



# Mapplewells Primary and Nursery School Weekly Newsletter - Friday 2nd February 2024

Dear Parents and Carers,

Another wonderful week of learning and activity has taken place at Mapplewells this week. Walking around school there has been a real buzz of excitement, concentration and enthusiasm throughout the classrooms as children go about their fantastic learning. It has been lovely to see the children in EYFS complete their phonics lessons, Key stage making delicious fruit kebabs, Years 3 and 4 have continued their mazing writing and Years 5 and 6 have continued to design and make their brilliant underwater dioramas!

Read on for all things Mapplewells...

## Attendance

Children must attend school every day, on time (unless they are too unwell to do so). As you know, I am not permitted to authorise holidays in term time and leave of absence will only be authorised in exceptional circumstances and on a case-by-case basis.



### The Importance of School Attendance

Our current school attendance after 19 weeks is 95% which is now above our floor target, well done! We want to work together to continue to improve this figure over the coming weeks. Our current attendance by class is:

Birch - 96%

Elder - 95%

Elm - 97%

Hazel - 94%

Hawthorn - 95%

Oak - 94%

Maple - 96%

Juniper - 95%

Pine - 94%

Rowan - 96%

Willow - 96%

Well done to Elm class on their fantastic attendance this week.

Let's keep striving to improve our attendance, to continue to exceed that figure of 95% and strive to achieve 97% attendance.

## SUCCESS is in our hands

SUCCESS stars of the week congratulations to the following children who were chosen by their class teacher as 'SUCCESS start of the week'. The children received their certificate in assembly today.

Ash - Freddie

Birch - Jesse

Elder - Laney

Elm - Theo

Hawthorn - Ben

Hazel - Savannah

Oak - Tommy

Maple - Lexi

Juniper - Arthur

Pine - Leo

Rowan - Jack

Willow - Joe



## Children's Mental Health Week

Next week is Children's Mental Health Week and the theme this year is 'my voice matters'. The children will experience an assembly based upon this theme, during which we will explore that everybody is important and everybody's voice matters.

All classes will also have the opportunity to take part in a guided mindfulness session. Following the session, each child will receive a bookmark as a reminder of how they can practice mindfulness.

Please find attached some top tips for families to ensure that all children feel that their voices are heard. Alternatively, please visit Families - Children's Mental Health Week ([childrensmentalhealthweek.org.uk](http://childrensmentalhealthweek.org.uk))<sup>1</sup> for more ideas and information.

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<sup>1</sup><https://www.childrensmentalhealthweek.org.uk/families/#resources>

# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools; the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4 Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5 Don't compare my experiences to your own when you were a child.
- 6 Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7 Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8 If you are open with me about your feelings, this can help me to be more open about mine.
- 9 Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10 Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzG0i8](https://bit.ly/3PzG0i8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

**My VOICE MATTERS**

Place2Be's CHILDREN'S MENTAL HEALTH WEEK 8-14 FEB 2024

**CONVERSATION STARTERS**

Some ways to start a conversation with your child about mental health could be...

- TELL ME ABOUT YOUR DAY
- WHAT WAS THE BEST THING ABOUT TODAY?
- WHAT IS THE BIGGEST STRESS / WORRY IN YOUR LIFE RIGHT NOW?
- WHAT'S YOUR ONLINE LIFE LIKE?
- WHO WOULD YOU TALK TO IF YOU WERE FEELING WORRIED ABOUT YOUR MENTAL HEALTH?
- WHAT CAN I DO TO HELP YOU?

CHILDRENSMENTALHEALTHWEEK.ORG.UK

## Co-opted Governor Vacancies

We still have vacancies for up to two co-opted Governors to join our Mapplewells Governing Body. Please see the advert below and if you are interested or require any further information, please do not hesitate to get in touch.

Please follow the link below for more information:

Co-opted Governor Vacancies<sup>2</sup>

## Sports kits

It has come to our attention that we are missing quite a lot of our new sports kits. If anyone has any sports kits/items at home, please return them to school as soon as possible. The kits are in a numbered drawstring bag.

We have events coming up shortly and currently don't have enough kits to go around.

<sup>2</sup><https://mapplewellsprimarynurserysutton.secure-primariesite.net/governing-body-vacancies-1/>



# Internet Safety



<http://www.netsmartzkids.org>

## **What Parents and Carers Need to Know about Persuasive Design Online**

For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as ‘persuasive design’ and it’s being employed in the vast majority of the digital world’s most popular destinations.

A study by the charity 5Rights Foundation concluded that “...the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online.” To tie in with Safer Internet Day 2024, our #WakeUpWednesday guide can help to educate youngsters on the effects of persuasive design – and suggests ways to insulate themselves from its influence.

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 this needed. This guide focuses on one of many issues which web-based content should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, tools and tips for adults.

## What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

"Persuasive design" refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These opportunities can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

### WHAT ARE THE RISKS?

**POTENTIAL ADDICTION**  
In the digital world, persuasive design can make certain activities more addictive and harder to walk away from. Some people may struggle to feel satisfied or fulfilled without access to their devices or their favourite app, for example. It can also mean users aren't feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

**MENTAL HEALTH CONCERNS**  
Scrolling through gaming without regular breaks is proven to be harmful for mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can cause sensations of stress, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

**PROLONGED SCROLLING**  
Social media can draw any of us – regardless of age – into a compulsive pattern of refreshing our screen, following posts and liking content and hoping or reading countless comments made by others. This endless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

**SENSORY OVERLOAD**  
Repetitively scrolling, clicking on links or playing games can create an increasing stream of new information and visual stimuli. Put it all in your head, mental health and environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing users to feel stressed, overwhelmed and exhausted.

**COSTLY ADDITIONS**  
Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these "microtransactions" temptingly promise to improve a player's gaming experience, most of the time they do more harm. Young people, in particular, excited by the chance of winning their game, could spend quite a sizeable sum very quickly indeed.

**PHYSICAL CONSEQUENCES**  
Hours spent sitting and scrolling means far less time moving around and getting exercise, hardly ideal for the long-term good of your health. Additionally, prolonged exposure to the light given off by phone screens can lead to eye fatigue and headaches. Staring at screens for long periods of time can also impact on sleep quality, affecting mood and energy levels over the following days.

## KEEP SCROLLING

## WIN TO WIN

### Advice for Parents & Carers

**ESTABLISH LIMITS**  
Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evening or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthy) for everyone.

**ENCOURAGE MINDFULNESS**  
Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. Encouraging your child to be mindful of their screen time could help to have an honest, open chat with your child about how much time they spend online, and then to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

**NOX NOTIFICATIONS**  
Stop three-pink responses at the source by turning off push notifications and alerts, whether it's a gaming notification or a social media update. These not-so-gentle reminders are designed to catch our attention and lure us back to our device, switching them off – or even disabling just particularly intrusive apps – can help prevent your child from being reeled back into the online world.

**MAKE A CHECKLIST**  
Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're keeping on their phone or browsing from the safety of their home, or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

**Meet Our Expert**  
Reference: Aimee Upthorpe, 26 years' experience in the field of education, has worked in various roles, from early childhood education to primary school, to ensure an understanding of the needs of young people, parents and schools. She is also a member of the National Online Safety's expert panel for the Department of Education.

The National College | National Online Safety | #WakeUpWednesday

@nationalonlinesafety | /NationalOnlineSafety | @nationalonlinesafety | @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.01.2024.

## Car parking

In response to concerns from local residents, please can I ask parents and carers to be considerate when parking if you are driving to school, please do not to block driveways or pavements when parking.

We ask that parents do not park on Mapplewells Crescent or Henning Lane as we need to ensure that access to school is clear and that children are able to walk safely to and from school.

We highly recommend that where possible children and parents walk to school. This is to ensure the safety of all our fellow Mapplewellians.

Thank you in advance for your continued support and co-operation in this matter.



## Free Safer Internet Day Webinar for Parents

The East Midlands Cyber Protect Network are holding a free webinar on February 6th 2024 at 7pm for Safer Internet Day. The webinar is aimed at parents and its purpose is to educate parents around keeping their children safe online. They have 1000 spaces and if demand is higher may offer another date.

You can sign up through their website below:

Webinars | EM Cyber Secure ([eastmidlandscybersecure.co.uk](https://www.eastmidlandscybersecure.co.uk))<sup>3</sup>

Or the below direct link:

Microsoft Virtual Events Powered by Teams<sup>4</sup>

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<sup>3</sup><https://www.eastmidlandscybersecure.co.uk/webinars>

<sup>4</sup><https://events.teams.microsoft.com/event/04ed8c6c-828a-470a-ac87-0511fdf217aa@15f7eba6-616e-465b-a3ad-912e8a6bbc5a>



## Valentine Disco

Our Valentines discos this year will be held on **Thursday 8th February**. There will be a charge of **£2.50** for the discos, the children will be provided with sweets, a large cookie and a drink of squash which will be served during the discos (please note the cookies may contain traces of nuts. If this causes any concern please let us know).

On this day children can come to school wearing red and pink clothes or non- uniform. Whatever makes them happy!

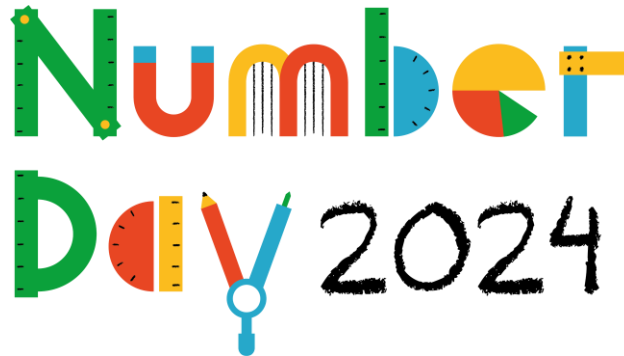
Please ensure you arrange for your child to be collected after their disco. Children are not permitted to walk home alone.

If you are able to support us in decorating our school hall ready for the disco please do let us know, Friends of Mapplewells will be decorating from 9:00am on this day.



## NSPCC number day

Thank you to everyone who took part in Dress up for Digits today to support the NSPCC. The children took part in fun maths activities across their key stages and we raised a total of £180!! All of which will make an enormous difference help the NSPCC support children.



## Spring 2024 Parents' Evenings

**We have sent you an email regarding Parents' Evening. Please ensure you have received this email. If not, do call the Office to check your details.**

We will be using an online booking system on our school website so you can choose the slot that suits you best. The booking slots will be released at 6pm on Monday 4th March. You will receive an email from Primary Site, our web host, inviting you to book your slot. Please ensure you book by Monday 17th March at the latest.

We are offering meetings as follows:

- Tuesday 19th March - meetings in person
- Wednesday 20th March - Online meetings via Microsoft Teams
- Thursday 21st March - meetings in person

On each day the time slots will be from 3.30pm to 5.20pm.



## Parents' Evenings

### Key dates

Please keep updated with our key dates as we will add to this over the coming weeks.

Diary Dates	
2023-24	
February	
Thursday 8 <sup>th</sup>	Valentine discos
Friday 9 <sup>th</sup>	Chinese New Year menu for lunch (pre-orders only)
Friday 9 <sup>th</sup>	Last day of Spring 1 term
Monday 19 <sup>th</sup>	First day of Spring 2 term
Monday 26 <sup>th</sup>	INSET day
March	
Tuesday 19 <sup>th</sup>	Spring 2024 Parents' Evenings – in school
Wednesday 20 <sup>th</sup>	Spring 2024 Parents' Evenings – online
Thursday 21 <sup>st</sup>	Spring 2024 Parents' Evenings – in school
Thursday 28 <sup>th</sup>	school photos
Thursday 28 <sup>th</sup>	Last day of spring 2 term
April	
Monday 15 <sup>th</sup>	First day of Summer term
Thursday 18 <sup>th</sup>	Year 4 residential
May	
Thursday 9 <sup>th</sup>	Year 3 residential
Monday 20 <sup>th</sup>	Year 5 residential
Friday 24 <sup>th</sup>	INSET day and last day of Summer 1 term
June	
Monday 3 <sup>rd</sup>	First day of Summer 2 term
Monday 3 <sup>rd</sup>	Year 6 residential
July	
Friday 26 <sup>th</sup>	Last day of summer 2 term

Thank you for your continued support - SUCCESS is in our hands.

Mr Whittle

Headteacher

Mr Latkowski

Deputy Headteacher