



Friday 26th April 2024 (6 pages)

ATTENDANCE

Well done to everyone who is in the green!

<u>YEAR</u>	<u>ATTENDANCE</u> <u>%</u>
<u>RECEPTION</u>	92%
<u>YEAR 1</u>	100%
<u>YEAR 2</u>	91%
<u>YEAR 3</u>	98%
<u>YEAR 4</u>	100%

HUMSHAUGH TOP DUCKS

We are now completely 'Duck tastic' with our awards. Each week we will display our group photograph on our new *Top Ducks* display board in the hall so we can celebrate everyone's achievements.

Well done to our Superstars Harry B and Annabelle; our Handwriting Heroes Alice, Ava, Maisie and Lewis. Congratulations also to Ella for receiving the Kindness Award, Felix for the Helping Hand Award and both Charlotte and Isla W for receiving the Perseverance Award. Well done to our Maths Whizzes Laurie and Harris and PE stars Archie and Charlie S. All children were given a special sticker and a duck to sit on their desk for the week.



ELVIS AND TUFFY THE READING BEARS

Bertie had a lovely time reading with Elvis at the weekend. This week's recipients of the bears are Jessie and Jenny-well done!



CLASS 3 ROMAN ARMY MUSEUM AND VINDOLANDA

As part of their History topic, **Class 3** visited **The Roman Army Museum and Vindolanda on Tuesday**. They had a super time and were impeccably behaved throughout their visit. Both museums are packed full of interesting artefacts, interactive displays and brilliant videos that show how Vindolanda would have looked when it was first built. There are more photos on the website.





CELEBRATING EXTRA CURRICULAR PUPIL ACHIEVEMENTS

Well done to **Darcey** who received a Blue Peter badge for a book review she wrote a little while ago with some illustrations.



Please let Mrs Long know if your child/ren take part in extra-curricular clubs and activities and achieve awards or prizes. We would love to celebrate and share their efforts and successes.



FRIENDS OF HUMSHAUGH



COFFEE MORNING

The Friends Coffee morning is at **Humshaugh Village Hall on Saturday 4th May between 10.00am-12.00pm**. It would be lovely to see as many people as possible.

If anyone could make cakes or give donations for a Tombola (e.g. sweets, books, bath stuff, toys - we are happy for them to be good condition second hand items).

PE KITS

Please ensure children in Class 2 and 3 have their outdoor PE kits in school on **Monday 29th April.**

PARENT CONSULTATIONS

It was lovely to see so many parents and carers this week. We will be arranging some 'Look at Books' sessions later on in the term.

PARENTZONE-ONLINE SAFETY

Every few weeks, we will share information or an article about online safety and wellbeing. These guides can be found on the National College website.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practice mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

NOS National Online Safety®
#WakeUpWednesday

Source: <https://www.college.org.uk/news/technology/2022/04/11/parents-need-to-know-about-social-media-and-mental-health>

DIARY DATES

Thursday 2 nd May:	Friends from the Village-Class 2
Saturday 4 th May:	The Friends Coffee morning-Humshaugh Village Hall 10am-12pm
Monday 6 th May:	Bank Holiday-School closed
Monday 13 th May:	Reception Parent Consultations (rescheduled from 22 nd April)
Wed 15 th -Fri 17 th May:	Y4 Residential-Robinwood
Monday 20 th May:	Reception Parent Consultations (rescheduled from 29 th April)
Friday 24 th May:	Last day of Summer 1
Monday 3 rd June:	Summer 2 starts
Thursday 6 th June:	Y1/2 visit to Beamish (more info to follow)
Monday 10 th June:	EYFS visit to White House Farm (more info to follow)
Thursday 13 th June:	Year 3 visit to HMS (more info to follow)
Thursday 20 th June:	Year 4 Leaver Service – Newcastle Cathedral
Friday 21 st June:	Fragile Earth-visit to Simonburn (more info to follow)
Monday 24 th June:	French performance in school (Y3/4)
Thursday 27 th June:	Shutterbugz class photos
Friday 28 th June:	Y3/4 visit to Kirkley Hall Zoo (more info to follow)
Tuesday 9 th July:	Transfer Day (Year 4s at Middle Schools for the whole day)
Thursday 18 th July:	Year 4 water fight and Fun Day
Friday 19 th July:	Year 4 Leaver Service-in school



HUMSHAUGH YOUTH CLUB

Tuesdays @ Village Hall
6pm -7.30pm : Youth (Yrs 4-8)

APRIL-MAY 2024

APRIL

2nd & 9th Closed Easter Holiday
16th Where we come from and Fossils
23rd Board games and Lego
30th Rock painting



MAY

7th..Circus Skills
14th..Slime and cloud dough
21st Bingo night
28th Closed..Half Term



Theatre trip 21st July fully booked
Wild Swimming date tba June/July

FOR MORE INFO, CALL/TEXT/WHATSAPP
LISA ON 07826 020949 OR EMAIL
LISA.ROBINSON@NORTHTYNEYOUTH.CO.UK

