

Christmas Events

Please note the dates and times of the following Christmas events taking place in school:

Christmas Concerts

Nursery concert Tuesday 14th December at 11.00am and 2.30pm
Reception concert Tuesday 14th December at 9.15am
 These concerts will be held in the school hall. Only one parent per child is allowed to attend. Parents will need to show proof of a negative NHS LFD or PCR test that is no more than 48 hours old. Photos of test strips will not be accepted. Parents must wear a face mask.
PARENTAL ATTENDANCE MAY HAVE TO BE REVISED DUE TO COVID INFECTIONS.

Years 1, 2, & 5 concert - Wednesday 15th December. The concert will be performed to Year 4 children and will be available to watch online via a secure link.

Christmas Parties

Christmas class parties for Nursery - Year 6 children will take place on **Thursday 16th December**. Children wear party clothes on the day of their party all day at school. However, this does not include; coloured hair, high heels, make-up or football kits. Also please note children will need to wear warm clothes as they are in the playground at lunchtime for over an hour.



Annual Christmas Service

Year 3, 4 and 6 will visit St Edmunds Church for the annual Christmas service on Thursday 16th December. COVID PERMITTING.

Christmas Jumper Day

On **Friday 17th December**, our final day of term, all children are invited to wear Christmas jumpers (in addition to their school uniform) in school. There will be no cost to wear a Christmas jumper because we are doing this for fun, not for charity!



Please remember to come and support the staff on the last day of term, before school at 8.30am, when our staff will be performing our traditional Christmas carol singing outside the main entrance.



Everybody is welcome!

Family Link Parenting Nurturing Programme



We are very excited to announce we will be facilitating a 'Family Link Parenting Nurturing Programme' during the spring term.

The Centre for Emotional Health "All our work is underpinned by the Nurturing Programme which provides adults and children with the understanding, skills and ability to lead emotionally healthy lives, build resilience, empathy, self-esteem and support positive relationships."

The four areas we focus on are:

- Self-awareness
- Appropriate expectations
- Empathy
- Positive discipline

For more information check out :

<https://www.familylinks.org.uk/what-we-do>

This is a weekly opportunity through a range of discussions, fun activities and self-reflection to come together as a group to discuss the challenges and joys of parenting in a supportive and nurturing environment. This group facilitators are Mrs Canham and Mrs Mara. It takes place in school on a Tuesday morning for 10 consecutive weeks (9:10am - 11:10 am), starting on the 11th of January 2022.

Please email the school office chaselane@clpwaltham.org.uk if you would like to join this very popular 10 week programme.

Attendance 22nd November - 26th November 2021

Congratulations to the following classes for achieving the highest attendance percentage in their Year Groups; over 96%.

Year Group	Class	Attendance %
Year 1	Kapok	96.6%
Year 2	Cedar	99.3%
Year 3	Beech	97.2%
Year 4	Willow	99.2%
Year 5	Eucalyptus	98.6%
Year 6	Aspen	99.2%



The minimum target for attendance each week as set by the Government is 96%. During the above period our overall school attendance was **96.7%**.

Leyton Orient Trust Champion School

The Nursery children were all very proud to receive this special award from Mr Court, our Sports Coach from the Leyton Orient Trust. Mr Court said he had awarded this to the Nursery children because they had worked so hard and made such great progress this term.

Thank you Mr Court and WELL DONE to our Nursery children!



Diverse Voices Workshop

This week we have welcomed Diverse Voices into school, they ran informative, interactive workshops with Years 5 and 6.



Year 6 looked at how to keep themselves safe when using the internet and social media as well as how to build and maintain positive relationships with their peers.

Year 5 looked specifically at bullying, how to recognise it and what to do if they feel that they or their friend is being bullied.

The children thoroughly enjoyed the workshops and raised lots of well-considered questions.

The workshop presenters praised all of the children they worked with, commenting on how polite, thoughtful and engaged the children were.

Hanukkah



Hanukkah, which is also known as the Festival of Lights, is a well-known Jewish holiday that is celebrated in the UK, and all around the world by Jewish people.

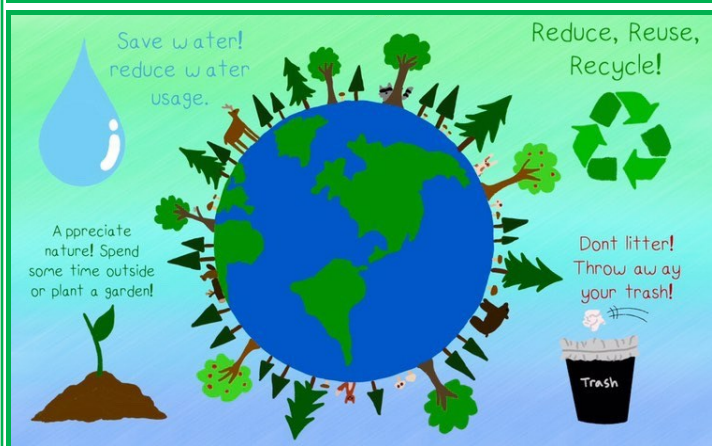
The date of Hanukkah changes every year because it depends on the calendar, but it will always fall in either November or December and it lasts for eight days.

This year it started from 28th November and it ends on 6th December. The holiday is celebrated by lighting an eight-branched candlestick called a Hanukiah.

Hanukkah is a fun time for Jewish children, as they will receive gifts and Hanukkah money. Some families give each other a small present on each of the eight nights of Hanukkah.

Happy Hanukkah to our families who may be celebrating over the next few days.

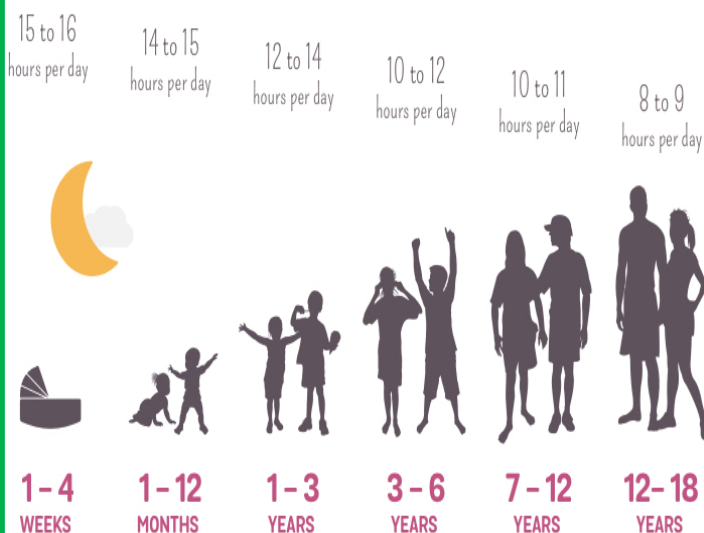
Saving the Planet



Sleep is Important

Good sleep is important for your child's physical and mental well-being. A relaxing bedtime routine is an important way to help your child get a good night's sleep.

Below are the approximate hours of sleep needed by children of different ages:



Online Safety

Please see page 3 of this newsletter for a free online safety guide for parents on age-inappropriate content.

Writers of the Week

This week our Writers of the Week are from **Year 1**, they are: **Sarya** in Ash class, **Leonard** in Kapok class and **Yasmin** in Maple class. You can see their wonderful writing on pages 4, 5 and 6 of this newsletter.

Well done children!



Joke of The Week

Q. Why did the M&M go to school?

A. Because he wanted to become a Smartie !



Clubs Have Ended

Clubs for Autumn term ended this week, so there will be no clubs next week and any children who attended after school clubs must be collect at 3.25pm/3.30pm.

The club letter for Spring term 2022 went out via SchoolPing earlier this week. Please complete the electronic reply form by **Thursday 9th December**.

Vocabulary Corner

Initiate - to cause, to begin, to start

Similar words: commence, originate

Example: When the new neighbours met, Jane decided to **initiate** the conversation by saying 'Good morning new neighbour'.

Winter Menu 2020/21 week 2	Save The Planet Monday	Tuesday	Wednesday	Thursday	Friday
First Choice	Tomato & Vegetable Pasta Bake (VG)	Oven Baked Sausages served with Caramelised Onions & Gravy	Butternut Squash & Spinach Curry	Roast Beef & Yorkshire Pudding	MSC Golden Crumb Fish Fingers served with Lemon Twist
Second Choice	5 Bean and Vegetable Chilli (VG)	Quorn Sausage served with Caramelised Onions & Gravy (V)	Sizzling Chinese Stir Fry with Noodles	Vegetable Loaf & Yorkshire Pudding	Forest Fajita (VG)
Third Choice	Jacket Potato with Various Fillings (VG)	Ear Popping Pea Risotto (VG)	Mac n Cheese (V)	Jacket Potato with Various Fillings (VG)	Tuna Pasta Bake
Sides	50/50 Mixed Rice	Creamy Mashed Potato	Spicy Lemon Cous	50/50 Mixed Rice	Oven Baked Chips
Vegetables	Sweetcorn Green Beans	Fresh Seasonal Broccoli Fresh Seasonal Organic Carrots	Fresh Seasonal Cabbage Fresh Seasonal Organic Carrots	Minted Garden Peas Mixed Vegetables	Baked Beans Sweetcorn
Salads	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection	Unlimited Salad Bar Selection
Desserts	Banana Cake & Custard	Cheese & Crackers with Fresh Apple Slice	Fruit Jelly	Carrot Cake & Custard	Apple Crumble & Custard
DAILY	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit	Organic Fruit Yogurt with Seasonal Fresh Fruit
DAILY	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread	Homemade Bread

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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content: usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child that content can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.



CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.



BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.



GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.



STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.



Meet Our Expert

Cayley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.education.gov.uk/documents/about/programmes/bullying/prevention/primary/primary-prevention/primary-prevention-programme/primary-prevention-programme-teacher-resources/inappropriate-content-teacher-resources>
<https://www.revealingreality.co.uk/wp-content/uploads/2021/04/children-made-tv-yes-year-7.pdf>



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Chase Lane Writer of the Week

Name: Sarya Class: Ash

Title: Tigers

Introduction:

Tigers Love water
and they are
predkat Animals.



How big are Tigers?

Tigers are the biggest
cats in the world. They are 3
metres long and weigh 363kg.

What do Tigers eat?

Tigers are
carnivores they eat meat.
They are predators
because they hunt and
kill Animals.

Fun Fact! Tigers
Live on
their own.

Where do Tigers live?

Tigers live in Asia.
They live in forests, jungles and
mountains. It can be hot or cold
places.

Chase Lane Writer of the Week

Name: Leonard Class: Kapok

Title: TIGERS & ALL ABOUT TIGERS

Introduction:

See what you can
learn about tigers.



How big are Tigers?

Tigers weigh up to 363 kg
and have long legs.

What do Tigers eat?

TIGERS have sharp claw so they can
hunt lot of animals. They can
eat meat from the animals.

Fun Fact!

Tigers are so
fast.

Where do Tigers live?

Tigers live in Asia and in the south where is
so hot that is like the desert.

Chase Lane Writer of the Week

Name: Yasmin Class: Maple

Title: Tigers life

Introduction:

Tigers are the
biggest cats in
the cat family.



How big are Tigers?

Tigers are big and
heavy. They weigh up to 650g

What do Tigers eat?

They eat dead
meat.

Fun Fact!



Where do Tigers live?

Tiger that live in the
wild live in Asia.