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Newsletter 14th Oct 2022

We have had another extremely busy week as we approach the half term break. This week we have been celebrating Earth Science Week where the children have been learning about Antarctica and what we can do to continue to protect it. The children have been learning about the conservation work currently happening for this vast wilderness and what is going to happen in 2041 when the Antarctic Treaty ends.

This week, we have had a number of children representing our school in events across the city. Some Year 4 children visited the National Marine Aquarium yesterday for the annual STEMFEST workshop. The children had an opportunity to learn about the work of a paleontologist and how they can gather information from fossils. The children thoroughly enjoyed the trip and have been invited back later in the year to create their design and present it to the other schools involved. The children were great ambassadors for the school and we are very proud of their hard work.

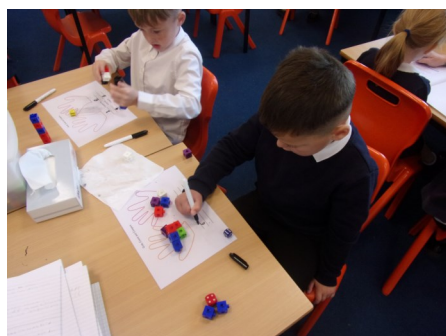
Children in KS2 are currently involved with a project with The Box, Plymouth. On Wednesday, they visited The Box to look at the art exhibition as part of a national-wide art project. The children also visited KARST Gallery on Thursday, where they explored the art work on display and created their own Zine (a mini magazine) taking inspiration from the art work from the two day visit. Some of the children's work will be display in The Box at the end of the project. Next week, a visitor from The Box will be coming in to complete an school-based art day at Weston Mill with these children. We can't wait to see what they create!

Some of our year 5 children went to a Playleader workshop at The Life Centre to support with playtimes at school. We are very much looking forward to developing our playground areas with their support over the academic year.

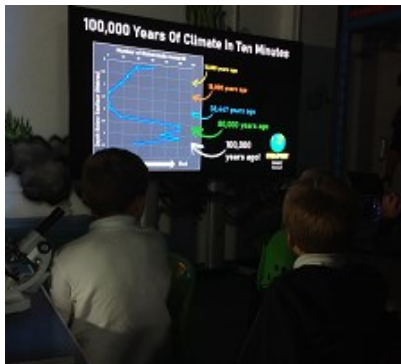
Finally, we would like to thank parents for their continued support and involvement with the activities in school this term. Next week, we have Santiago's Celebration of Learning and Mombasa's parent reading session. Keep up to date with school events on our Facebook page and we look forward to seeing many children this afternoon at the first PTFA Disco of the year!

Mrs Catherwood (Acting Head of School)

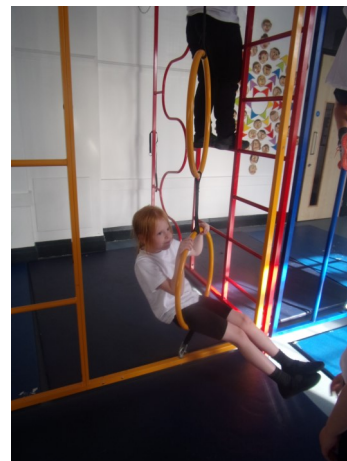
In Mombasa maths, we used various activities to learn how to compare numbers. We played a grab, count and compare game where we used sentence stems to help us explain the comparison of numbers and also used uno cards to see if they were greater than, less than or equal to each other, using the mathematical symbols. Great Maths Mombasa!



Year 4 attended STEMfest this week! Arriving at 10am and full of excitement to enter STEMFEST. First they met their guide, who discussed the fish living in the tanks before moving on to learn about renewable energy. Then they saw a small golden boat that will be used to measure the temperature of the Atlantic Ocean. The children then explored how a voltammeter and sensor could measure ocean temperature and then discussed how they could change the temperature themselves by blowing into it and then made wind to see if we could make our boats travel. The children then met George who explained about the work of a climate palaeontologist. The children then explored if fossils could be used to identify what climate would have been like millions of years ago before exploring the difference between climate and weather and looking through microscopes to see fossils. The children finished by taking part in a Barbican Theatre workshop where they tried to make ocean style music.



In PE Year 3 have been learning about shapes. They enjoyed using the gym equipment and carefully practising their shapes



Weekly attendance for 10th—14th Oct 2022

The UK Government expectation is 96%. We are striving for children to achieve this as there is a direct link between attendance and achievement .

This week's winners are :

LONDON	95 %
NAIROBI	93%
MOMBASA	92.5%
CAPE TOWN	96%



SAN FRANCISCO	88.8%
TOKYO	90.6%
SANTIAGO	94.6%
CANBERRA	88.5%
DUBAI	91.1%
OSLO	92%

The children in years 1 & 2 will be making their own picnic on Monday 17th October, Could they please bring in a teddy bear to enjoy the picnic with.



NETHERCOTT FARM - YEAR 4

Deposits for this trip can be made on 15th Oct via Parent Pay. There are still spaces available if you wish your child to attend. Paying your deposit will secure a place based on a first come first served basis.

Please speak to the office if you require any further information.

Thank you.



OPEN SCHOOL

Is your child due to start school in 2023 or are they turning 3 soon and you are looking at nursery provision?

**Tuesday 1st November 2022 at
3.30pm.**

We would like to welcome parents & carers to come in and have a look around our school.

Please email

westonmill.desk@discoverymat.co.uk to reserve your space.



School Uniform Reminder

Please send your child in the correct uniform as outlined in the School Uniform Policy on our website. Children should wear grey trousers, skirt/pinafore or shorts **not leggings**.

Please remember that flat, sensible, safe, black shoes (no trainers) should be worn.

Hairclips and headbands should be plain and should not cause obstruction to anyone's learning, or cause distraction to any learner.

Children need to have their PE kit in school, as they will change in school for PE sessions. Please ensure that PE kit is as outlined in the uniform policy.

Jewellery

Children may not wear jewellery to school at any time (except for small studs, which **must be 5mm in diameter or smaller**, and watches) other than for religious or cultural reasons. Children in **Foundation** may **not** wear earrings in view of the physical aspects of their learning.

“For health and safety reasons, all pupils are required to remove earrings during PE lessons.”



StreetSafe is a pilot service for anyone to anonymously tell us about public places where you have felt or feel unsafe, because of environmental issues, e.g. street lighting, abandoned buildings or vandalism and/or because of some behaviours, e.g. being followed or verbally abused.

StreetSafe

Want to improve the safety of our local area? If you feel unsafe in any area in Plymouth please use this website to report it:

[StreetSafe | Police.uk \(www.police.uk\)](http://www.police.uk)

Pre-Loved Uniform Shop

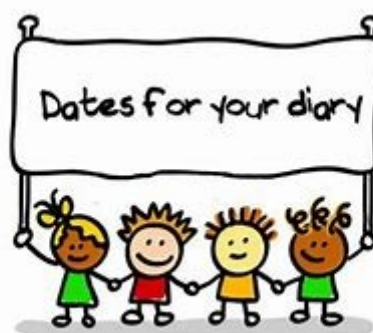
We all know how quickly children outgrow school uniform and that often families have items that have hardly been worn but no longer fit. It seems a real shame that these clothes either go to a recycle bank or simply get thrown away.

We have introduced a Pre-Loved school uniform system in our school. Donated items are available to families throughout the year and will, we hope, make sure that children get the best wear out of school uniform. If you have items of school uniform that your child has grown out of but are still in good condition, please send them into school clean. Coats and shoes will also be welcomed.

Thank you to those that have donated already!



<p>Wed 7th Sep 2022</p> <p>Mon 24th - Fri 28th Oct</p> <p>Fri 25th Nov</p> <p>Mon 19th Dec 2022 - Mon 2nd Jan 2023</p> <p>Mon 13th Feb - Fri 17th Feb</p> <p>Mon 20th Feb</p> <p>Mon 3rd April - Fri 14th April</p> <p>Mon 1st May</p> <p>Mon 29th May - Fri 2nd Jun</p> <p>Fri 23rd Jun</p> <p>Wed 26th July</p>	<p><u>2022/2023 TERM starts</u></p> <p>HALF TERM</p> <p>Non-Pupil Day</p> <p>CHRISTMAS HOLIDAYS</p> <p>Half Term</p> <p>Non-Pupil Day</p> <p>EASTER HOLIDAYS</p> <p>Bank Holiday</p> <p>HALF TERM</p> <p>Non-Pupil Day</p> <p>SUMMER HOLIDAYS START</p>
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Marine Academy Plymouth

HOME TO THE HARDEST WORKING STUDENTS IN THE UK



Is your child starting secondary school in September 2023 or 2024?

Do you want your child to attend the highest performing, non selective school in Plymouth?

If the answer is yes, book onto one of our last open mornings whilst we still have space!

As the most improved school in the South West, **we unreservedly believe that every child should have the opportunity to attend University when they leave us** and our academic curriculum is designed to ensure that this is the pathway our students will follow.

We accept no excuses for poor behaviour and instil a belief in our children that they can match the success of students attending schools such as Eton, Harrow and Wycombe Abbey.

Our very own bespoke enrichment programme offers all students the opportunity to develop key attributes relating to the MAP core values.

Leadership - Resilience - Aspiration

Within our leadership initiative, students will be required to complete a number of tasks to achieve the Bronze, Silver, Gold, and Platinum MAP Award, which will enrich students' cultural capital and provide all students with the personal attributes needed to succeed on the path to University and into adult life.

We also offer a vast array of clubs and activities for students to become involved with outside the classroom ranging from sports clubs to Forensic science, from Mythology to Bakewell club! As well as this all year 7 students are given access to free music 1-2-1 music tuition!

Come and see one of the best schools in the country !



Open Events 2022



Come and see the highest performing school in Plymouth in action at one of our open mornings!

Open mornings: 14th and 21st October 2022

To see MAP in action, open mornings will run from **8.55am - 10.00am** where there will be a short welcome talk followed by a chance to see our thriving academic environment! You will see our calm, safe and disruption free environment, meet current staff and students and experience our world renowned teaching strategies recently published by international bestseller, Doug Lemov! If you'd like the opportunity to find out what makes us different, please book by contacting reception and reserving a space on your preferred day!

By 2025, we will be the best school in the country. Will your child be a MAP scholar?

To arrange a visit, please contact us on 01752 213939 or email contact@marineacademy.org.uk
For further information about the academy, please visit our website:

www.marineacademy.org.uk/secondary

Study here where you will...

**...learn like a champion
...develop your leadership, resilience, aspiration
...go to university**



MARINE ACADEMY PLYMOUTH DANCE CLASSES

Plymouth Ballet School offers fun, friendly, and high-quality Dance classes for all ages and abilities!

TUESDAY

16:45 - 17:15	Pre-School Ballet	3 - 4 Years
17:15 - 17:45	Pre-Primary Ballet	5 - 6 Years
17:45 - 18:30	Primary Ballet	6+ Years



SCAN TO BOOK A FREE TRIAL!
INFO@PLYMOUTHBALLETSCHOOL.CO.UK
WWW.PLYMOUTHBALLETSCHOOL.CO.UK
07446009036

Is your child due to start secondary school next year?

Now is the time to start thinking about your child moving from primary onto secondary school.

If your child was born between 1 September 2011 and 31 August 2012 and are in Year 6, they are now eligible to apply for a secondary school place.

All the information you will need about secondary school admissions in 2023 is on our website www.plymouth.gov.uk/secondaryadmissions. From here, you can apply online for school places and read the 'Plymouth Parent's Guide' which contains all admission policies and application forms.

Applying online is quick and easy - all you need is an email address. Once you apply online we will let you know which school your child has been allocated on Wednesday 1 March 2023.

Remember:

- All Plymouth's 18 secondary schools hold 'open events' for families to visit the school and speak to staff. Please refer to the individual schools websites for dates and further information.
- If you are applying for a place at a faith school on faith grounds, you must also fill out a supplementary form, which you can obtain from our website or from the school.
- Some schools give priority to children of members of staff and will ask for submission of a supplementary form as proof.
- Please read the admission policy for each school carefully.

The deadline to apply is 31 October 2022 so visit www.plymouth.gov.uk/secondaryadmissions now.



Online Safety

It has been brought to our attention that a character named 'Huggy Wuggy' is being viewed by children online, some as young as reception. The character can easily be viewed on YouTube, Roblox and TikTok and is a teddy bear with razor sharp teeth that sings songs about hugging whilst including inappropriate content. In one of the videos the bear asks the viewer to take their last breath.

It is a very deceiving character, as hugs should be seen as something kind and loving and, because of its name is able to infiltrate firewalls and filters and is even accessible on YouTube for Kids.

Please be vigilant around what your child is watching. Please see below a parent/carer guide from National Online Safety regarding 'upsetting content' which may be useful.

All 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 apps which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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 the continuing impact of COVID-19 to the war in Ukraine, 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.

- 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 have seen.
- 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.
- 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 is happening - but again, do stay aware of their emotional state.
- EMPHASISE HOPE**
Upsetting content can make us 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.
- 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.
- CONSIDER YOUR 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.

SET LIMITS
Managing screentime and content can be difficult at the best of times, 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 and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

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.

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.

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.

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.

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.

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.nos.org.uk/news/2022/03/08/parents-carers-should-ask-children-what-they-know-about-upsetting-content/>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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KIDS OCTOBER HALF TERM CAMP

SCAN TO BOOK
NOW WITH YOUR
SMARTPHONE



[HTTPS://FORMS.OFFICE.COM/R/TUJXPZ9VRQ](https://forms.office.com/R/TUJXPZ9VRQ)



Dates: Monday 24th October (Rugby)
Tuesday 25th October (Rugby)
Wednesday 26th October (Multi Sports)

Times: 0900 – 1500
(After club care available
until 5pm just £5 per hour)

Ages: 7 – 12 Mixed Boys + Girls

Cost: 1 Day = £30
2 Days = £55
3 Days = £70

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Coached by Plymouth Albion First Team Players! Lots of fun rugby + games activities, opportunities to learn new skills and make new friends!

Using praise, encouragement and rewards to change behaviour

Children are more likely to repeat behaviour that earns praise or encouragement. This means you can use praise and encouragement to change difficult behaviour and replace it with desirable behaviour.

The first step is to watch for times when your child behaves in positive ways, or makes an effort. When you see this, immediately get your child's attention and tell your child exactly what you liked – for example, 'I liked how you waited your turn to play with that toy. Well done' or 'You're working so hard at your practice. I think you'll be great in the match!'

At first, you can praise every time you see the behaviour or effort. When it happens more often, you can praise or encourage it less.

Rewards can make praise and encouragement work better. When you praise or encourage your child's behaviour and then reward it, the behaviour is more likely to happen again.

It's best not to overuse rewards. If you need to use them a lot, it might help to rethink the situation. Are there any other strategies that you could try to encourage the behaviour you want? Or is the task or behaviour too hard for your child right now?

Encouragement: praise for effort

Encouragement is **praise for effort** – for example, 'You worked hard on that maths homework – well done'. Praising effort can motivate your child and encourage them to try hard in the future.

You can also use encouragement before your child does something. For example, 'Show me how well you can put your toys away' or 'I know you're nervous about the test, but you've studied hard. No matter how it turns out, you've done your best'.

Some children, especially those who are less confident than others, need more encouragement than others. When praise is focused on effort, children are more likely to see trying hard as a good thing in itself. They're also more likely to keep trying and to be optimistic when they face challenges.

raisingchildren.net.au

