

SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



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8th March 2024

"So many books, so little time."

Dear Parents/Carers.

What a busy week! In school, it's all been about books, books, and more books! Not just because of World Book Day but because we love them! The children (and staff) had a great time on Thursday coming dressed as their favourite book characters! Everyone looked fabulous and we must thank all our parents and carers who helped the children prepare their costumes! In addition to this, the children engaged with a great range of activities during the day focused on reading. Their particular favourite was 'Cosy Library Time' where everyone got the opportunity to cosy down



and read their favourite book for twenty minutes! A great time has been had by all and I'm sure you will enjoy reading about the children's experiences as you work your way through the newsletter.

We have brought our Mother's Day lunches to a close this week and it has been wonderful to have seen so many parents – the turnout has been incredible. Huge thanks to all those family members who managed to come along. I would also like to thank the kitchen staff and lunchtime supervisors once again, who have gone above and beyond to make this a really special event for everyone involved. Please note that we will be holding Father's Day lunches in June – look out for the dates of these in the 'Diary Dates' section at the end of the newsletter in the forthcoming weeks.



In addition to wishing everyone a very restful, relaxing, and enjoyable weekend, we would also like to wish all our families who are joining in with this special time of year a very Happy Ramadan, which begins next week. As our friends and families begin the holy month of fasting, we wish them, along with the millions of Muslims around the world a blessed and generous month. Ramadan Mubarak!





A final, special mention must go to all the mums and special caregivers, who we are expecting to be spoilt rotten by their children on Sunday! Whatever it is you have planned for the weekend, we hope that you are able to rest, relax and spend quality time together as families. As always, we look forward to seeing you all again on Monday. Enjoy!



World Book Day

Wow! The effort with the favourite book character costumes from children (and parents!) was fantastic from 'Where's Wally?' to Harry Potter, and from Matilda to Snow White. Thank you so much for all your support with this!

Everyone participated in lots of fun activities throughout the day. These included participating in a live World Book Day lesson via BBC Teach Live World Book Day, a 'Book Choice Bistro', a live quiz and 'Cosy Library Time'!

We were also very impressed with the children's entries for the JTMAT Toilet Roll Book Character Competition. Let's keep our fingers crossed that one of our winners is chosen as the overall winner in JTMAT. We will keep you updated!

Don't forget to use your **World Book Day £1 Voucher** which can be used to get a **FREE** book! Getting a free £1 book for your child is easy - simply take your £1 book token to your nearest bookseller and swap it for a World Book Day £1 book OR get £1 off any book or audiobook costing £2.99 or more. You can find your nearest bookseller at <u>worldbookday.com/participating-retailers</u>. Many thanks to everyone for making our World Book Day a success!



















The Big Plastic Count

As part of British Science Week, Shobnall Primary & Nursery School are encouraging children to recycle. All pupils are invited to take part in The Big Plastic Count which is a competition to see which class can recycle the most over a one-week period.

Children will have discussed this in class today so they will be ready to begin their recycling week from 11 March. There will be an announcement in the newsletter on Friday 22 March with the number of items we have managed to recycle as a school, and the winning class!

Please use the tally chart provided to log the number of recycled items and at the end of the week, enter the data using the links provided by Monday 18 March. There is a link for each year group so please select the correct one.

Mother's Day

The children have been preparing some lovely surprises this week in preparation for Mothering Sunday on 10 March. We would like to take this opportunity to wish all our mums and special caregivers a very, "Happy Mother's Day!" Reverend Simon Archer joined us for assembly on Tuesday and shared with us some interesting information and facts about this very special day:

Although Laetare Sundaythe fourth Sunday of Lent – had been



- associated with mothers and family since medieval times, it wasn't until the beginning of the 20th century that a push towards an official day celebrating mothers in England was started. **Constance Smith**, a vicar's daughter from Nottinghamshire, was inspired to start the Mothering Day Movement after reading an article on Anna Jarvis and her campaign for an official day to honour mothers in the US. Constance Smith was a High Anglican and believed that the liturgy of the Church of England for the fourth Sunday of Lent truly captured the idea of a day honouring mothers. So, when choosing the date for Mothering Sunday in England, she went back to the Laetare Sunday, which was when children who worked away from home received a day off to visit their mothers and the mother church or cathedral.
- ♣ In the 18th century, in addition to picking flowers to hand to their mothers at home, young girls working as domestic servants also brought products from their masters' larders to bake a special Mothering cake or Simnel cake a fruit dessert topped with marzipan and decorated with flowers, either fresh or crystallised.
- Mother's Day is the biggest flower buying day of the year in Britain.
- More phone calls are made on Mother's Day than any other day of the year!
- One of the earliest Mother's Day celebrations was in Ancient Greece. The Greeks would have spring celebrations in honour of Rhea, the goddess of fertility, motherhood, and generation.
- ♣ In the USA, Mother's Day was founded in 1908, and is held in May. An American woman named Anna Jarvis wanted to remember her mother, who had died. She asked her friends to wear white carnations to church.

PFA Easter Bingo - Friday 15 March 2024

We would love to see as many of you as possible attend our Easter Bingo as there is a chance you could win chocolate eggs and other Easter themed prizes! This will be held on Friday 15 March in the school hall. Doors open from 5.30pm with 'eyes-down' at 6.00pm. Mr Adams is bingo caller once again and has promised to practice the rhymes and sayings to make it a memorable event!

Tea, coffee, cold drinks, hotdogs, vegetable pakoras, and other snacks will be on sale. The bingo books will be available to purchase at £1 per book on arrival and we kindly ask that you bring your own 'dabber' or pen.

So that the hall can be set up in time, After School Club will move to the year 2 classroom on this night only.



The PFA do need chocolate prizes to award on the night and have asked if all pupils are able to bring in a chocolate item to be given as a prize at the bingo - an Easter egg would be great! Please could we ask that these are received by Wednesday 13 March just so that the PFA can check there are prizes a plentiful! We do hope that you are able to come and support this event, which is always tremendous fun!





Red Nose Day - 15 March 2024

Don't forget, also on Friday 15 March 2024, we will be celebrating Red Nose Day in aid of Comic Relief! Blue Peter will be turning **RED** to celebrate Red Nose Day, so we thought we would join them and go 'red-to-toe' this year! So, as part of their non-uniform, we are asking the children to dust off their ruby slippers, pop on their lobster suits, or simply don some scarlet socks. How far they go is up to them! We ask that they bring a donation of 50p to £1 for this privilege. All proceeds from this event will go towards Comic Relief.

For 2024, Comic Relief proudly presents the funniest Red Noses yet, perfect if you've got lots of Noses waiting to Do Something Funny for Money! There will be four fun characters to collect – as well as a 1 in 166 chance to get your hands on a limited edition Rare 'Gold' Nose! The Noses are made from plant-based materials meaning they can be recycled at home and are suitable for children aged 3 and above. You can order a Red now from the Comic Relief Shop or head Nose to Amazon, the home of the Nose. And get ready to scan the QR code inside your Red Nose box for an extra special surprise!

We are also intending to run a 'Red Nose Hunt' for the children throughout the day and will be having lots of laughter by sharing our favourite jokes! We hope that you can support the fundraising!

Safer Sleep Week - 11 to 17 March 2024

Safer Sleep Week is The Lullaby Trust's national awareness campaign targeting anyone looking after a young baby. Safer Sleep Week aims to reach as many families as possible with lifesaving safer sleep advice. There are steps parents and carers can take to reduce the risk of SIDS. Please visit The Lullaby Trust website www.lullabytrust.org.uk for further material on the campaign and further advice on safer sleep.

The theme for this year's Safer Sleep Week campaign is the safest place. Babies' airways are vulnerable, particularly in the first few months of life, so it is important that parents and carers are aware of this and the actions they can take to protect them. The simplest way to do this is by sleeping a baby on their back on a firm, flat surface with no padded or cushioned areas. This will help to keep their airways open and reduce the risk of suffocation and SIDS. A cot, Moses basket, bassinet, carry cot, or crib all fulfil these criteria.

Many baby products on the market are not suitable for babies to sleep in, even some which are designed for this purpose. The Lullaby Trust's aim is to empower parents with the knowledge to make informed choices about their baby's sleeping place and understand why some products are not suitable for baby sleep and how to identify and avoid them. They want parents to be confident about choosing a safer sleep space for their baby.

Safer sleep for babies

Steps parents can take to reduce the risk of sudden infant death syndrome (SIDS). Follow this advice for all sleeps and naps not just at night.

Things you can do...

- Always place your baby on their back to sleep
- Keep your baby smoke free during pregnancy and after birth
- Breastfeed your baby
- Place your baby to sleep in a separate cot or moses basket in the same room as you for the first 6 months
- Use a firm, flat, waterproof mattress in good condition



Things to avoid...

- X Never sleep on a sofa or in an armchair with your baby
- Don't sleep in the same bed as your baby if you smoke, have drunk alcohol, have taken drugs or medication or are extremely tired, or if your baby was born prematurely or of low birth weight
- Avoid letting your baby get too hot
- Don't cover your baby's face or head whilst sleeping or use loose bedding
- Remove all pillows, cot bumpers and soft toys from the cot
- Don't sleep your baby on a soft surface such as a pod or nest

Ramadan

Ramadan is one of the most important months in the Islamic calendar. It is a time of fasting, prayer, and reflection for Muslims across the world. It is a time when families gather together to pray and reflect on the teachings of the Here Qur'an. are some interesting facts about Ramadan that we thought you would like to know, from the history of Ramadan to its spiritual significance:



- Ramadan falls on the ninth lunar month in the Islamic Calendar. The lunar calendar means the start of each month is based on various factors, such as the sighting of the moon. Therefore, like all Islamic months, the month of Ramadan rotates every year.
- The month of Ramadan is believed to be the month in which the Holy Qur'an was revealed to Prophet Muhammad (PBUH), as a guidance for all mankind.
- * Ramadan is the month of fasting. Fasting (sawm) is one of the Five Pillars of Islam.
- ❖ In between the hours of sunrise and sunset, fasting isn't just accomplished by abstaining from food and drink. It involves refraining from sinful acts such as cursing, lying and bad intentions; amongst many other things. These can negate the validity of a fast.
- The beginning of a fast is initiated with a dua (prayer) of niyah (intention).
- ❖ Eating dates is a popular way to break the fast. It is said that Prophet Muhammad (PBUH) used dates to break his fast with. But what is actually in a date? The health benefits of dates are vast. They contain natural sugars, are high in fibre, are excellent for digestion, high in countless vitamins and nutrients, and so much more!
- ❖ Ramadan is an auspicious month for generosity and giving. The sawab (reward) for charity and benevolence in this month are immense. It is known as a month of humbleness and simplicity, and to remember those who are less fortunate than us. Many people choose to commit to Ramadan donations in this month. Some opt to contribute regularly, some dedicate their time to one of the many campaigns, and some volunteer to help in fundraising towards a good cause.
- Ramadan concludes with Eid ul-Fitr, a celebration which follows the period of fasting. It is commonly known as a day of joy and thanking Allah for the strength in accomplishing the spiritual month. It is a day of gratitude, prayers, unity and happiness. For a large number of people, the day usually consists of attending the Mosque, praying, visiting family and friends, exchanging gifts, giving to charity, and a lot of eating!



Online Safety Tips

Since they were first played in arcades on oversized machines, fighting games have found their way not only into our homes via consoles and PCs, but also – in the case of franchises like Street Fighter and Mortal Kombat – into the pop culture elite, with merchandise and movie adaptations. The most recent entrant to the arena is Tekken 8, which recently launched to critical acclaim.

With a cast of colourful combatants, Tekken offers an adrenalin hit of fast-paced fisticuffs and slick presentation.

As with any fighting game, however, Tekken's competitive nature and focus on violence may not be ideal for the younger element of its userbase.

This guide has some top tips for allowing fans of virtual martial arts to enjoy the action more safely.

It's Compost Week!

What is composting?

Composting is nature's own way of recycling, breaking down household organic waste to produce a valuable resource which can be used on the vegetable garden or flower beds.

Doing cur Bit to make Staffordshire Sustainable

Why should we compost?

In Staffordshire, approximately 30% of everything thrown into the general waste bin is food. That is over half a tonne of food every year per household. A lot of this waste could have been avoided and shockingly, the average family of four could save £60 a month by reducing their food waste.

Adding compost to the soil helps to improve the soil structure and add nutrients to help the growth of stronger, healthy plants. Healthier plants are more resistant to damage from pests and diseases.



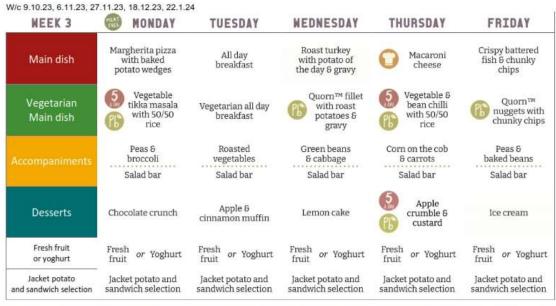
Don't have a compost bin?

You can get a discounted compost bin with a Staffordshire postcode – get yours here.

Not sure where to start?

There is an easy step by step video for beginners - watch here.

Hot Lunch Options - 11 to 15 March 2024







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.

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...

It has been a fun filled week as we continue to deepen our knowledge of the class focus book, 'Dear Zoo.' We had a great time retelling the story with the animals and used lots of wonderful vocabulary. The children have also been very creative, painting their own representations of all the different animals from 'Dear Zoo.'

The fun continued on Thursday with our World Book Day celebrations. The children loved dressing up as their favourite story characters and have enjoyed using the puppets to retell their own fantasy stories.

On Friday, we had a great time learning about where birds live and what they need to survive. The children had fun creating and making a nest for the birds. They were very impressed with their creations.



Reception

Reception Adventures this week...

We have had a busy week in Reception continuing to learn all about different types of food.

It was great fun sharing the poem, 'Chocolate Cake,' by Michael Rosen. We also listened to him reading it and it really made us laugh! Later in the week we used musical instruments to retell parts of the poem and added our own actions. It made us all very hungry for chocolate cake!

We have been having wonderful adventures in our come and tell a story area. It has been great fun using story maps to create our stories and we have included lots of characters and exciting settings. Miss Alexander and Mrs Martin have also been very impressed with our use of story language.

On Thursday we were all transformed into book characters as we celebrated World Book Day. We had a range of characters in school including Matilda, The Worst Witch, Harry Potter, Where's Wally, Peppa Pig, Elsa, Spiderman, Peter Rabbit...



We had a fabulous day joining in with lots of activities including hunting for characters in books; becoming illustrators by designing book covers; telling stories at the puppet theatre and as Paddington was in our class, we all made marmalade on toast!

After all the excitement we had a chance to relax in our cosy story snug and shared lots of exciting stories. Our toilet roll book characters joined us and it was fun sharing our creative designs with each other. We certainly love books in Reception!

Year 1

A very exciting week in Year 1! The children have begun generating their own ideas of magical worlds that Jack could visit and created their own story map. This is ready for children to rewrite their own version of Jack and the Beanstalk next week. In maths, we have been learning to count and recognise numbers to 50. As part of our geography learning this week, we went on a walk to look at different human and physical features. We also enjoyed World Book Day yesterday and loved sharing our amazing characters with our friends. We also took part in a live lesson to launch British Science Week all about insects! Well done Year 1!











Year 2

Year 2 have had a great week full of learning! In English, the children have been writing their own brochures for Burton-on-Trent. They are starting to pull all their learning together to make sure that they are using positive adjectives for persuasion. In maths this week the children were introduced to the multiplication sign. This learning has been very practical and pictorial to support the children's learning. In History, the children have been learning about Martin Luther King Jr and the impact of his speech. The children have been busy preparing their gallery for you all to come and see! Well done Year 2!

Year 3

Year 3 have been practising the skills of persevering this week, especially at Forest School when they were learning to use fire strikers. The

children also used this skill in their maths lesson when they were learning about 'greater than' and 'less than'. In English, the children have begun their unit of writing on letters and Mrs Morris cannot wait to read the final pieces once completed. Year 3 have also taken part in a live science lesson with Developing Experts and have had great fun completing an experiment on volcanoes. A fabulous week - well done Year 3!

Year 4

Wow, what a fantastic week that we have had in Year 4 this week! In maths, the children have been adding and subtracting fractions and they have been completing multiple step problems with ease! In English, the children have written some incredible Viking myths. Not only have all the children been extremely creative with their writing, but they have also continued to incorporate all of the features expected in a Year 4 piece of writing. Elsewhere this week, we celebrated World Book Day on Thursday, and it was amazing to see all the effort and hard work that the children (and parents!) had put into their costumes. The children took part in a range of live lessons, reading activities and even had the opportunity to design their own front cover of a book! Another really productive week Year 4, well done!



Year 5

This week, Year 5 say goodbye to Miss Hyden, who has been our student teacher from Derby University for the last 10 weeks! Throughout her time at Shobnall, Miss Hyden has delivered so many exciting lessons that the children have loved. We have been so lucky to have her and wish her every success in the future.

The highlight of this week certainly has to be World Book Day! Year 5 looked fabulous in their outfits, somuch-so that they started their day off with a catwalk! The 'Footy & Booky' quiz, hosted by The National Literacy Trust, certainly tested our general knowledge and as always, it was thoroughly competitive! In the afternoon, Year 5 cosied down in the library, which had been transformed into a variety of snug and comfortable reading spaces - it was such a peaceful 30 minutes, getting lost in our favourite books!

Year 6

We have had an exciting week in year 6. We have started our percentages topic in maths after finishing fractions and decimals. In English we have completed

our narrative about a Victorian chimney sweep and started to look at recounts. Our final piece will be for us to publish a recount based on the music video 'Titanium' written in the first person, as if we were the boy with supernatural powers. In Science we looked at Carl Linnaeus' system of nature and used this to help classify animals into different groups including, domain, class, order, family, and species. We had a fantastic time on World Book Day where we completed the 'Footy and Booky' quiz by the National Literacy Trust. We loved progressing through our whole class text, Stormbreaker, too and we cannot wait to find out what will happen to Alex. A great week overall, well done Year 6!

Reading Corner

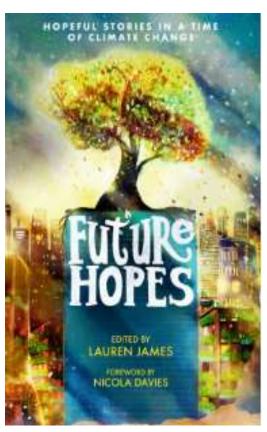
This week's recommended read is for children aged 9+...

Future Hopes: Hopeful Stories in a Time of Climate Change Written by Lauren James (ed)

Edited by Lauren James, this anthology of nine short stories themed around the climate crisis is undeniably hopeful in name and nature. In fact, as Nicola Davies states in her foreword, "dreams and stories are the seeds of change," with the writers featured in this collection doing a grand job of sowing such seeds.

From Oisin McGann's adventure-driven story of Eyeballs, Tentacles and Teeth that sees a fishing community unintentionally deploy geoengineering techniques, to Tolá Okogwu's heartwarming tale of family love and community food production, *Future Hopes* is nothing but engaging and thought-provoking as it covers a wide range of approaches and genres — everything from stories infused with fantastical elements, to tales that explore the food of the future and augmented reality.

Adding to the sense of hope and empowerment, the editor suggests how readers might implement each story's ideas for bringing about positive change.



Head Teacher's Awards

Reception	Hamza T	Aman T
Year 1	Astrid R	Aiyla N
Year 2	Theodosia D	Ava O
Year 3	Meerab N	Ben S
Year 4	Elliot M	Aminah A
Year 5	Kian S	Constance L
Year 6	Zahra K	Lilly L

Lunchtime Star Awards

Reception	Harper O
Year 1	Umar Q
Year 2	Ayesha F
Year 3	Kailen S
Year 4	Adam H
Year 5	Alfie P
Year 6	Lilly L

Attendance

Please read the NHS 'ls 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 6! Well done! Here are the latest figures...

Reception	92.9%	Target
Year 1	94.7%	
Year 2	97.0%	97%
Year 3	96.2%	
Year 4	89.4%	Overall (to date)
Year 5	97.5%	
Year 6	99.4%	95.1%
Overall	95.7%	

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 08.03.24)	35	52	23	62
Position	3 rd – 2 points	2 nd – 3 points	4 th – 1 point	1 st – 4 points
Running Total	10	8	6	9

Diary Dates 2023-2024

Event	Date/Time
Year 2 Class Assembly / Gallery	Thursday 14 th March 2024, 9.00am
PFA Easter Bingo	Friday 15 th March 2024
Year 5 Trip to Hampton Court	Thursday 21st 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 18th April 2024, 9.00am
Reception Class Assembly	Thursday 25 th April 2024, 9.00am
Police, Fire & Crime Commissioner Election –	Thursday 2 nd May 2024
School Closed	
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
Comic Relief	Friday 15 th March 2024
PFA Easter Bingo	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, 2.00pm

Summer Term Diary Dates

Event	Date/Time
INSET Day	Monday 8 th April 2024
School Reopens for Pupils	Tuesday 9 th April 2024
Year 1 Class Assembly	Thursday 18th April 2024, 9.00am
Reception Class Assembly	Thursday 25 th April 2024, 9.00am
Police, Fire & Crime Commissioner Election –	Thursday 2 nd May 2024
School Closed	
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 Multiplication Tables Check	Monday 3 rd June 2024 – Friday 14 th June 2024
New Parents Meeting for Nursery & Reception	Thursday 6 th June 2024
Parents	
Father's Day Lunches – Reception	Thursday 6 th June 2024
Father's Day Lunches – Year 1	Friday 7 th June 2024
Sports Day – EYFS/KS1 AM & KS2 PM	Monday 10 th June 2024
Year 1 Phonics Screening	Monday 10 th June 2024 – Friday 14 th June 2024
Father's Day Lunches – Year 2	Monday 10 th June 2024
Father's Day Lunches – Year 3	Tuesday 11 th June 2024
Reserve Sports Day – EYFS/KS1 AM & KS2 PM	Wednesday 12 th June 2024
Father's Day Lunches – Year 4	Wednesday 12 th June 2024
Father's Day Lunches – Year 5	Thursday 13 th June 2024
Father's Day Lunches – Year 6	Friday 14 th June 2024
Year 4 Class Assembly	Thursday 27 th June 2024, 9.00am
Year 4, 5 & 6 Brewhouse Performance – Peter	Thursday 4 th July 2024
Pan	
JTMAT INSET Day – School Closed	Friday 5 th July 2024
Nursery Graduation	Wednesday 17 th July 2024, 9.00am
Year 6 Leavers' Assembly	Thursday 18th July 2024, 9.00am

School Closes for Summer	Friday 19 th July 2024, 2.00pm
INSET Day	Monday 22 nd July 2024



EASTER FUN!



Holiday Activities and Food

for children and young people aged 5-16 who get free school meals*

Booking opens: 4pm, Monday 11th March 2024 staffordshire.gov.uk/holidayactivities

*Eligible children and young people will be sent a code from school to register



Scan Me



Department for Education









Dear Parents,

We have introduced a program to all year groups at school called My Happy Mind. My Happy Mind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!

M Happy Mind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.

To further embed this learning, My Happy Mind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring My Happy Mind Games plus much more!

To access these materials just go to https://myhappymind.org/parent-resources to create your free account. You will need to enter your name, email, and authentication code.

Your authentication code is: 145794 Or simply scan this QR code to sign up

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Once you have created your account, you will receive an email with the next steps on downloading the app.

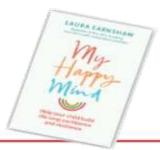
We really encourage you to make use of this free content so that you can support your child in getting the best out of the curriculum.

If you have any questions about My Happy Mind, please contact your class teacher. If you have any technical questions about accessing the resources, please contact hello@myHappymind.org

Want to learn more? Check out My Happy Mind founder Laura Earnshaw's best selling book on <u>Amazon.</u>

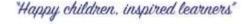
Many thanks,

Victoria Knight-Wellbeing Lead















LET'S COUNT!

TALLY SHEET

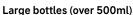
Print this off and stick it somewhere you'll see it, then tally the types of plastic packaging you throw away each day.

Name: Class:		
Black pots, tubs and tra (ready meals, chilled food		
Pots, tubs and trays (yoghurt, dips, butter, pa	stries, meat etc.)	
Snack bags, packets and (crisps, biscuits, cereal ba	• •	
Other hard food and dri (coffee pods, plastic cork		
Other soft food and drin (rice, bread bags, frozen		etc.)
Squeezy tubes (toothpaste, make-up, ski	incare cream etc.)	
, , , , , , , , , , , , , , , , , , , ,		
Other hard cleaning and	d toiletries packaging	
(toothbrush packs, razor		
Other soft cleaning and (toilet roll wrap, dishwash		etc.)

FOOD & DRINK



Small bottles (up to 500ml) (water, soft drinks, sauces etc.) Total



(water, squash, cooking oil, milk etc.)



Hard plastic caps and lids

(from bottles, cartons, jars etc.)



Peelable film lids

(from soft fruits, fish, falafels, dips etc.)



Fruit and veg trays, pots and their hard lids

(berries, grapes, stir fry, tomatoes etc.)



Fruit, veg and salad bags, wrappers and nets

(salad, bananas, cucumber, lemons etc.)

CLEANING & TOILETRIES



Small bottles (up to 500ml)

(hand wash, shampoo, washing up liquid etc.)



Large bottles (over 500ml)

(toilet cleaner, bleach, surface cleaner etc.)



Pots, tubs and tubes

(moisturiser, suncream, laundry tablets etc.)







EVERYTHING ELSE



Other hard plastic packaging

(plastic packaging for toys, tech, stationery, DIY etc.)



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NOT SURE WHERE TO PUT AN ITEM?

Check out our Plastic ID tool: thebigplasticcount.com/help or scan the QR code to the right.





What Parents & Educators Need to Know about

TEKKEN 8

WHAT ARE THE RISKS? Thirty years after its debut on the original PlayStation, the Tekken franchise is back with its eighth mainstream instalment. A one-on-one fighting game series in the same vein as Street Fighter and Mortal Kombat, Tekken 8 can be commended for its relative lack of in-game purchases – but there's still plenty to consider in keeping young players safe from potential hazards.



FUTURE SPENDING?

Tekken 8 carries a PEGI 16 rating, with the assessors noting its violence, occasional profanity and in-game purchase options. The latter issue, however, is a little different to what you may expect from a modern game: unlike many high-profile releases, Tekken 8's content is all accessible without spending any extra money. The exceptions are new characters, which will become available to purchase separately in the future.

COPYCAT RISK

With characters flying across the screen using a mixture of authentic and fantastical fighting styles, younger children and impressionable teens may find themselves tempted to copy their favourite characters or act out their epic fights in real life. This could simply amount to harmless fun – but could also easily lead to accidents, injury and distress if young gamers start actually landing blows.

VIOLENT GAMEPLAY

As a fighting game, Tekken 8's gameplay is heavily based on punching, kicking and throwing opponents around – while some characters' attacks occasionally involve weapons. Most of the violence is comparatively cartoonish in its execution and lacking in gore, but the fact remains that the action still revolves entirely around intense combat and inflicting damage on an opponent.

FAMILY CONFLICT

Tekken 8's story mode, 'The Dark Awakens', focuses on two of the series' most important characters – Kazuya and Jin, a father and son who have been warring for years. The sight of two family members physically fighting each other may be hard to understand (and difficult to deal with) for some children – causing confusion and concern over why relatives would want to hurt one another.

RANKED ONLINE PLAY

Tekken 8 features an array of online modes – most notably its 'Ranked' section, where players battle to reach the top spot of a worldwide leaderboard. Many players will dedicate significant amounts of time to practising and – while the challenge can be fun – some of these matches can get extremely competitive. Children could become obsessed with climbing the rankings and dedicate an unhealthy amount of time to the game or grow angry if they wind up on a losing streak.

ONLINE CONTACT

Tekken 8 doesn't offer voice chat by default, but a player's platform ID is visible (such as their PlayStation Network ID, Steam account or Xbox gamertag). Rival players can, therefore, reach out via messages if they wish. Given the game's fiercely competitive nature, these communications can potentially put children at risk of online abuse if their opponent is a particularly sore loser.

Advice for Parents & Educators

TRY IT OUT YOURSELF

As with many popular games, we'd recommend checking it out for yourself in advance if you have any concerns. In the case of Tekken 8, there's a free demo version available (for all platforms) which lets you experience fights with a handful of the characters: a useful way of establishing first-hand whether some children might find the game's violence to be too intense.

MARTIAL ARTS MOTIVATION?

With characters utilising real-world fighting styles such as jiu-jitsu, boxing and kickboxing, Tekken could represent an opportunity to channel a child's fondness for the game into a beneficial interest in real-world martial arts. Classes can help to build young people's confidence and physical fitness, as well as providing avenues for making new friends.

EXERCISE YOUR JUDGEMENT

While Tekken 8 features a sort of 'spray' impact effect when attacks land, it's not the kind of game that most observers would describe as gory (unlike, for instance, the Mortal Kombat franchise). Of course, any fighting game worthy of the name will include a significant degree of violence – but the level at which the battles in Tekken are pitched may not be an issue for some children.

CONTROL COMMUNICATIONS

If a child plays Tekken online with anyone apart from their friends, then parents and carers could consider restricting communications – such as shutting off the facility to be messaged by other players (although the child's profile name will still be displayed) – to reduce the chance of contact from strangers. This can be done via the console's account settings or through the child's Steam account (if playing on PC).

Meet Our Expert

Editor in Chief of gaming and esports site GGRecon, Lloyd Coombes has worked in the games media industry for five years. He's played every Tekken title since the series began and, as a parent, also values the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.





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