity. The session will cover the importance of eliminating bullying and exclusion to create a positive and inclusive environment where all students can thrive, the lived experiences of LGBT+ people, moral, statutory and Ofsted obligations and how this work aligns and is brought to life within the schools' policies, ethos and values.

House Point Tally

Fire—147

Earth - 129

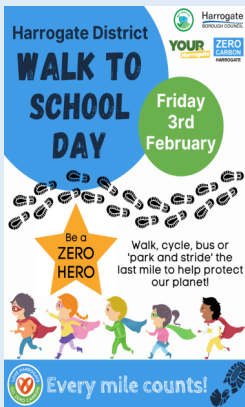
Water - 136

Air - 126



UPDATES AND REMINDERS

Diary Dates Continued



FRIDAY 24th MARCH - WALK TO SCHOOL DAY

At 28% above the UK average, road transport is the largest contributor to carbon emissions in the Harrogate District. Half termly, schools across the district are asked to ditch their cars and walk or cycle to school. Those that live far away use can public transport/car for part of the journey, then 'park and stride' the last mile. Every mile counts

FRIDAY 24th MARCH - ROYAL HALL RURAL SCHOOLS CHARITY CONCERT KS2

As you may be aware, we are thrilled that a choir of our KS2 children are participating in a charity concert at the Royal Hall with twelve other local rural primary schools in aid of the Harrogate Hospital and Community Charity, and the Sir Robert Ogden Macmillan Centre.

Tickets for the event are available to purchase via <https://www.harrogatetheatre.co.uk/events/harrogate-and-ripon-rural-schools-charity-concert/> and are priced at £11.00.



Charity Donations

We would just like to say a huge thank you for all your kind donations made to the NSPCC Number Day and Dress to Express events. We raised a grand total of £75.00.

NSPCC Number Day: £42.00

Dress to Express: £33.00

House Point Tally

Fire—223

Earth - 200

Water - 186

Air - 203



Safeguarding

Following Safer Internet Day earlier this month, we would like to focus on Online Safety, in particular gaming

Gaming Gaming is loved and enjoyed by children and adults across the UK, which has the sixth largest games market globally, with 37.3 million people playing games (Newzoo 2018), including 69% of 6 to 10-year-olds (GameTrack 2016).

However, whilst it can be a way for children to socialise, learn new skills, be part of a team and relax, it also carries risks. As gaming continues to evolve, including how we play and who we play with, it's important that parents develop a better understanding of the games children play and the language they use whilst playing.

The YGAM website, provides parents with the knowledge and resources to safeguard their families.

Visit: <https://parents.ygam.org/>



Tips for keeping children safe while gaming online

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games>

Check the game's content

Most games have an age rating based on their themes and those with violent and sexual content will have a higher rating. The age rating system is provided by PEGI and gives an overview of individual games which can help you to decide if it's appropriate. These ratings don't include communication features, so a game with a low age rating may let children speak to people they don't know.

Change settings

Some games let players turn off communications features, mute voice chat, and report other players who behave inappropriately. Look at the settings available to see what's best for your child.

All major games consoles have settings that prevent children from finding inappropriate games. You can set limits on how long a young person can play and prevent them from speaking to unknown players. It's a good idea to explore these settings before your child plays the game.

Make a family agreement

Consider creating a Family Agreement to establish some rules, which would include screen time or game-playing time. Remember that many games take a very long time to play and not all have regular 'save points'. This can be very frustrating for a child who has spent a long time trying to get to a new level only to be called down for dinner. Give them fair warning, e.g. 20 minutes then 10 minutes.

See an example to complete here:

https://www.nspcc.org.uk/globalassets/documents/online-safety/online-safety---downloadable-resources/cso_familyagreement_interactive_jan2022.pdf

Talk to your child regularly

Talk to your child about staying safe online, take an interest in the games they're playing and see if you can play them together and agree which ones are appropriate.

If you're going to set limits on the amount of time a child can spend playing games, make sure these are clear and that you agree them together. You could try agreeing the number of rounds your child plays instead of a length of time.

Take time to play games with your children so that you can understand the features. You can find out if there is anything concerning you need to be aware of, or safety features or parental controls which should be enabled.

Ask why they like playing the game?

Discuss who they're playing with. Do they know everyone on their contact or friends list? Explain that conversations should only be about the game, and if someone starts asking them other questions or suggests they speak using another app they should tell you or an adult they trust.

Talk to them about what they're sharing. Use examples that are easy for them to understand, such as "You shouldn't give your number or any other personal information to somebody you don't know on the street. Is somebody online you don't know any different?"

Discuss in-game purchases with your child. These can be really enticing, it's important to discuss that small amounts of money can add up very quickly. If you do allow your child to purchase items within the game discuss limits or set up their device so that purchases are turned off.

Safeguarding

PHSE - NSPCC PANTS

As part of the yearly PHSE classroom program, last week all children talked PANTS, learning how to stay safe like Pantosaurus.

As a parent, it is important you continue this conversation at home. All the resources you need can be found at

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)



If you are concerned about a child's welfare please contact:

Miss Victoria Kirkman Designated Safeguarding Lead

Miss Rebecca Foy Deputy Safeguarding Lead

Ripley 01423 770160, Kettlesing 01423 770576 Beckwithshaw 01423 504642

Safeguarding

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.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity; it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 16 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>

NOS National Online Safety®
#WakeUpWednesday

Extra Curricular Activities

EASTER FOREST SCHOOL

Archer's Woods,
Admiral Long School,
Burnt Yates, HG3 3EJ

EASTER CRAFTS CAMPFIRES

EASTER EGG HUNTS DEN BUILDING

BEAUTIFUL WOODLAND SURROUNDINGS
HOLIDAY CLUB £30/DAY
INCLUDING CAMPFIRE SNACKS

Monday 3rd April 2023: 9am -3pm

Tuesday 4th April 2023: 9am -3pm

(wrap around care available on request)

Reception age - 12 years old

PLEASE BRING A PACKED LUNCH.

Payment required on booking to secure place.

Please email:

outdooradventuresbookings@gmail.com

Find us on Facebook @ Outdoor Adventures Forest School

**OUTDOOR ADVENTURES
FOREST SCHOOL**



parentcarervoice
WORKING TOGETHER FOR POSITIVE CHANGE

We are the recognised Parent Carer Forum for North Yorkshire, supporting families with children and young people (0-25 years old) with Special Educational Needs and/or Disabilities (SEND). Our vision is to inform, empower and represent the collective voice of families with SEND in the region.

Upcoming Event - Harrogate

Are you the parent or carer of a young person (0-25) with SEND in the Harrogate District?

Come and meet other parents and carers along with Catherine Ostler, our new Parent Participation Officer for the Harrogate District and warm up with hot drink and brunch.



This brunch will be:

- A friendly and informal meet up, where you can connect with other SEND parents and carers;
- An opportunity to find out more about what PCV do and what activities are available in your area;
- A place to share your views and feel supported.

This is a **free** event open to all SEND parents and carers in the Harrogate District, whether your young person has a diagnosis or not.

When: Thursday 09th March 2023, 10.00am-12.00 midday

Where: The Harrogate Chocolate Factory Cafe, next to the Odeon Cinema.

Please RSVP - ppoharrogate.pcv@gmail.com

We look forward to meeting you there!

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**APPLICATIONS CLOSE
SUNDAY 12th MARCH 2023**

Enquiries:

applyforjuniorbakeoff@loveproductions.co.uk