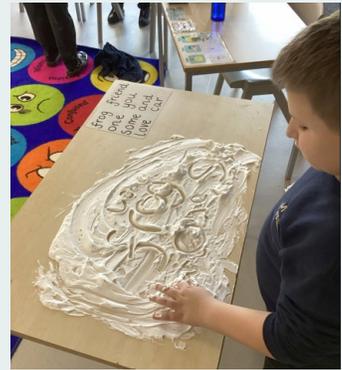




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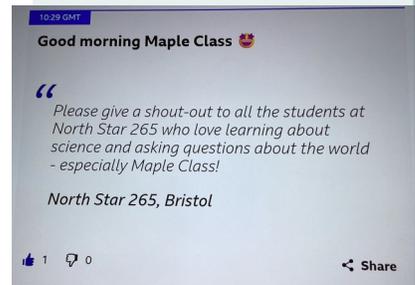


Most Friday evenings I take my little girl and her friend to their Kid's Club. I am the taxi really, but I find it really entertaining to listen to them chattering away and updating each other on their week.



Being able to communicate well, to talk to each other confidently, is one of the most important skills to learn, but it is often overlooked. There can be a tendency to assume that it is a skill which children pick up naturally.

At our school, we believe every child should have the confidence and ability to express themselves clearly, listen actively and engage thoughtfully. That's why we are proud to share that we are in the process of becoming a Voice 21 school. Voice 21 has worked with over 1,200 Oracy Schools and trained more than 16,000 teachers, showing clear positive impact on behaviour, confidence and classroom communication. Over the next few term we will be sharing more about how we will be working to improve communication for our students.



As we approach the Easter holidays I want to make you aware of Your Holiday Hub. [Your Holiday Hub Bristol - Your Holiday Hub Bristol](#) provide a wide range of funded activities for eligible families with children and young people from the ages of 5 to 16 who receive benefits-related free school meals. From sports and arts to cooking classes and outdoor adventures, there's something for everyone. Each session includes a nutritious meal, helping families access healthy food while children have fun. Just click on the link above to find out more.



Comic Relief is on Friday 20th March and North Star 265 will be taking part. Please join us by wearing something RED to school next Friday for Comic Relief. A suggested donation of £1 is welcomed.

Every time you donate - whether you sponsor a friend, buy a Red Nose, or give regularly - you help ensure health workers and youth coordinators can offer safe spaces, a listening ear, and essential guidance. You're supporting local community organisations and change-makers in the UK and across the world. You help people eat, sleep, and stay safe.

I would like to take this opportunity to let you know that we have welcomed Mr. Hall into Conker Class. He will be gradually taking over from Mrs. Richardson, who will continue to play a very active role in school as Assistant Headteacher. Mrs. Richardson will remain a familiar and supportive presence, and we are delighted to have Mr. Hall joining the team as he transitions into the class.



Our Mission

We **Navigate Success Together with Ambition and Relevance**

WHAT HAVE WE DONE IN OUR CLASSES THIS WEEK?

Acorns Acorn class have been welcoming some new joiners! We have also spent time working on multi sensory spellings and conducting a science experiment linked to the water cycle. In Maths we have been handling money and using it to 'buy' and 'sell' classroom items to each other.

Conkers Conker class has done some excellent work in English, creating their own stores for visual prompts. They have also set up a series of rain gauges around the site to monitor rainfall as part of their science learning on the water cycle. They have also been very helpful in showing Mr Hall where everything is in the classroom.

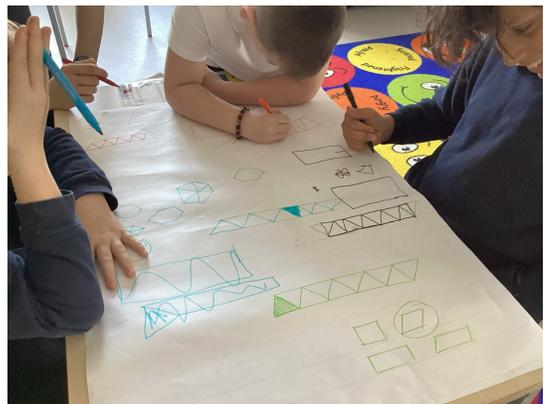
Maple This week in Maple Class we have been learning about fractions of shapes, using our problem-solving skills to complete drawing challenges and split pizzas into sections. In English, we have been writing stories about rivers and practising our simple sentences using a noun and a verb. In Science, we completed an experiment to find out how clouds are formed through evaporation and condensation. We also got a shout out from the BBC when we joined their live lesson online - what an exciting week of learning it's been!

Chestnut This week we have been working hard on developing our own descriptive narratives, focusing on how to show a character's emotions to the reader rather than simply telling them. In our topic lessons, we explored why Germany invaded Poland at the start of World War II. We also took part in some exciting Science Week activities, learning about light and the Moon and exploring how light reflects from the Moon to reach the Earth.

Oak This week we are finishing our learning about money. Next week we will start learning about time. It would be good to ask your child what they know about time and whether they can read the time on an analogue clock.

The students have also produced a lovely piece of silhouette art. I hope you enjoy them.

We will be going on a school trip to St. Nicholas Market on Wednesday 18th March as part of our topic.



What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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