



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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2nd February 2024

"Jump in with both feet and be brave."

Dear Parents/Carers,

We have seen so much great learning and had so much fun this week at Shobnall Primary & Nursery School! Wow! Not only have the usual wide range of high-quality educational activities been taking place, but the children have also been sharing stories with each other as part of National Storytelling Week! Year 6 have some of their own real-life stories to tell as they have been experiencing life in the outdoors on their residential trip to Laches Wood! Miss Lord, Mrs Leedham and Mrs Johnston did a fantastic job of keeping us up-to-date with their news via the school's Twitter (X) account; it looks like everyone had a wonderful time! You can read more about their week in the 'Shobnall Showcase' further on in the newsletter!



Next week is Children's Mental Health Week where the staff and pupils will be taking part in many activities in school to promote this year's theme which is, 'My Voice Matters.' Please look out for this on Twitter (X)! There are many ways parents can support their children to maintain a positive wellbeing. Please click on the link below to access the videos and support.

[Parents and Carers - Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

We hope that you all have a great weekend and look forward to seeing you on Monday! Enjoy!





Mental Health Support Team Workshop – 5 February 2024

Our Mental Health Support Teams in School (MHST) are holding a one hour workshop for parents on Monday 5th February at 6pm-7pm to begin the start of Children's Mental Health Week. The theme for this week is 'My Voice Matters' and the workshop invites parents to come along and hear about the importance of listening to children, ways to start conversations on mental health and feedback from young people on how they want adults to support them best.

If you wish to join the workshop, please give the team a call on 01283 504487, where one of the team will send you the link to access the workshop.

5p Class Challenge!

For the next 3 weeks we are running a challenge in each class to see who can collect the most 5p coins! The winning class will receive a dress down day and a class treat for all to enjoy.

A bottle has been placed in each class; pupils will be allowed time to add their 5p coins when they arrive each morning. Miss Barker will check the bottles each Friday afternoon to give everyone an update on how each class is doing and who might be in the lead. It would be great if you could join us in this challenge and help us raise funds for the school.



NSPCC Number Day – Friday 2 February 2024

Thank you to all the children for supporting the NSPCC by taking part in **Number Day**!

They have had a great day dressing up in clothing with numbers on and taking part in a wide range of maths activities. In total, we have raised **£107.51** for the NSPCC!

Thank you all once again for your kind donations.

PFA Valentine Disco – Thursday 8 February 2024

Tickets will still be on sale next week for the PFA's forthcoming Valentine themed disco on **Thursday 8 February 2024**, every morning before school outside the key stage 2 entrance. They will be priced at £2.50 (disco only) or £3.50 (disco, drink and sweets).

As a reminder, the infant disco will be 3.45 – 5.00pm and the junior disco will be 5.15 – 6.30pm. Miss Alexander, Miss Barker and Miss Brewin have very kindly said that they are more than happy for children who are attending the infant disco to bring in a change of clothes on the day, which they are happy to help them get changed into. Please bear in mind that Year 1 have Forest School on a Thursday, so it may take them a little longer to get ready! Any help would be very much appreciated. Shobnall Stars will be in the Year 2 classroom on that evening.



On the night, children will need a small amount of spending money for other drinks, sweets, and savoury snacks (should they wish to have any) and, unfortunately, we will not be able to subsidise them if they don't. Water will be readily available if children do not bring spending money. We hope to see as many of the children there as possible!

JTMAT Attendance and Punctuality Policy

There have been some important updates to the JTMAT Attendance and Punctuality Policy, which we would like to make all our parents aware of. Securing excellent school attendance and promoting the importance of such, is the responsibility of the whole school community. As Shobnall Primary & Nursery School are part of the JTMAT, we are expected to follow and adhere to this policy.

Parents are reminded by the Department of Education that they “*have a legal responsibility to make sure that their child receives an education at school or by education otherwise than at school. Where parents decide to have their child registered at school, they have an additional legal duty to ensure their child attends that school regularly. This means their child must attend every day that the school is open, except in a small number of allowable circumstances such as being too ill to attend or being given permission for an absence in advance from the school.*”



The full policy can be viewed [here](#), but below we have highlighted some of the key aspects that we feel you should be aware of:

- Medical evidence **must** be provided for an illness absence from **school of 6 days or more**. If the school is not in receipt of this, the absence will be recorded as **unauthorised**.
- Medical evidence **must** be provided for illness absence immediately before or after a period of school holiday. If not, the absence will be recorded as **unauthorised**.
- Where there is a regular pattern to absence, medical evidence **must** be provided, or the absence is recorded as **unauthorised**.
- If reasons for absence have been falsified, the absence will be recorded as **unauthorised**.
- Parents and carers are asked to make routine medical, dental and opticians outside the school day. Parents will be asked to provide evidence of medical appointments which fall inside the school day.
- Parents will be asked to provide evidence of hospital appointments which fall inside the school day.
- Requests for leave in exceptional circumstances should be made at **least 2 weeks in advance** of the event and in writing using the Leave of Absence Request Form given in appendix E in the policy. Retrospective approval for absence cannot be granted. Parents do not have the right of appeal if a request for a leave of absence is declined, the head teacher's decision is final.
- Leave of absence will **NOT** be granted for pupils who have already been absent from school for **6 days or more**, regardless of the reasons for previous absence.
- Leave of absence will **NOT** be granted for pupils **when the requested leave of absence will mean that they have absence amounting to 6 days or more**.
- Leave of absence will **NOT** be granted for holidays during term time regardless of circumstances.
- Where leave of absence is **NOT** authorised and parents decide to take pupils out of school despite the school's decision, absence will be recorded as unauthorised and subject to a fixed penalty notice (fine).
- In order to carry out safeguarding responsibilities, when a pupil is absent from school for **more than 5 days** a member of school staff will be required to carry out a safe and well check on the child. This may be a home visit or a virtual visit, dependant on the reasons ascertained for absence.

- Where a pupil has been absent from school for a period of **20** consecutive school days without authorisation or has not returned within **10** days after an authorised absence a pupil can be removed from the admissions register when the school and LA have failed to establish the whereabouts of the pupil.
- Fixed penalty notices** can be issued for a variety of reasons and thresholds. Parents should refer to Local Authority websites for further information. The Trust expects all schools to follow the local authority Penalty Notice Code of Conduct and thresholds for issuing penalty notice fines. Staffordshire County Council stipulate that fines can be issued by schools in the authority, for reasons outlined here:

TERM TIME HOLIDAY	LATENESS (AFTER REGISTER HAS CLOSED)	UNAUTHORISED ABSENCE
1 day or more	10 lates in a 12-week period- does not have to be consecutive sessions	20 sessions (10 days) in a 12-week period – does not have to be consecutive sessions

Measles

There have been recent localised outbreaks of measles centred around the West Midlands. There is a risk of further outbreaks in other areas unless urgent action is taken to increase Measles, Mumps and Rubella (MMR) vaccination take up in areas with low MMR vaccine rates.



Measles spreads very easily among those who are unvaccinated, especially in nurseries and schools. The best protection against measles for children and adults is to get both doses of the MMR vaccine. It is never too late to have these vaccinations. Has your child had their MMR vaccination? Ask your doctor if unsure.

The following guidance is available:

[NHS England » NHS launches catch up campaign for missed MMR vaccines](#)

Measles is a disease which spreads very easily. People with measles can get a cough, runny nose, rash and fever. Measles can be serious, particularly for people whose immune system is not working normally. The best way to prevent measles is through vaccination. You can find [more information on measles](#) online.

Most older children and adults are immune to measles and so are very unlikely to catch it. This is either because they had measles as a child or because they have been vaccinated. You should contact your doctor if you have weakened immunity (due to illness or medication). The doctor will assess whether you are immune (that is, you have antibodies) to measles. If you are pregnant and not sure of your immunity, you should also seek your doctor's advice.



Disruption to the A38 Branston

The A38 Branston Interchange Scheme is planned to start in full in February 2024. The scheme is being delivered by the Branston Locks developer and Staffordshire County Council through the Levelling Up Fund. The scheme is a planning condition of the Branston Locks development and will support the creation of new homes and employment as well as improving road safety and capacity on the A38 Branston interchange roundabout and Parkway.

Construction works include widening the A38 northbound off and on slip roads to provide additional traffic lanes, installing new traffic signals on the interchange roundabout and a third lane westbound on Parkway. Works will last until Spring 2025.

Early works on Branston Road will be installing new drainage, ducting, electrical works and to install a temporary site access from Branston Road. So they can be carried out safely, a one-way road closure will be needed from the beginning of the February half-term week. The one-way closure starts on 10 February, with a planned completion on 28 February. Vehicles will be able to travel westbound on Branston Road from the A38 towards Tatenhill but will not be able to travel eastbound from Tatenhill to access the A38. A diversion route will be signed via Tatenhill, Rangemore and Needwood. Additional safety measures and signing will be provided on the diversion route.



Please see Staffordshire County Council's website for further information:

[A38 Branston Interchange Proposed Highway Improvements - Staffordshire County Council](#)

A38Branstoninterchange@staffordshire.gov.uk



Online Safety Tips

For many companies who operate in the online space, attention and engagement are the holy grail. Social media sites in particular make deliberate creative choices to keep people scrolling, reading, watching and clicking. This phenomenon is known as 'persuasive design' and it's being employed in the vast majority of the digital world's most popular destinations.

A study by the charity 5Rights Foundation concluded that "...the brain's response to rewards and punishments can be leveraged through persuasive design to keep children online." To tie in with Safer Internet Day 2024, our guide can help to educate youngsters on the effects of persuasive design – and suggests ways to insulate themselves from its influence.

We would also like parents and carers to remember that **Safer Internet Day 2024** will be celebrated on **6 February** with the theme 'Inspiring Change: Making a Difference, Managing Influence, and Navigating Change Online.' Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital



technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. Coordinated in the UK by the UK Safer Internet Centre, Safer Internet Day is celebrated in over a hundred countries coordinated by the joint Insafe/INHOPE network, with the support of the European Commission, and national Safer Internet Centres across Europe. Click on the link below for more information, useful guides and resources:

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Warm up this Winter!

At this time of year, the most important thing to do is keep warm.

Layer up

It goes without saying, but make sure you are wearing those layers, especially if you're heading outside.

Gym clothes are great to wear as your base layer, then add woolly jumpers and thick hoodies over the top before adding your waterproofs. When it's extra chilly, keeping your head warm with a woolly hat, and wearing thick socks and gloves will make all the difference when you're out and about.

Keep moving

Heading outside to exercise may seem like the last thing you want to do when it's cold. But going out for a brisk walk is the perfect way to warm up and won't cost you a penny.

Comfort foods are made for winter

Cook up some winter warmers to keep your body warm from the inside out. Chillis, curries, spaghetti bolognese and a good old Sunday roast are some popular favourites which are also great for batch cooking and leftovers making your meals last longer and go further.

Try cooking in an air fryer or slow cooker too, to keep your energy costs down.

Hot water bottles

Bring out the hot water bottle instead of heating the whole house. Perfect when working from home or warming up your bed.

Apply for free energy upgrades

Eligible off-gas homes in Staffordshire can get new energy upgrades to keep their homes warmer for less. The upgrades are free of charge and fully funded by the Staffordshire Warmer Homes scheme. You can apply if:

- Your home is off gas
- You have a household income of below £31,000
- Or you claim a means-tested benefit

[Apply here.](#)

FREE Uniform!

We have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated outside the school office for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to



contact Amy to ask what is available that you might be in need of, please contact her via amyroobottom@outlook.com.

Hot Lunch Options – 5 to 9 February 2024

W/c 23.10.23, 20.11.23, 11.12.23, 15.1.24

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	Spaghetti Bolognese	Roast turkey with potato of the day & gravy	Pork meatballs with wholemeal pasta	Crispy battered fish & chunky chips
Vegetarian Main dish	Vegetarian burger with chips	5 Vegetarian bolognese	5 Quorn™ fillet with roast potatoes & gravy	5 Vegetarian meatballs with pasta	Cheese pinwheels with diced potatoes
Accompaniments	Corn on the cob & broccoli Salad bar	Peas & cauliflower Salad bar	Carrots & green beans Salad bar	Cauliflower & broccoli Salad bar	Peas & baked beans Salad bar
Desserts	5 Fresh fruit & whip	Lemon biscuit	Chocolate & orange muffins	5 Fruit sponge & custard	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

Nursery adventures this week...

We have been learning to use and respond to some positional vocabulary, e.g. across, around, in, over, in front, on, under etc and began by reading the story 'Rosie's Walk' by Pat Hutchins. We have had a great time completing a variety of activities linked to our focus book, 'Rosie's Walk' and have had fun re telling the story using a variety of props. We have also been very creative and have had lots of fun painting our own interpretations of Rosie the hen and the fox.

Reception

Reception adventures this week...

We have had a wonderful week with a focus on the story, 'Mr Gumpy's Outing,' by John Burningham. We arrived at school on Monday to find a boat full of farm animals in the middle of our classroom! We had great fun re-enacting the story and joined in with a variety of themed activities including drawings of boats, making playdough cakes, writing invitations, labelling animals, and building boats using a range of construction materials.



We also used the iPads to research boats and identified many different types.

"These are from the 1960s!" (Jensen)

"It looks like a Lamborghini, it goes fast." (Raafae)

"This boat has lots of seats it's going to the beach!" (Sada)

"It's broken in the grass there's no water it can't go." (shipwreck) (Gibriel)

"We saw it on our trip it's a houseboat, it looks like it's walking on water." (Millie)

"It's a wood one the stick goes back and forwards and then the boats moves." (Harvey)

On Friday morning we were super excited when we made jelly boats. We carefully scooped out the inside of oranges and gently filled them with jelly!

During the afternoon we had a wonderful time having afternoon tea just like Mr Gumpy, the children and all of the animals in the story. We were very sensible when using the fancy cups and saucers and thought it was magic to see the water turn dark brown when the tea bags were added to the teapot and then change again as we poured in our milk!

A fabulous way to end a fabulous week of boating adventures!

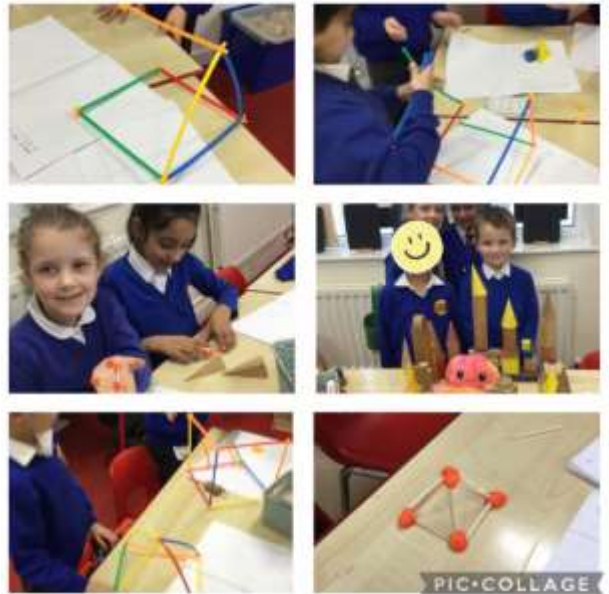
Year 1

What a fantastic week Year 1 have had! We have finished writing our own instructions on how to make a maraca, rain stick, guitar or drum. The children worked hard to use the correct grammatical features and their phonics knowledge to spell unfamiliar words. In Maths, the children have been looking at ordering and comparing numbers to 20. They found this quite a tricky concept but continued to persevere. In DT, the children have been creating their own smoothies, which they thoroughly enjoyed taste testing. The children enjoyed being able to mix different combinations of fruits and vegetables and learning how to chop and blend different items. The children have had a superb Forest School session working in teams to create some amazing constellations. Well done Year 1!



Year 2

Year 2 have had a great week full of learning! In English this week the children have been continuing looking at the Australian Folk Tale, 'How Kangaroo got her Pouch'. They have been exploring different ideas and how they could create their own story inspired by the aboriginal tale. The children have been continuing their exploration in maths, where they have been looking at 3D shapes and their properties. They have enjoyed using different construction materials to build the shape, focusing on their edges, faces and vertices. In RE, the children have been learning about Islam and focusing on Salat. This is one of the Five Pillars of Islam. The children have been very interested in this topic and have been keen to share their learning and their understanding of the religion. Well done, Year 2!



Year 3

Year 3 have had a great week. They have started their new English topic and will be creating a persuasive piece of writing. We have also celebrated National Storytelling Week and NSPCC Number Day! We have enjoyed completing some different activities celebrating these special days. In History they are enjoying learning about the Bronze Age. Well done to Layla who went to pick up her prize from Lovell Homes too!

Year 4

Year 4 have had another productive week this week! In maths, the children have been identifying what perimeter is and have been using a variety of different methods to identify how to calculate the perimeter of a shape. In English, the children have been identifying the features of a persuasive text and the children are going to be writing their own persuasive texts next week to convince people to go to a

country of their choosing! Furthermore, we have started our art unit for this term and the children have been identifying how colours impact different styles of artwork. Finally, the children are continuing to do an amazing job of learning their times tables. Although we are still months away from the multiplication check, I am so proud and impressed with how hard the children are working on this! Well done, Year 4!

Year 5

Another week of fantastic learning in Year 5! In Maths, the children have consolidated their understanding of multiplying using the expanded method and have moved onto the bus stop method for division. In English, Year 5 have written and edited two more of their paragraphs for their 'Visit Whitemoor!' leaflets which they will be publishing next week. In science, the children explored the impact of friction on objects and in geography Year 5 wrote persuasive letters to Mr Adams, urging him to have more plastic-free alternatives throughout school. For NSPCC Number Day on Friday, the children thoroughly enjoyed partaking in the JTMAT TTRockStars competition, creating images using 2D shapes as well as lots of maths quizzes on Kahoot!

Year 6



The children have had a fantastic week at Laches Wood!

After an exhausting first day, the children were up early and caving and BMX biking in the morning before climbing up the high ropes and abseiling in the afternoon.

On Wednesday, the children enjoyed a day exploring the geographical landscape of Carding Mill Valley. After an 8km walk, they still weren't finished and enjoyed a campfire experience back at the centre.

Their penultimate day involved a search and rescue mission, along with some bushcraft.

I would like to thank the staff, Miss Lord, Mrs Johnston and Mrs Leedham for their tireless efforts in making the trip such a great one for the children and for looking after them so well!

Enjoy a very restful weekend, Year 6!



Reading Corner

This week's recommended read is for children aged 11+...

How the News Works

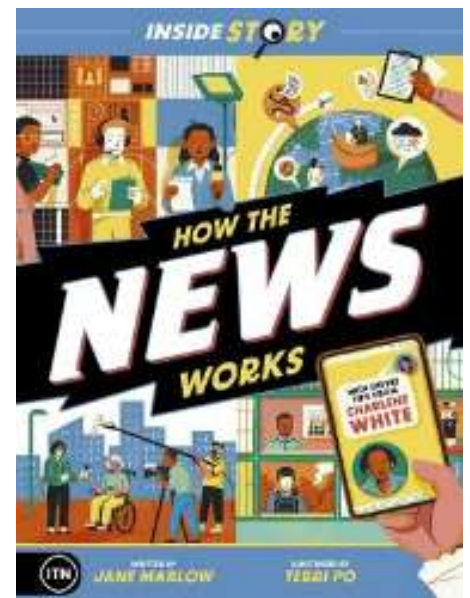
Written by ITN Productions

News is everywhere! But do we understand how it really works?

Inside Story: How the News Works is a no-nonsense guide for 8–12-year-olds that gives the fascinating inside story on this ever-relevant topic.

With accessible information and practical tips written by real-life journalist Jane Marlow from Independent Television News (ITN), plus feature sections from ITV News' Charlene White, children will be well-equipped with the knowledge they need to navigate the tricky news landscape. Readers will learn where news came from, the history of news and how it works around the world, as well as who's who in the news process, what issues are facing the news today, what can we expect from news in the future and so much more.

With fun, friendly and engaging illustrations by Terri Po, this approachable guide is the perfect resource to help children navigate the ever-changing world of news and really get the inside story.



Head Teacher's Awards

Reception	Sada C	Kadeem H
Year 1	Hudhayfah M	Aiyla N
Year 2	Ayesha N	Angel M
Year 3	Kailen S	Millicent M-B
Year 4	Zain A	Fatiha N-M
Year 5	Deivds K	Euan W
Year 6	EVERYONE!	

Lunchtime Star Awards

Reception	Ibrahim H
Year 1	Jack P
Year 2	Theodosia D
Year 3	Millicent M-B
Year 4	Elliot M
Year 5	Dexter K
Year 6	Zahra H & Azaan W-M

Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

Please note that children can come to school with mild respiratory illnesses. This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.



This week's Attendance Champions are **Year 3 and Year 6!** Well done! Here are the latest figures...

Reception	97.3%	Target
Year 1	96.0%	97%
Year 2	96.7%	
Year 3	98.1%	
Year 4	96.2%	Overall (to date)
Year 5	94.4%	95.1%
Year 6	98.1%	
Overall	96.6%	

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 02.02.24)	33	35	45	42
Position	4 th – 1 point	3 rd – 2 points	1 st – 4 points	2 nd – 3 points
Running Total	5	6	8	11

Diary Dates 2023-2024

Event	Date/Time
PFA Valentine's Disco	Thursday 8 th February 2024 • Infants: 3.45pm – 5.00pm • Juniors: 5.15pm – 6.30pm
School Closes for Half-Term	Friday 9 th February 2024
School Reopens for Pupils	Monday 19 th February 2024
PFA Easter Bingo	Friday 15 th March 2024
Year 5 Trip to Hampton Court	Thursday 21 st March 2024
School Closes for Easter	Friday 22 nd March 2024, 2.00pm
INSET Day	Monday 8 th April 2024
School Reopens for Pupils	Tuesday 9 th April 2024
Year 1 Class Assembly	Thursday 18 th April 2024, 9.00am
Reception Class Assembly	Thursday 25 th April 2024, 9.00am
Police, Fire & Crime Commissioner Election – School Closed	Thursday 2 nd May 2024

May Day Bank Holiday – School Closed	Monday 6 th May 2024
Key Stage 2 SATs Week	Monday 13 th May 2024 to Friday 17 th May 2024
School Closes for Half-Term	Thursday 23 rd May 2024
INSET Day	Friday 24 th May 2024
School Reopens for Pupils	Monday 3 rd June 2024
Year 4 Class Assembly	Thursday 27 th June 2024, 9.00am
JTMAT INSET Day	Friday 5 th July 2024
School Closes for Summer	Friday 19 th July 2024, 2.00pm
INSET Day	Monday 22 nd July 2024

Spring Term Diary Dates

Event	Date/Time
Safer Internet Day	Tuesday 6 th February 2024
School Closes for Half-Term	Friday 9 th February 2024
School Reopens for Pupils	Monday 19 th February 2024
Mother's Day Lunches – Reception	Thursday 29 th February 2024
Mother's Day Lunches – Year 1	Friday 1 st March 2024
Mother's Day Lunches – Year 2	Monday 4 th March 2024
Mother's Day Lunches – Year 3	Tuesday 5 th March 2024
Mother's Day Lunches – Year 4	Wednesday 6 th March 2024
World Book Day	Thursday 7 th March 2024
Mother's Day Lunches – Year 5	Thursday 7 th March 2024
Mother's Day Lunches – Year 6	Friday 8 th March 2024
Comic Relief	Friday 15 th March 2024
Parents' Evening	Monday 18 th March 2024, 4.00pm – 7.00pm
Parents' Evening	Wednesday 20 th March 2024, 4.00pm – 7.00pm
School Closes for Easter	Friday 22 nd March 2024



HOLIDAY SPORTS CAMP

Have fun in the
school holidays
with your friends!



Shobnall Primary School



Thomas Russell
Infants School

Shobnall Primary School
(DE14 2BB)
Feb 12th, 13th, 14th & 15th

Thomas Russell
(DE13 8DS)
Feb 12th, 13th, 14th & 15th

Apply: @activelearningsports.com

Camp info

Times: 8.30am - 3.15pm

Ages: 4-13

What to bring:
Packed lunch
snack plenty to drink,
sun cream and hat

Cost: Only £19 a day

Featuring

Dodgeball
Football
Basketball
Cricket
Movies at lunchtime
Tag rugby
Street dance
Nerf wars
Zorb football
Capture the flag
Gymnastics
Axe throwing

If you receive this flyer you will be within
15 minutes drive of one of our venues



CLASS CHALLENGE

Each class has their own bottle collecting 5p coins. Once each class has completed the challenge, the coins in each bottle will be counted and the class with the most 5p coins will win a treat!

Raid your money boxes, save your change, look down the back of the sofa and help your class fill their bottle.

A fun challenge for the whole class to join together and help raise funds for the school.

**CHALLENGE RUNS FROM FRIDAY 2ND
FEBRUARY - FRIDAY 23RD FEBRUARY.**

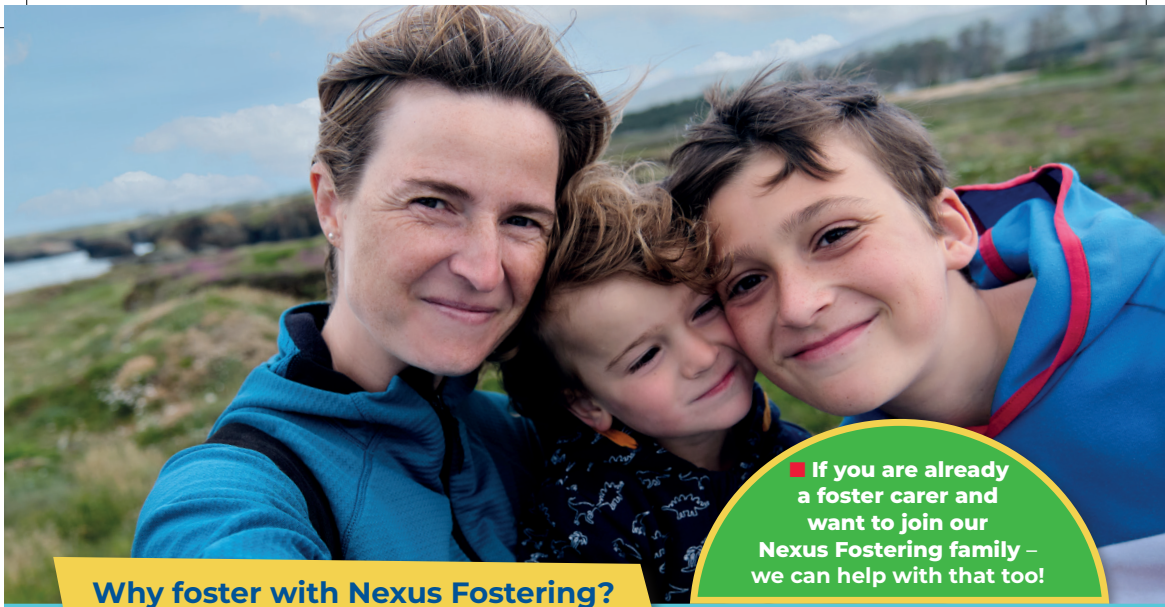




You have what it takes for a rewarding career in fostering

- Your everyday experiences and skills are transferable into a foster carer role, from providing emotional support to teaching life skills.
- Our fostering roles are suitable for individuals, couples, or families from all walks of life. All children are different, so our foster carers are too.
- We offer many different types of fostering roles, including short-term, parent & child, therapeutic and long-term.
- Be part of our professional team and receive our ongoing comprehensive training.
- Receive generous fostering allowances, benefits and tax relief.

As a foster carer, you could provide a safe and stable home environment for a vulnerable child whilst enjoying a flexible and rewarding career that's literally life changing.



■ If you are already a foster carer and want to join our Nexus Fostering family – we can help with that too!

Why foster with Nexus Fostering?



Social worker led since 2002



Consistently rated 'Outstanding' by Ofsted



Our teams will support you 365 days a year, 24 hours a day



We offer a competitive weekly allowance and benefits packages



Regular carer support groups, day trips and activities for all the family



Careful and considered matching process led by our dedicated placements team, leading to successful outcomes



Bespoke support packages for our therapeutic-led services and tailor made outreach support for children



You'll never stop learning! We offer extensive initial training and continually invest in your development

“Fostering a child can be a rewarding and fulfilling experience for anyone with a passion for helping others.”

If you think you could make a difference to a young person's life, get in touch today for an informal chat about what's involved.

Tel: **01952 916 002**



or visit us online at:

www.nexusfostering.co.uk/Telford

Montford House | Suite 1 & 2 | St Georges Court | Donnington | Telford | TF2 7AS

MHST INVITE PARENTS TO OUR ONLINE WORKSHOP



'my VOICE MATTERS'

The workshop aims to inform parents of the importance of listening to their children, ways to start conversations on mental health and feedback from young people on how they want adults to support them best

The online workshop will run for 1 hour from 6pm-7pm on Monday 5th February 2024

You can access the workshop on the time/date above via the link in the description, or you can call us on 01283 504487 if you want further information

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



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