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As a nation, we have been saddened this week by the death of Captain Sir Tom Moore. Last March, his sponsored laps of his garden, to support the NHS, seemed to symbolise the silver lining of COVID, one of the positives that gave us strength to keep going.

As this week has been Children’s Mental Health week, we have been encouraging our pupils to ‘express themselves’ – to find those positives in life that make us happy and help us to keep going on bad days. The children, as always, have amazed us with their variety of responses and their willingness to open up about strategies we can all use when we are feeling a bit down.

Sir Tom’s words for those finding it difficult will resonate with us all, “The sun will shine on you again and the clouds will go away. Tomorrow will be a good day.”

### SJS STARS OF THE WEEK

- Y3AH: Sarah Radford
- Y3CP: Phoebe Silvester
- Y3RD: Imogen Fleetwood
- Y4KT: Matilda Evans
- Y4RL: Violet Merrywest
- Y5CS: Jack Gill
- Y5DW: Lincoln Butler
- Y5HK: Alyssa Fletcher
- Y6ER: Reuben Fletcher
- Y6MC: Jenson Dobson
- Y6CH: Faith Whiteley

PE Star: Holly Swales

### READING AROUND THE WORLD

#### Y3 - MADRID

James Gourley  
James Reed  
Lucy Martin  
Ellie-May Murray  
David Staniforth  
Logan Clarke

#### Y4 - NAIROBI

Faith Skelland

#### Y4 - PRETORIA

Violet Merrywest  
Holly Swales  
Gracie Redwood-Peace

#### Y5 - TOKYO

Zoe Parsons

#### Y5 - KUALA LUMPUR

Jack Gill  
Samson Willis  
Ewa Sobczak  
Fiona Woodcock  
George Howe

### SPRING TERM PARENT QUESTIONNAIRE

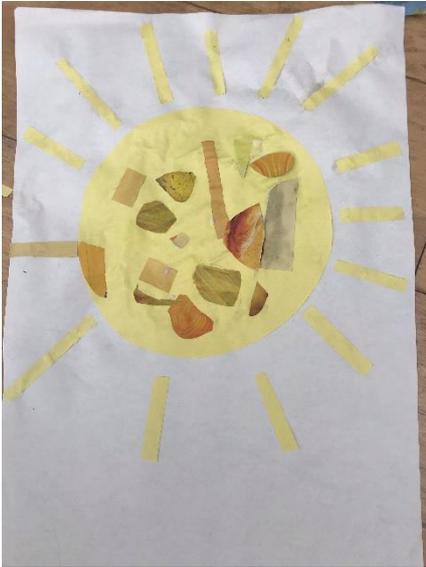
We are delighted with the engagement of pupils and their families with remote learning and thank everyone for responding so positively. As the half term week approaches, we would like to invite parents to provide feedback on their child’s experience of our remote learning provision and to share with us their thoughts of the support we are currently providing during this lockdown.

To complete the questionnaire, please log into your ParentMail account or open your ParentMail app then select ‘Forms’. Automated reminders will be emailed from ParentMail too. The questionnaire closes at midday on Wednesday 10<sup>th</sup> February.

Many parents have already completed our questionnaire since it went live yesterday. Thank you so much for such supportive feedback and valid suggestions for some tweaks we can make. We will share a more detailed summary in due course.

# CHILDREN'S MENTAL HEALTH WEEK

This week has been Children's Mental Health Week. We hope you have all been able to take some time out this week to 'express yourself' which was the theme of this special week. Mrs Saville's email inbox has been turned a lovely shade of yellow this week! Thank you to everyone who has sent photographs – we have included just a few of the fabulous contributions below. We are looking forward to creating a beautiful 'yellow' display in school for everyone to see when we are able to welcome all children back to school. If you haven't yet sent your photograph to Mrs Saville, it's not too late. Please send photographs to [c.saville@stocksbridge-jun.Sheffield.sch.uk](mailto:c.saville@stocksbridge-jun.Sheffield.sch.uk) by Wednesday 10th February.



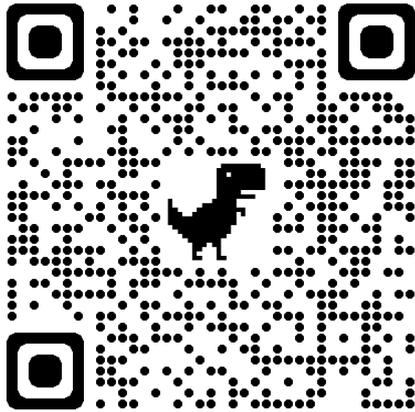
## **DEVICES AND INTERNET CONNECTION**

Over recent weeks, we have distributed iPads to all pupils whose parents have let us know they do not have the necessary technology they require to access their learning remotely. We have a small stock of iPads remaining and are keen to loan these to our children who would benefit from them.

A few of the questionnaire responses so far have already identified a handful of our children who could benefit from an iPad loan. We will be in touch with these families but are also keen to hear from parents whose child is currently having to work on a smart phone or is having to juggle a device with a school-aged sibling.

All loans are only for the duration of lockdown and are subject to parents signing a loan agreement form.

We have also supported families who do not have internet at home or have a contract with limited data available. Please also get in touch if your internet connection is inhibiting your child's access to their remote learning as we may be able to help.



## **SNOW COMMUNICATION**

It seems we have had some sort of weather disruption each week since Christmas, which has affected our on-site provision for vulnerable children and children of critical workers. Unfortunately, the forecast suggests there could be further snow disruption next week too.

In the event of a school closure or late start, we always text parents via ParentMail in the first instance. Last Tuesday, the text sent to parents whose children were booked in to attend school, was sent at 6:45am, however, we have had feedback from some parents that their message did not arrive until after school opening time. If you are ever unsure if you have missed a message, please visit our 'latest news' on the homepage of our school website.

## **SCHOOL TIMINGS**

If your child is attending school in person, please ensure your child arrives in class by 8:30am. The school gate opens at 8:15am.

## **READATHON LIVE TO BE HELD DURING FEBRUARY HALF TERM**

Sheffield's Volunteer Libraries has organised a Readathon based on the theme of 'Our City Reads'. It features their writer in residence, Nik Perring's poem 'Mrs City' which will be read by children across the city. This event will be followed by a free creative workshop by CHOL Theatre and Arts Company, which is suitable for children aged 7-15 years. For more information please click on the link: <https://greenhill-library.org/readathon-live/>

## **GOVERNMENT UPDATE**

The Prime Minister announced last week that the earliest date pupils may return is Monday 8<sup>th</sup> March. Schools will receive two weeks' notice of this and we will update you as soon as we have any relevant information. We eagerly await the return of pupils, however, we will be guided by the advice of Public Health England to ensure all of the appropriate risk assessments and safeguards are in place.

## **SJS COVID-19 WEBPAGE**

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

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 issue of many 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.



# 7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

## 1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.

## 2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

## 3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

## 4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

## 5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

## 6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

## 7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

## Meet Our Expert

Anna Bateman 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.



## About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk)



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