



Issue No. 502

www.stocksbridge-jun.sheffield.sch.uk

04/02/2022



WE'RE TAKING PART IN CHILDREN'S MENTAL HEALTH WEEK

Next week in school, we will be raising awareness about children's mental health. The theme this year for Place2Be's Mental Health Week is **'Growing Together'**.

'Growing Together' is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential.

However, emotional growth is often a gradual, tricky process that happens over time, and sometimes children might feel a bit 'stuck'. It is at these times we are reminded how much we need others in our lives to help us grow. One very special thing about our SJS pupils is how supportive they are of each other, whatever their strengths or difficulties. We can be sure that next week, the children will enjoy making children's mental health a priority.

SJS STARS OF THE WEEK

- Y3AH: Kira Fulcher
- Y3JT: Theo Green
- Y3RD: Eliza Kaye
- Y4CG: Mason Bonner
- Y4KT: Oscar Wilkinson
- Y4OS: Cordelia Hibbert
- Y5GG: Liya Sudak
- Y5HK: Ebony Colley
- Y5JH: Lacey Whiskey
- Y6ER: Belle Carr
- Y6MC: Eve Horsfield
- Y6CH: Luke Warnock

Mrs Foster: Liam Damms
Miss Sheehan: Luca Gledhill
Mr Wright: Harley Tollan

Lower School Lunchtimes: Maximus Glaves
Upper School Lunchtimes: Erin Fox
Dining-Room: Riley Armitage

CHILDREN'S MENTAL HEALTH AWARENESS WEEK

As our lives continue to adjust following the impact of coronavirus, we know that children and young people need our emotional support now more than ever. In fact, research shows that up to 1.5 million children and young people across the UK need mental health support as a direct consequence of the pandemic. Next week's Children's Mental Health Week is an opportunity to shine a spotlight on the importance of children and young people's mental health. Throughout the week, classes will be exploring the topic of mental health through lessons and assemblies delivered by class teachers.

On Friday 11th February, we are asking children to 'Dress to Express' and would kindly ask for a donation of £1 in support of the children's mental health charity: Place 2 Be. Children could wear their favourite colour or a unique outfit to express how they're feeling. It can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. The day also provides a great opportunity to be open about mental health and start conversations within our school community.



READING AROUND THE WORLD

Y3 - LONDON

Millie Hallows

Y3 - MADRID

Violet-Skye Holmes

Y4 - PRETORIA

Alice Wright
Ellie-May Murray
Kate Blake

Y5 - BEIJING

Ebony Colley
Neve Palmer

Y5 - TOKYO

Willow Collett

Y5 - KUALA LUMPUR

Faith Skelland
Joshua Reid
Delyse Galloway
Griffin Williams
Lexi-Mae Saville
Summer Brooke

PARENTS' EVENING

This term's Parents' Evening bookings will go live on ParentMail at 10am on Monday 7th February. Appointments available are either online or face-to-face so please select carefully according to your preference.

	Online Appointments	Face-to-Face Appointments
Year 3	Wednesday 23 rd February, 3:30pm-5:30pm Monday 28 th February, 1:00pm-2:00pm	Monday 28 th February, 2:00pm-5:00pm
Year 4	Wednesday 23 rd February, 3:30pm-5:30pm Tuesday 1 st March, 1:00pm-2:00pm	Tuesday 1 st March, 2:00pm-5:00pm
Year 5	Wednesday 23 rd February, 3:30pm-5:30pm Wednesday 2 nd March, 1:00pm-2:00pm	Wednesday 2 nd March, 2:00pm-5:00pm
Year 6	Wednesday 23 rd February, 3:30pm-5:30pm Thursday 24 th February, 1:00pm-2:00pm	Thursday 24 th February, 2:00pm-5:00pm

Please also see today's letter regarding Parents' Evening arrangements.

INTERNET SAFETY DAY

Safer Internet Day 2022 takes place next week on Tuesday 8th February and will be celebrated with the theme **'All fun and games? Exploring respect and relationships online.'**

At Stocksbridge Junior School, we deliver online safety messages and teach responsible online behaviours throughout the year through our computing and PSHE curricula and not solely on a themed day once a year. Just as we use World Book Day to celebrate a love of literature, Internet Safety Day is used to celebrate the exciting opportunities the internet can provide when it is used safely and responsibly. Please reiterate these online safety messages at home with the following top tips for 7-11 year olds. **#PlayYourPart in creating a better internet by...**

- **Being a kind and respectful friend online.** Think about how your actions and words online can make others laugh and smile, instead of feeling hurt or angry.
- **Staying alert to possible dangers.** When posting, gaming, or talking to others, keep your personal information safe and do not click on unexpected links. Most importantly, always tell an adult if an online friend asks to meet up.
- **Respecting other people's boundaries.** No means no – do not push other people to do something that they're not comfortable with. If someone is pressuring you online, remember that you can always say no and tell an adult you trust.
- **Supporting others to use safety tools.** Lots of games and apps have handy tools like the block or report button that can help you keep yourself and your friends safe. Chat with your friends to make sure everyone knows where these are and how to use them on the games you play together.
- **Speaking up!** There are lots of adults in your life who want to support you in having a safe and enjoyable time when you're online. Always speak to one of them if anyone or anything online makes you or a friend worried, upset or uncomfortable.

HEADPHONES

We are fortunate that each class in school has the use of a number of iPads. However, when several iPads are in use simultaneously, it can become tricky for children to clearly hear the audio. If possible, it would be helpful if children could bring to school a set of headphones for them to keep in their drawer for their personal use throughout the week.

Y3 KINGSWOOD RESIDENTIAL

The third (and final!) instalment of payment for our Y3 Kingswood Residential is due to be paid by Thursday 10th February. This final part is £24 plus £10 for the return coach journey. Please ensure that £34 is paid promptly on ParentMail. We will be sending out more information, and will hopefully be able to hold an information meeting during the next half term.

NEXT WEEK'S MENU...

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN MEAL	Beef burgers in a bun served with diced potato	Beef lasagne served with garlic bread	Roast chicken served with mash potato	Sweet and Sour Chicken, Spring Rolls, Prawn Crackers and Fried Rice	Battered fish served with chips & ketchup
VEGETARIAN MEAL	Quorn burgers served with diced potato	Macaroni cheese served with crusty bread	Quorn fillet served with mash potato		Quorn hotdog served with chips & ketchup
ACCOMPANIMENTS	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Seasonal vegetables Salad Fresh Bread	Quorn Chinese Curry and Fried Rice	Seasonal vegetables Salad Fresh Bread
DESSERT	Mango & banana cake served with custard Homemade tray bake	Fruit sponge served with custard Homemade tray bake	Orange muffin Homemade tray bake	Fortune Cookies or Fruit or yoghurt	Chocolate crunch Homemade tray bake
FRESH FRUIT AND YOGHURT	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt	Fresh fruit and yoghurt
JACKET POTATO	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings	Jacket potato with a choice of fillings

HALF TERM

We would like to remind parents that school will reopen after half term on Tuesday 22nd February as Monday 21st February is a Curriculum Day.

HEALTHIER TOGETHER

The Healthier Together website is a new NHS resource which supports families, pregnant women, and young people in leading a healthy life. The advice on the website has been created by regional health professionals and relevant partners. <https://sybhealthiertogether.nhs.uk/>

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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Top Tips for Respect Online: INSPIRING CHILDREN TO BUILD A BETTER DIGITAL WORLD

Our ability to communicate with anyone in the world, at any time, via the internet has grown at breakneck speed. For teachers and parents, it can feel impossible to keep up. Worrying about our young people is understandable, and not unjustified: in 2020, for example, one in five 10- to 15-year-olds experienced bullying online. Our tips highlight ways that adults can support young people's positive online behaviours: by adopting and following 'netiquette', we can show them how to avoid getting into difficulty as they learn to negotiate the continually evolving digital landscape.

WHAT IS NETIQUETTE?

Just like etiquette is a set of rules which guides and governs our interactions with others in everyday life, netiquette – etiquette on the net – is the framework which helps inform how we communicate with people online. The rules of engagement often aren't the same as a face-to-face meeting, so it's important that we can accurately 'read' situations in the digital world and know how to act appropriately.



1 ACCEPT DIFFERENT RULES

A lot of our interaction with others is helped by non-verbal signals like body language and facial expressions. Online, of course, many of these clues are missing. Talk to your child about why this makes misunderstandings more likely to occur in the digital world and why keeping in mind that online communication is a very different process can help to prevent difficulties from arising.

2 PRESS 'PAUSE'

It's so easy to do things quickly online that most people (adults included) habitually send or respond to messages without considering the consequences. Pushing 'the pause button' buys a young person some time while they ponder the golden rule: "Would I still say this if the other person was right front of me?" You could practise this with your child on some made-up tricky situations.

3 THE INTERNET IS ADDICTIVE

Apps and sites use sophisticated algorithms and clever marketing to keep us engaged, while notifications to our devices are designed to draw us back in. It's no wonder that people continually return to the digital world, sometimes spending long periods of time there. You and your child could trial turning off notifications on certain apps and instead agree a time to check for updates manually.

4 BEWARE THE DARK SIDE

Getting a hurtful or unhelpful comment on social media or in a group chat can make the recipient feel publicly shamed. That's painful for anyone – but especially for a young person whose status in a group is integral to their sense of identity. Encourage your child to think about the best and safest way to send a message: for example, doing it as a private message rather than a public post.

5 HARMFUL INTERACTIONS

Unfortunately, it's very easy to send a hurtful message or to spread gossip and rumours online. We all know this happens regularly. Not having to deal with actually seeing the other person's distress usually doesn't help people to make a positive decision in the moment. It's important that trusted adults help children to visualise the potential consequences and have empathy for others.

6 APPRECIATE DIFFERENCES

We're all built differently; some people are simply more emotionally sensitive than others. Young people can be particularly affected by negative online communication, such as group shaming. Even a single message (which might seem trivial at face value) can cause deep anguish. Trusted adults should be prepared to be patient and listen to any difficulties their child might have had online.

7 ACCENTUATED ANXIETY

Young people's online lives create a lot of anxiety. Messages go into a 'black hole' until someone responds, there are more reasons to compare ourselves negatively, and social media can make us feel like we're missing out. Encourage activities such as sports and hobbies to balance this out, and remember that merely blocking out thoughts (by gaming, for instance) isn't the same as relaxation.

8 PRO-SOCIAL BEHAVIOUR

A huge positive for the internet is how it helps people to feel connected and makes being kind and helpful easy to spread. When young people get involved in pro-social behaviours online, it creates a positive feedback loop which makes them feel good. Show your child examples of when you've done or said something positive online, and praise and encourage them when they do the same.

9 BE A GOOD ROLE MODEL

One of the best things we can do as trusted adults is to role model positive online behaviour. Just letting your child see that you know when it's time to put your phone away and do something more productive can set a strong example. Some families set aside particular times of the week (such as mealtimes or a family walk) where digital devices aren't allowed and conversation takes precedence.

10 SHOW COMPASSION

Mistakes can feel much bigger online, because they're so public. If a young person does or says something regrettable on the internet, it's important to support them to forgive themselves, learn any lessons and move forward positively. Even as adults, we can often stumble when learning how things work in the fast-moving digital world, so it's important to have compassion for ourselves, too.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



#WakeUpWednesday

Stocksbridge Library

Harry Potter Day



Tuesday 15th February

10:30am-11:30am

2pm - 3pm

Suitable for 7 years and over

Quizzes, crafts and lots of other magical activities



*Children under 8 years must be accompanied by an adult

Places are **limited** and must be booked

Telephone 0114 273 4205

Online stocksbridge.library@sheffield.gov.uk

LIBRARIES SHEFFIELD

DISCOVER MORE.



DP19367



February Half-term Holiday Camps

On our camps, our fully qualified coaches ensure every child is safe while they move, play and make new friends. Make their half-term fun, physical and one to remember!

BOOK NOW AT:

premier-education.com/holiday-camps



Follow us on social:

@PremEducationUK

Holiday camps near you

Venue:	Oughtibridge War Memorial Sports Club
Dates:	Monday 14th February - Thursday 17th February
Times:	9:00 15:00 each day
Price:	only £16.95 each day
Ages:	5 - 11 Year olds
Additional info:	15% Sibling Discount Code applied when you book online

Our Activity Professionals have additional training in order to provide the best care to the children under their supervision, specifically the Transcend Level 2 Award in Infection Prevention, Mitigation and Management.

In the event these courses are canceled, we will issue a full refund within 7 days.

BOOK NOW AT:

premier-education.com/holiday-camps

Follow us on social:

@PremEducationUK



Please bring

- A packed lunch
- Plenty of water
- Suitable clothing for weather
- Lots of energy!

