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## Points to Remember for WIB 17.4.23



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### DATES

#### April

**Mon 17th** - School opens for Summer Term (New timings start! 8.45)

**Tue 25th**—Class 2 to Titanic Museum

#### May

**Tue 2<sup>nd</sup> – Thur 4<sup>th</sup>**— Year 4 Residential to Conway

**Mon 8th**—Bank Holiday (additional for Coronation)

**Tue 9th—Fri 12th**—SATS for Y6

**Thur 25th**— Class group Photos

**Fri 26th**—Break up for half term

#### June

**Thur 8th** Class 3 Air Raid Shelter Visit

**Thur 15th** Sports Day

**Thur** Summer Production (2pm & 6pm)

#### July

**Mon 10<sup>th</sup> – Fri 14<sup>th</sup>**—Year 6 Residential to Min-y-Don

**Fri 21st** - Y6 leavers Assembly

—School Closes for the Summer



### Weaverham Music Festival

The children of Year 4, Year 5 and Year 6 did an amazing job at the Weaverham Music Festival. We are so grateful that we have such amazing ambassadors at our school. It was fair to say that the audience were very impressed by the children's professional demeanor and beautiful singing (and dancing!).

Thank you for coming along to support this event and cheering on the children. We are very grateful to Miss Baines and Miss Bostock for preparing the children and also ensuring that our regular curriculum teaching continued in between rehearsals.

The children will next perform at the Rose Queen event in the Summer term. We hope to see you there!

### Royal Academy of Arts Summer Show

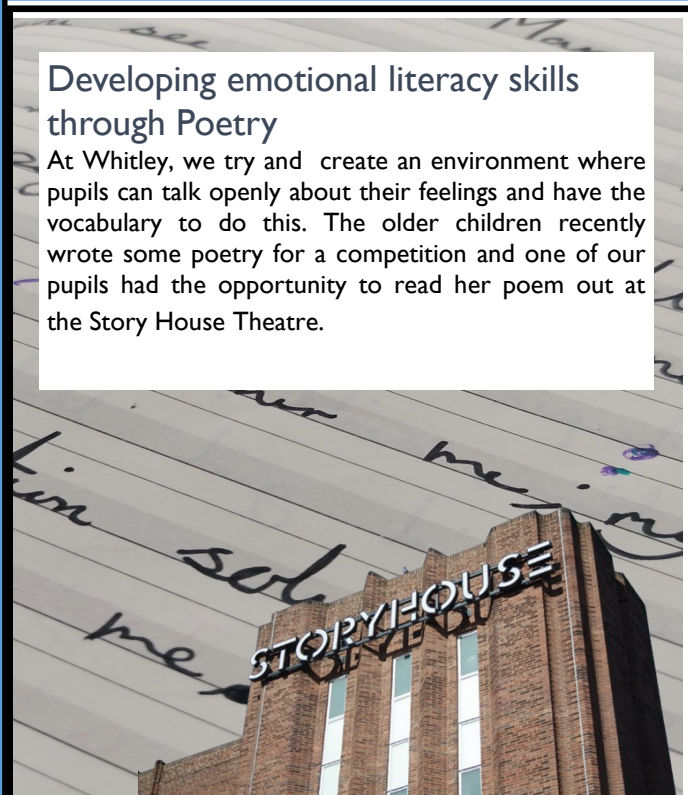


**RA**  
Royal  
Academy  
of Arts

We were pleased to hear that we have at least two entries into the Royal Academy of Arts Summer Show. Both entries displayed real dedication and perseverance. We will advertise this competition again next year. Good luck!

### Developing emotional literacy skills through Poetry

At Whitley, we try and create an environment where pupils can talk openly about their feelings and have the vocabulary to do this. The older children recently wrote some poetry for a competition and one of our pupils had the opportunity to read her poem out at the Story House Theatre.



# Whitley Village School

## Coronation Celebration



### **Coronation “Bake Off” and Tea Party on Thursday 27th April**

As we approach the Coronation of King Charles we will be hosting a Coronation “Bake Off” and Tea Party on Thursday 27th April

The children are invited to bake and bring in their Coronation-themed offerings to school on the morning of 27th April to be judged by a visiting guest during the day! Once the judging is finalized, we will present prizes to the winners in assembly that afternoon. All entries will then be available to eat at a tea party at the end of the school day. Parents, grandparents and friends are invited to stay for tea, coffee and juice.



## After School Clubs – Summer Term

### Summer Term 1

Name of club	Run by	When?	Where?	Time?	Dates	Collection	For	P
Year 6 Booster Club	Miss Baines	Tuesday  *Changed due to bank holidays	Class 3	Until 4.15pm	Begins: Tuesday 18 <sup>th</sup> April 2023  Final Session: Tuesday 2 <sup>nd</sup> May 2023	Office	Year 6	Continued from last term.
Guitar	Guitar Company	Tuesday	Class 4	Until 3.30pm	Begins: Tuesday 18 <sup>th</sup> April 2023  Final Session: Thursday 25 <sup>th</sup> May 2023	Office	KS2	Please request a trial lesson if you are interested in your child learning guitar.
Football	Coach	Thursday	Field	3.15pm – 4.15pm	Begins: Thursday 20 <sup>th</sup> April 2023  Final Session: Thursday 25 <sup>th</sup> May 2023	School field	Reception and Year 1/2	
Scottish Dancing	Miss Keegan	Friday	Hall	3.15 – 4.15pm	Begins: Friday 21 <sup>st</sup> April 2023  Final Session: Friday 26 <sup>th</sup> May 2023	Office	Y2-Y6	Continued from last term.

### Summer Term 2

Name of club	Run by	When?	Where?	Time?	Dates	Collection Point	Available to	P
Gymnastics	Beth Tweddle Gymnastics	Tuesday	Hall	3.15-4.15pm	Begins: Tuesday 13 <sup>th</sup> June 2023  Final Session: Tuesday 18 <sup>th</sup> July 2023	Office	KS2	
Guitar	Guitar Company	Tuesday	Class 4	Until 3.30pm	Begins: Tuesday 6 <sup>th</sup> June 2023  Final Session: Thursday 20 <sup>th</sup> July 2023	Office	KS2	Please request a trial lesson if you are interested in your child learning
Football	Coach	Thursday	Field	3.15pm – 4.15pm	Begins: Thursday 8 <sup>th</sup> June 2023  Final Session: Thursday 20 <sup>th</sup> July 2023	School field	Reception and Year 1/2	Continued from last term.
Scottish Dancing	Miss Keegan	Friday	Hall	3.15 – 4.15pm	Begins: Friday 9 <sup>th</sup> June 2023  Final Session: Friday 7 <sup>th</sup> July 2023	Office	Y2-Y6	Continued from last term.

#### **Parent Payments Reminder**

**We would like to remind all families that lunches, and after/before school clubs should always be paid for in advance. If you use After School Club and Breakfast Club, please ensure that you have a credit on your balance of at least £50. We rely on prompt payment to ensure that we can purchase food and meet our obligations to our club staff.**

**“We request that your account is kept in credit and sufficient funds are added to your account before your child attends club to cover the attendance fee.”**

**Club Handbook**

**Failure to do so will result in your child(ren) being unable to attend.**

#### **FoWS Lottery Results**

**Lots of numbers still available – support your school and help raise £3,200!**

Please consider joining this year.

Contact Derry 07973281124 for help and to see which numbers are available.

**Thank you for supporting our school in this way**

18/03/2023	58	ROLLOVER	
22/03/2023	10	Richard Shore	£50
25/03/2023	28	ROLLOVER	
29/03/2023	37	Louise Chavner	£50

# Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

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.

## WHAT ARE THE RISKS?

### 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.

## Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-england-and-wales/year-ending-march-2020>

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