



# Charmouth Primary School Round-up

Friday 24th March 2023

## Local Food Links

The Summer 1 menu is now live on the website. If you would like your child to have a school dinner, these need to be ordered via:

<https://www.localfoodlinks.org.uk>

If your child is in Reception, Year 1 or Year 2, they are entitled to free school meals.

Meal orders must be placed 7 days in advance.

If you have any further questions, please contact the office.

## Spring Picnic

Parents and Carers are welcome to join us on the playground/field/hall (weather dependant) from 12 noon with a picnic on the final day of term.

If you and/or your child would like to take part in an **Easter Hat Parade**, please bring in your home-made hats on the day.

The PTFA will be holding an **Easter Art Competition** – sheets are attached or available from the office.

If your child does not have a school packed lunch ordered, please remember to bring a picnic lunch for them too.

## Diary Dates

### Friday 31<sup>st</sup> March from 12pm

Spring Picnic – all welcome!

Ukelele Performance at 1pm

### Monday 17<sup>th</sup> April

First day of summer term

### Tuesday 25<sup>th</sup> April 2:30

SEND Coffee afternoon – Autism awareness focus

### Monday 1<sup>st</sup> May

May Day Bank Holiday

### Monday 8<sup>th</sup> May

Coronation Bank Holiday

### Wednesday 10<sup>th</sup> May 2:30

Parent Coffee afternoon – online safety focus

### w/b Monday 8<sup>th</sup> May

KS2 SATS week

## Sewing Club Volunteers

It would be really great if we could have a few more parents come forward to help run Sewing Club. Please contact the office if you can help.



### Volunteer Helpers

Adventurers class will be swimming each **Thursday afternoon from April 20<sup>th</sup> to June 22<sup>nd</sup> 2023.**

The class will need at least two parent helpers for each session so if you are able to come along to any sessions, please let the office know – thank you.



### Explorers' Visit to Charmouth Heritage Centre

On Tuesday this week, Explorers class visited the Heritage Centre as part of their weekly trip to the beach. The staff were so welcoming and helpful and the children had a brilliant time. Thank you so much.



### Cinema and Springo Thanks

The PTFA would like to thank everyone who was involved with either of these events. Many hands really do make light work.

The Film Night on Friday 10<sup>th</sup> March raised £140 and a really fantastic £471.30 was raised at Springo last Friday.

Thank you for all the donations, it made a huge difference to our profit! Massive well done to our fab volunteers led by Steph and Polly and of course, thank you to all who came on the day, it was a lot of fun!

### Card Machine

The PTFA now has a card machine available to use to pay for PTFA events.





**Message from Doodlelearning:**

**The Spring Challenge starts soon!**



From the 1st-30th of April, we invite pupils to join one or both of our Spring Challenges — the DoodleMaths Challenge and the DoodleEnglish Challenge!

Both Challenges are designed to encourage a few minutes of daily Doodling, promoting healthy learning habits and boosting their confidence in maths and English.

Most excitingly, they can earn an exclusive pin badge and certificate for each Challenge completed!

**School Uniform**

Please ensure your child has the correct uniform and all items are named.

**School uniform**

- plain black closed shoes
- white polo shirt (navy blue for mini Explorers)
- royal blue jumper or cardigan
- grey or black trousers/shorts/skirt/dress
- blue and white checked summer dresses may also be worn
- plain grey, black or white socks or tights



### **RHS Chelsea Garden News**

Garden Designer Julie Haylock and husband Andrew are Sandhurst Garden Design, based in Yeovil, Somerset. Both first time exhibitors at an RHS Show, and first time at RHS Chelsea Flower Show, they will exhibit their Container Garden – The Mary Anning Space to Learn Garden.

The Mary Anning Space to Learn Garden is inspired by the famous fossil hunter Mary Anning who was born on 21<sup>st</sup> May 1799 in Lyme Regis, Dorset on the Jurassic Coast. Mary's gender, standing in society and lack of formal education was a barrier to her being fully credited for her geological discoveries that would in time, provide hugely important evidence for scientists about our own evolution. In 2023 we celebrate the 200<sup>th</sup> Anniversary of Mary's discovery of the first complete fossil remains of a Plesiosaurus.

This outdoor learning space for a small group of primary school age children uses nature, fossils, geology and plants to spark imagination and to inspire them with their studies and aspirations, and like Mary prove that it is possible for an ordinary person to do extraordinary things.

At the end of the show, elements of the garden will be re-located to Charmouth Primary School in Dorset, to inspire future generations of scientists to follow in the footsteps of Mary herself.



Julie is looking for two pupil volunteers to take part in a photo call in the garden on Monday 22<sup>nd</sup> May. This would involve going to London and being photographed by members of the press. Transport to and from the show and any expenses would be at your own cost. Please contact the office if you are interested in taking part.

We also need some volunteers to help prepare the area where the garden elements will be going so if you are practical and handy, please contact the office to find out more.



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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

## WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND



- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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