



It was such a positive sight to see so many children (and staff) in their odd socks on Monday, celebrating our differences and what makes us all unique. It was the start of our work in school for 'Anti-Bullying Week', thinking about the important message, 'All different, all equal'.

This year, more than ever, we've witnessed the positive power that society can have when we come together to tackle a common challenge.

Anti-Bullying Week is no different. Bullying has a long lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers, to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference.

We're all a piece in the puzzle, and together, we're united against bullying.

SJS STARS OF THE WEEK

- Y3AH: Mason Bonner
- Y3CP: Rosie Guest
- Y3RD: Holly-Rose Staples

- Y4KT: Eloise Ruddlesdin
- Y4RL: Elijah Muhone

- Y5CS: Lily-Rose Haigh
- Y5DW: Lincoln Butler
- Y5HK: Ewa Sobczak

- Y6ER: Scarlett Taylor
- Y6MC: Daisy Storey
- Y6CH: Tao Pawson

Mrs Foster: Felix Bond
 Mr Tee: Myles Grocock

Lower School Lunchtimes: Martha Sulikowska
 Upper School Lunchtimes: Devon Bowskill

READING AROUND THE WORLD

Y3 - LONDON

Sarah Tompkin
 Priya Marshall
 Aurelia Cottam
 Carson Bullimore
 Sarah Radford
 Charlie Bullimore

Harley Porter
 Devon Taylor
 Ted Goff
 Issey Kavadias
 Oscar Edwards
 William Edwards

Y4 - CAIRO

Shannon Taylor
 Poppy Newton
 Rosie-Ann Grant

WORD MILLIONAIRE

Congratulations to Ewa Sobczak who has read her way onto our roll of Word Millionaire!

PLAYDATES AND SLEEPOVERS

Schools have been asked to share the message below from Andrew Jones, SCC's Director of Education and Skills: 'We must remind parents/carers that 'class bubbles' do not mean that children and young people can continue to meet up outside of school. Playdates and sleepovers with children from the same friendship groups or school classes should not be taking place. The bubbles in school are to support contact tracing and to minimise risk of virus transmission. Outside of school, pupils should not be mixing. This follows the current national restrictions that are currently in place.'

NATIONAL CHILD MEASUREMENT PROGRAMME

Letters have been sent home this week to parents of our Year 6 pupils from the Sheffield School Nursing Service.

The letter provides information about the National Child Measurement programme.

The Nursing Service have requested that we also send a copy of the letter electronically via ParentMail.

CHRISTMAS RAFFLE

This week, your child will have brought home two books of raffle tickets for our annual Christmas Raffle. This year, we have received donations of some fantastic, festive prizes, including: a large food hamper, a medium food hamper, a sweets and chocolate hamper, £40 McGilveray's voucher, £40 Zorro's voucher, Grace's Farm shop voucher, Crawshaw's meat voucher, Bridge Baker voucher and many, many more prizes. Please fill in the stubs and return these to school, along with money for tickets sold (50p per ticket or £2.50 per book). If you are able to sell additional tickets, please contact the school office.

Our raffle is always one of our popular fundraisers during the year and allows us to fund additional activities and resources for the children. As always we thank you for your continued support.

INTRODUCING OLLEE - A VIRTUAL FRIEND

Ollee is a digital friend for children aged 8-11, created by Parent Zone and funded by BBC Children in Need's A Million & Me initiative, which aims to make a difference to children's emotional wellbeing.

It's designed to help children reflect on how they feel and to process their experiences with the support and help of their parents and carers – and it does this by offering them advice about a range of subjects: school, family, friends, their body, the internet and the world. For each of these subjects, children can choose an emotion that matches how they feel about it: happy, angry, sad, confused, frustrated, stressed or worried. Next, they can choose from a list of topics – for instance, a child who was worried about school might be able to select 'I haven't done my homework' as the cause of their worry. Finally, they'll see a page of advice about the topic, presented in child-friendly bite-sized chunks they can read then or save for later.

You can find more information and download the Ollee app here: <https://parentzone.org.uk/Ollee>

SJS COVID-19 WEBPAGE

Our webpage ensures parents can access to the latest COVID-19 information from school and Sheffield news and resources. Please visit <https://www.stocksbridge-jun.sheffield.sch.uk/covid-19-parent-information/>

VIRTUAL SPORTS CLUB

The Youth Sport Trust have recently launched a daily virtual after school sports club and they would like to invite children to join them. Every day at 5pm until 18th December, children and young people can join in with the live broadcast for free on their YouTube channel: <https://www.youtube.com/user/YouthSportTrust>

The After School Sport Club will be led by Athlete Mentors from different backgrounds, abilities and sports.

The different daily themes are below:

- Adventure Monday – This might involve getting children to do floor, wall climbing and map reading all within their living room
 - Tuesday Play – Imaginative play utilising resources in the house to create games and activities to get active
 - Wild Wednesday – Some high tempo competitive activities involving personal challenges
 - Thinking Thursday – Introducing cognitive challenges for children through movement. Active noughts and crosses and introducing an element of competition – whether that be against themselves, the clock, their siblings or remotely with friends
 - Fun Friday – A chance for children to let loose and have some fun. Dancing and doing what makes them feel good.
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SCHOOL DINNER MENU

Next week is Week 3!

WEEK 3 14/9-5/10-2/11-23/11-4/12	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Pizza of the day with herby diced potatoes 🍕	Chicken and vegetable pie with mashed potato	Roast chicken and stuffing with roast potatoes and gravy	Chicken tikka masala with brown rice	Fish fingers with chips
VEGETARIAN MAIN DISH	Pizza of the day (vegetarian) with herby diced potatoes	Sweet potato and vegetable hot pot 5 ASD	Vegetarian toad in the hole with roast potatoes and gravy	Quorn™ lasagne with crusty bread	BBQ bean and Cheese wrap with Chips
ACCOMPANIMENTS 5 ASD	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar	Seasonal vegetables Salad bar
DESSERTS	Plum yoghurt cake 5 ASD	Mango and banana muffin	Ginger biscuit with fresh fruit	Marble sponge with custard	Fresh fruit Scone
FRESH FRUIT & YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO OPTION	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection	Jacket potato selection

Multi-Agency Support Teams (MAST)

MAST & School Advice Sessions during Covid-19

Do you need support with:

- Talking about difficult issues at home
- Managing challenging behaviour
- Improving routines, boundaries and sleep
- Supporting your child's emotional or mental health
- Making home a more positive place to be for the whole family

What We Offer

Advice
Signposting
Solutions

How Do We Do It?

A MAST worker and member of the school staff team can talk with you via zoom or by telephone to discuss any issues you may have.

The MAST worker and school will work together with you to help to address your family's needs and create happier children and families.

To book an appointment with MAST, please contact a member of our team at school. Please call 0114 288 2221 to speak to Mrs Ross or Mrs Lea-Jones or email:

l.ross@stocksbridge-jun.sheffield.sch.uk

j.leajones@stocksbridge-jun.sheffield.sch.uk



Brooke Parkinson



Becky Gorman

0114 203 7485

www.sheffield.gov.uk/mast



AT NATIONAL ONLINE SAFETY WE BELIEVE IN EMPOWERING PARENTS, CAREERS AND TRUSTED ADULTS WITH THE INFORMATION THEY NEED TO HOLD AN INFORMED CONVERSATION ABOUT ONLINE SAFETY WITH THEIR CHILDREN. SHOULD THEY FEEL IT IS NEEDED. THIS GUIDE FOCUSES ON ONE PLATFORM OF MANY WHICH WE BELIEVE TRUSTED ADULTS SHOULD BE AWARE OF. PLEASE VISIT WWW.NATIONALONLINESAFETY.COM FOR FURTHER GUIDES, HINTS AND TIPS FOR ADULTS.

LITTLE REMINDERS OF HOW TO

BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL, SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS UNDERSTANDING HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING EMPATHY FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGEL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A LISTENING EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY, I'M HERE FOR YOU'.

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO IMPROVE THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.



BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE TRUTH? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.



UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE EASIER TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING NEGATIVE COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANNA BATEMAN-ANNA IS PASSIONATE ABOUT PLACING PREVENTION AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

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

<https://youngminds.org.uk/>

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

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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