



DILTON MARSH CE PRIMARY SCHOOL

Newsletter 5 Term 3 - Friday 3rd February 2023

Dear parents and carers

Next week is Children's Mental Health Week and the theme is '*Let's Connect.*'

We will be using the occasion to stop and spend time sharing some of our thoughts and ideas about ways to support mental health for all children and adults in our school community.



We always encourage children to talk about anything that is worrying them or if they are feeling unsettled, unhappy or anxious about anything. They could talk to someone in their family, a teacher or someone else at school.

As a School, we offer the following ways of supporting and promoting a healthy mental wellbeing;

1. Weekly PSHE lessons which includes mindfulness.
2. Opportunities in all classes to ask questions and share concerns, including the use of a Worry Box in some classes.
3. Focused activities linked to Children's mental health week.
4. Focused activities linked to House Challenges.
5. Adoption of thrive practices in all our classes in which all staff have been trained.
6. The opportunity to access ELSA sessions (Emotional Literacy Support).
7. Working with the Mental Health Support Team who offer targeted support for individuals and their families.

Most of all we recognise the importance of building positive, strong relationships which allow us to talk and share our feelings and worries and to ask for help whenever this is needed.

If you're worried about your child's mental health you can talk to your GP or someone at school. You can also find a list of organisations that provide support and advice on our website:

www.place2be.org.uk/help

If you wish to find out more about next week's theme for Children's Mental Health Week, please use this link:

www.childrensmentalhealthweek.org.uk/schools/primary-age-activities/#resources

Start of the school day

We have been reflecting on safety at the start of the day and the following access arrangements will now return to pre-COVID measures from Monday next week as follows:

- The gates to the car park will be closed – entrance and use for staff only.
- Access to school will be via the pedestrian gate.

Thank you for your support with this.

Parents' Evenings

We will be holding Parents' Evening appointments on Wednesday 22nd and Thursday 23rd February for Cherry, Ash, Willow, Chestnut and Oak Classes.

Beech Class's will be held on Tuesday 21st and Thursday 23rd February.

Lime Class's will be held on Thursday 23rd February 2023.

These will need to be booked via your eSchools account. The booking window opens on Monday at 10am.

Please email admin@diltonmarsh.wilts.sch.uk if you have any queries or issues logging on.

Let's celebrate!



Star of the Week

Lime Class	Albie for his effort and attitude towards his learning.
Cherry Class	George for settling in to his new class so well.
Ash Class	Harmony for being a super helper in Ash class this week, calm and compassionate.
Willow Class	Daisy for showing the value of perseverance during PE.
Chestnut Class	Meira for always showing a positive attitude.
Beech Class	Roarke for being a superstar all term and making huge leaps in his learning.
Oak Class	Finlay-Ray for showing our school values everyday.



Dilton's Maths Magicians:

Lime Class	Jacob Fuller for his addition to 10 using part-whole models.
Cherry Class	Arlo Hinton Maths for super independent subtracting.
Ash Class	Delilah for working hard to learn her times tables.
Willow Class	Esme for confidently being able to solve division calculations.
Chestnut Class	Henry for a huge improvement in his Times Tables.
Beech Class	Ben for always having his hand up to solve tricky fractions problems.
Oak Class	Ruby for improvement in times tables knowledge.

Week Ending 03/02/2023:

Hawk	Kestrel	Falcon	Merlin
2nd	1st	4th	3rd

Termly running total:

Hawk	Kestrel	Falcon	Merlin
37	37	35	28

Congratulations to Archie, Eleanor, Ellie, Emilie, Evelyn, Evie, Finlay-Ray and Hollie for being the first children in Oak Class to achieve their Platinum house badges.

Bikeability

Congratulations to Harry, Brinley, Cameron, Rhys, Poppy, Evie, Ellie, Evelyn, Eleanor, Chloe, Finley and Mia who have all successfully completed the Level 1 and Level 2 Bikeability training this week. They started with safety checks and basic bike handling on the playground before going out into the village to navigate roads and junctions alongside real traffic. Mia told us, "We learnt different strategies for keeping safe on the road such as looking right and giving way on a round about and the importance of keeping a primary position on the road which is safer than the secondary which is close to the kerb."



FODS Update

The Friends of Dilton Marsh School (FODS) quiz has been deemed a great success by the charity's organisers and those who took part. The fundraising event was held to raise money towards the increasing costs of school trips to help make them affordable.

Twelve teams including parents, school staff (very worthy runners up!) and the local community put their knowledge to the test in the village's memorial hall. Unwanted Christmas presents were given for the raffle and quiz goers enjoyed a supper including cheese kindly donated by Wyke Farms and Savencia respectively.

FODS Chairperson Jennifer Johnson said, "We would like to thank everyone who supported the event for their generosity and for making it a fun evening. Thank you to our quiz master Tim Bird from White Horse CAD and congratulations to 'Bar Flies' the winning team who took home a chocolate hamper & trophy.

We know the children enjoy and benefit from their school trips so we are delighted the quiz has raised £500 towards these."

FODS are a registered charity and help organise events and activities for the school. The hope is to run the quiz as an annual event.



Dates for your diary

Thursday 9th February 2023	West Wilts Dance Festival at Bath Forum
Friday 10th February 2023	End of Term 3
Monday 20th February 2023	Start of Term 4
Week beginning 20th February 2023	Parents' Evening
Monday 27th February 2023	Year 5 / 6 Netball tournament at Kingdown - details to follow
Wednesday 8th March 2023	Year 5/6 Parliament Trip to London
Friday 31st March 2023	End of Term 4
Monday 17th April 2023	Start of Term 5

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 practise 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.



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