

news

February 2023



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ANOTHER FUN FILLED TERM

Well that was a short but fun filled term packed with a wealth of exciting learning opportunities!

At last it feels as though the days are drawing out and we are beginning to have slightly better weather. The children have thoroughly enjoyed lots of dry, sunny playtimes!

As always this newsletter is packed with exciting events and achievements. The children never fail to amaze me with their enthusiasm and creativity.

I wish you all a restful half term break. I am sure term 4 will be busy as always!

YEAR 2 – VR

On the last day of Term 2 before the Christmas break, due to the snow, we were unable to walk to the local post box and post our letters to Santa.

Luckily, Santa came to us! We were excited to be the first class in the whole school to use our brand new VR headsets.

We were able to explore lots of different settings including a sleigh ride with Santa himself and a walk around Santa's grotto. The children absolutely loved it!



DIARY DATES

10th February
2C Class Assembly

10th February
Last Day of Term

13th-17th February
Half Term

20th February
INSET Day

21st February
Start of Term 4

3rd March
World Book Day

3rd March
4AD Class Assembly

10th March
1G Class Assembly

13th March
'Let's Dance' at
Congress Theatre

17th March
3T Class Assembly

24th March
RH Class Assembly

31st March
3GJ Class Assembly

3rd-14th April
Half term

17th April
INSET Day

18th April
Term 5 Start

26th-28th April
Year 5 Hindleap Warren
Residential Trip

RECEPTION



This term, Reception have been learning about our community and people who help us in our local area.

We have had amazing visits from professionals who help us. The nurse taught us how to bandage, we had our fingerprints taken by the police and even got to sit in a police van! We have learnt so much from all of these professionals and have enjoyed our topic so much!



BABY NEWS



Miss Regan has shared her baby news! Baby Lilah was born just before Christmas. We wish Miss Regan and her beautiful family all the best.

Miss Hayes and Mrs Barden are both expecting their first child!

Exciting times ahead.



FOREST SCHOOL

Forest School has been rather cold this term. The cold conditions have allowed the children the opportunity to explore the wildlife garden in a range of different context.

**Much fun was had in the mud!!
Look at those faces!**



POLITE REMINDER

Before and After school please do not allow children to use any school equipment. The children's gym on the Key Stage 2 playground is only to be used during the school day. Please do not allow toddlers or school pupils to use this equipment as it is a health and safety risk.

On a similar theme - The school bike shed was kindly donated by the PFA after raising £8000. Please do not allow children to run at, jump on or hit this valuable store. More and more children are biking or scooting to school and they need a secure, dry place to store these.

Thank you for your ongoing support.

Diary Dates

**10th February
2023**

**LAST DAY
OF TERM**

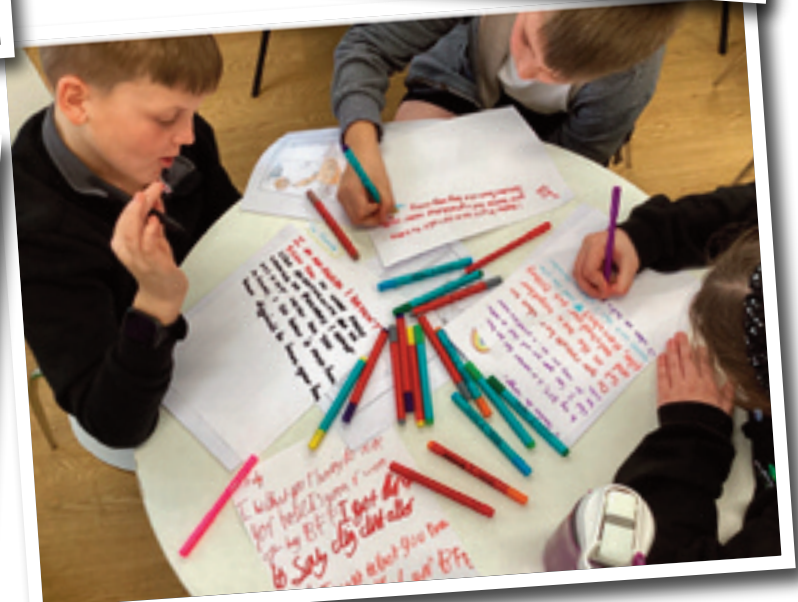
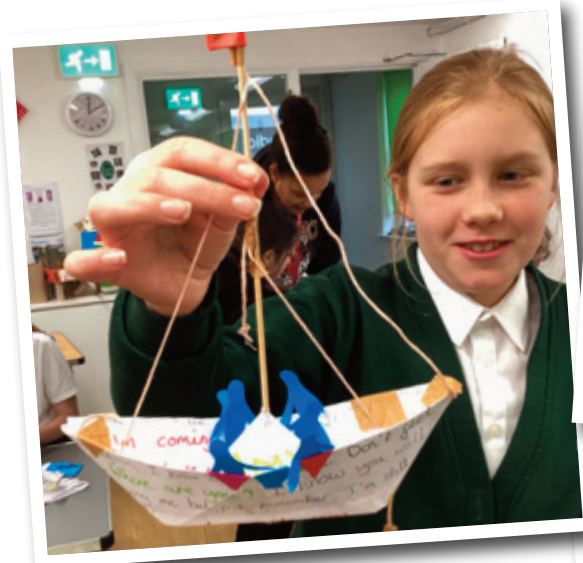
YEAR 5&6

ART PROJECT

54 children across Year 5 and Year 6 participated recently in an exciting art project.

In November the children had the opportunity to visit the De La Warr Pavilion to view Zineb Sedira's exhibition. The children thoroughly enjoyed their day and returned to school full of enthusiasm. On Tuesday 24th January and Wednesday 25th January the children used this enthusiasm to work with two artists on their creations. The work was based on the theme of 'belonging' and covered themes such as migration, culture, diversity and travel.

The outcomes were incredible with all children displaying a real sense of pride in their achievements.



NUMBERS DAY

Numbers Day on Friday 4th February was a huge success at Polegate.

The day obviously included PLENTY of maths!! Pupils across the school put so much effort into their fantastic costumes and made it so tricky for teachers to choose winners from each class. Well done to all our well-deserved winners and super mathematicians!



POLEGATE PARLIAMENT

Polegate Parliament recently discussed the opportunity to include further learning about money and financing in the curriculum.

They completed a survey and discussed the benefits of participating in the National My Money Week initiative. They all agreed that this would be brilliant opportunity. More information will follow closer to the date.

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MY MONEY WEEK 12-16TH JUNE 2023

My Money Week is a national activity week for primary and secondary schools that provides a fantastic opportunity for young people to gain the skills, knowledge and confidence in money matters to thrive in society. It's the highest profile and most recognised personal finance education initiative in England.

MY MONEY SCHOOL COUNCIL SURVEY

1. Do you have your own bank account? (0 point)

[More Details](#)



2. How often do you save? (0 point)

[More Details](#)



11. Would you like to have more money management lessons here in school? (0 point)

[More Details](#)

[Insights](#)

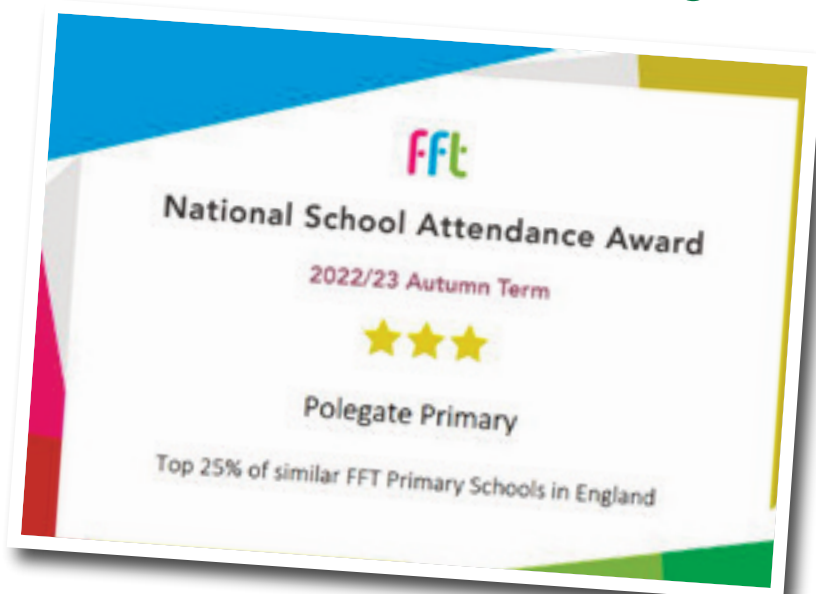


What are the benefits for saving money?



ATTENDANCE

What a healthy bunch of children we have. Autumn term FFT attendance award goes to... Polegate School



WORLD BOOK DAY

This year, World Book Day is taking place here at Polegate on Friday 3rd March 2023 and the emphasis is on making it YOUR World Book Day.

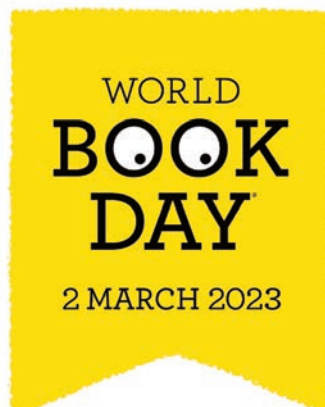
Since it was first celebrated in the UK and Ireland over 25 years ago, the day has grown to become an essential calendar fixture and one that is thoroughly enjoyed here at Polegate.

It provides a fantastic opportunity to focus on reading for pleasure, supporting children's autonomy in book choice, and embedding a habit of reading that brings a wide range of benefits.

On World Book Day, every child in full-time education is given a voucher to spend on whatever book they want, with the hopes of encouraging kids to read more. Reading more will help to improve their vocabulary while learning new information, and enhancing their creativity in the process!

More details to follow but there will be opportunity to dress up- the theme for this is yet to be decided!

Reading for pleasure is the biggest indicator of a child's future success – more than their family circumstances, their parents' educational background or their income.



LATEST ATTENDANCE FIGURES

RH 95.1%

RG 94.5%

RB 96.2%

1B 94.8%

1S 95.8%

1G 96.2%

2R 96.4%

2S 96.5%

2C 97.3%

3L 94.2%

3T 94.4%

3GJ 95.4%

4JD 91.2%

4AD 96.9%

4H 96.5%

5M 95.8%

5K 95%

5T 95.5%

6M 96%

6MU 96%

6W 95.6%

ECO CLUB

Eco club have met weekly this term and planned and delivered new initiatives looking after the school and wider community.

Have a look at their amazing achievements...



Each week we picked litter inside and outside of school, we were always amazed at how much we found!



We made bird feeders to help give the birds some food during this cold winter!



Enjoying our last week with a hot chocolate to celebrate our hard work!

E-SAFETY

HELP KEEP YOUR FAMILY SAFER ONLINE

With Family Link, you decide what's best for your family. Easy to use tools allow you to understand how your child is spending time on their device, share location, manage privacy settings, and more.

Family Link from Google

Family Safety & Parental Control Tools (families.google)

HELP KEEP YOUR FAMILY SAFER ONLINE

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 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.

1 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.



2 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.



3 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.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, upset, 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.



5 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.



6 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.



7 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.



8 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.



9 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.



10 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.



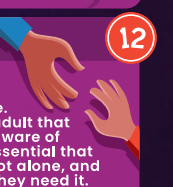
11 BUILD RESILIENCE

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.



12 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.



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#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-56478968> | <https://www.childrens.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-child-about-conflict-and-war>



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HELP KEEP YOUR FAMILY SAFER ONLINE

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Tips for Encouraging Open Discussions about **DIGITAL LIVES**

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

REMINDE YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



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SPORTING ACHIEVEMENTS

As always this term saw many sporting events for Polegate pupils. The children participated in football, hockey, swimming, cricket, the list could go on.



Much fun was had and new sports experienced.



KEEPING OUR PUPILS SAFE

Thank you to everyone that has shown their commitment to keeping our pupils safe at drop off and collection time.

The mornings are significantly calmer and safer with the staggered drop off times however afternoon pick up still needs some improvement.

We have been asked to patrol outside school with the school council but in the afternoon children are learning and teachers teaching please respect children's right to a full day's education and park legally.

A few reminders to ensure we continue to protect everyone-

What can you do to help keep everyone safe around the school gates?

Please don't:

- Block the road - emergency vehicles and other traffic may need access
- Park on yellow lines, zig-zags or block the school entrance
- Park on the pavement, across dropped kerbs or residents' driveways
- Park opposite or within 10 metres of a junction & Park where you will cause inconvenience to other road users
- Leave your vehicle with the engine still running
- Stop in the middle of the road to drop your child off, even for a few seconds

Big Wheel and Walk

Once again we will be participating in the Big Wheel and Walk. Walking, scooting or riding bikes to school would ease congestion on the roads as well as improve fitness. As the weather continues to improve it would be good to see more children making use of the school bike store.



POP IN FOR A COFFEE & CHAT AT

THE WARM HUB



Diary Dates

20th February
2023
INSET
DAY

Archive



You can read all the previous newsletters on our website.

Twitter

Be the first to hear the news.
Follow us on Twitter.
We now have
1,339 followers!



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Feedback

We'd love to hear your feedback and any new ideas you have. Please send us your thoughts via the contact us page on the school website:

www.polegateschool.co.uk

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