

NEWSLETTER

‘Capturing the imagination of young minds.’

Issue 7—December 2022



First day back in January

The first day back for children at the start of the Spring Term is Wednesday 4th January.

School Uniform

When we return in January, could I please ask that children return in full uniform, including correct shoes and all long hair tied back if it is long enough.

Reading

Many thanks to those families who have returned reading books to school or have donated quality books that their children no longer read.

We constantly promote reading in school and this week the members of our Secret Book Club have carefully selected and delivered books to each class—whoop whoop! I wonder who will read them first?

It's a good idea to continue to read to/with, share and encourage reading over the holidays. Phonics resources are still available online for families and of course, I'm sure that Santa would bring a reading book to any good boy or girl.



Message from Mrs O'Hara

It has been an absolute joy to welcome our families into school over the last week. Pupils in Lower School performed a selection of songs for visitors over three days and of course our Festive Day was a huge success. Thank you all for being so supportive—when parents and school staff come together, we really do make a fantastic team! Have a magical Christmas and a Happy New Year.

Sporting round up.



As well as being involved in school games, gymnastic and dance lessons, some pupils have also taken part in both boys and girls football and athletic competitions in York. Our focus is always about encouraging children to be active outside of school, and competitions are one of the ways we do this. Our pupils have done really well, particularly in football, where they are currently at the top of the school league.

We look forward to more competitions in the Spring Term.

Please remember that there are after school clubs for children to dance, take part in sports and do taekwondo. Please contact the office for further information.



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PERSONAL DEVELOPMENT

We often write about Personal Development in our Newsletters, so I thought I would explain what it means for the benefit of our new families. In school, we promote personal development by providing a suite of opportunities that encourage children to look inward and focus on ways to better themselves. Personal development increases their self-awareness, their self-esteem, increases their skills, involvement in community events and fulfils their aspirations. Such opportunities include keeping themselves safe, building positive relationships and keeping themselves healthy—emotionally, mentally and physically. The rest of this newsletter highlights some of things that we have done this half term to support such development.



Be Internet Legends

Although our pupils learn about internet and social media safety as part of our Curriculum, we also take part in opportunities that reinforce the things that pupils need to consider when they are using technology. Such opportunities enable pupils to receive the same message, but from others outside of their immediate community, helping them to understand the extent and impact that good and bad practices can have on them or others. Just last week, children took part in an online digital assembly, helping them to adopt practices that would make them an ‘Internet Legend.’ The national assembly was organised by Google and encouraged children to be ‘sharp, alert, secure, kind and brave.’

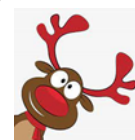
Children in Need

Our Charity Leaders have been very busy this half term selling Remembrance Day Poppies and promoting other charity events in school. They decided that we would all wear hats for Children in Need, which was a super fun day, raising **£312.70**.

The Reindeer Rush

This year our children voted to support St Leonard’s Hospice by collecting sponsors to take part in a Reindeer Rush. Children were whooped up in assembly by the presenters from York Mix Radio, where they also heard from hospice nurses about their work and the way that the money raised will support families.

Pupils were all presented with their own reindeer antlers, before engaging in a mad dash around the field, chasing Mr Smith (our very own athletic Father Christmas) as they went. It really was an enormous success and I am pleased to tell you that together, we raised **£4,276.40** in cash, **plus £2,284** on the Just Giving page, gives us a **grand total of £6,529.40!** What an amazing community POPS is! Thank you, thank you, thank you for supporting the children to make this happen. St Leonards cannot believe how much our families have raised, you should all feel immensely proud!



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Christmas activities in school

Our aim in school is to create awe and wonder -provide experiences that capture the magic and sentiment of Christmas. Children are young for just a short period of time and the memories that we create and the opportunities that we provide, help them reflect on their lives as well as those in the world outside of Poppleton— as it is their future that we are trying to develop and protect.



Tree Day

Tree Day is a school tradition at POPS— on the first day in December, pupils hang a bauble on the tree in the Upper School Hall, before we have our official lighting. At the Lighting Assembly, we think about the true meaning of Christmas and how we can make a difference in the world. It is such a special day in our school calendar and each year we look forward to it.



From this... to this!



Poppleton Pasoda

We were honoured to be asked to play a part in the Methodist Church’s **Pasoda**- a display of Mary, Joseph and the donkey. It is a South American custom that remembers how Mary and Joseph searched for a place to stay in Bethlehem. The display will also be hosted in shops around the village and will end at a family service on Christmas Eve in the church. We have taken part in the custom as we are part of the village community. As such, we asked our children in their ‘Classroom Parliament’ to discuss, **what a community is and whether it is important to be part of one**. The discussions were fantastic! One class said that:

‘Communities are places where you feel you belong. That’s why our school is kind and welcoming.’

Another said that a community *‘Brings people together to do good things for others’*.



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Christmas in photos



The Reindeer Rush and a visit from **THE** Father Christmas!



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FESTIVE DAY

Festive Day was our BIG Christmas celebration. We started with a very special visit from THE Father Christmas and then had our Christmas lunch. Throughout the day we had the immunisations going on (what a gift) and then finished off with our Christmas Fair. WHAT AN AMAZING FULL ON, FESTIVE, FROLICK OF A DAY!



This year's Christmas Fair raised **£2,834!**

Thank you!



The Wellbeing in Mind Team

We are so pleased to work in partnership with York's Well-being in Mind Team to support the emotional and mental health of our pupils. The Well-being in Mind Team have been busy in school this half term. At Poppleton Ousebank Primary School, they have:

- Worked with young people and their parents and carers to promote positive mental health
- Facilitated a staff session about the consultation process in school and provided information about Cognitive Behavioural Therapy (CBT) and what this intervention entails.
- Attended regular consultation meetings with pastoral staff members.
- Been present in the school playground at break times to continue getting to know the students.
- They had a stall at the Christmas fair with festive crafts, which was a lovely opportunity to spread the word and talk to parents.
- Been planning the spring 2023 term and thinking about what their well-being offer to the school may look like in the New Year.

Here is a message from them to you, in supporting pupils over the holiday period.

Christmas is a time that a lot of people feel excited about and look forward to, however, for some this is a time that can lack structure and routine. Sometimes people can feel overwhelmed at this time of year too.

It is important to always remember to take time in your day for some self-care. To support good mental health and well-being it is important to have a balance in what we do. **ACE** activities can help us with that.



If you need support during the Christmas period, please reach out to one of these services that can offer support:

Shout for support in a crisis	Shout is a 24/7 UK crisis text service available for times when people feel they need immediate support. Anyone who contacts the service will be put in touch with a trained Crisis Volunteer who will chat to them using trained techniques via text.	www.giveusashout.org Text - 'SHOUT' to 85258
The Samaritans 	Samaritans offer 24-hour, confidential emotional support service for anyone in distress or experiencing suicidal thoughts and feelings.	Call - 116 123 Email - jo@samaritans.org Letter writing service and self-help app.
TEWV CAMHS Crisis Line Tees, Esk and Wear Valleys NHS Foundation Trust	Open 24 hours for young people up to 18 who are experiencing mental health crisis.	Phone - 0800 0516 171
Young Minds Crisis Messenger 	A 24 hour messaging service for young people who are in a mental health crisis. Answered by trained volunteers and support from clinical supervisors.	Text - YM to 85258

What Parents & Carers Need to Know about SETTING UP NEW DEVICES FOR CHILDREN

At Christmas, millions of lucky children will be excitedly ripping the wrapping off new phones, tablets, computers or consoles. However, in the rush to let young ones enjoy their shiny gadgets, many parents neglect to set these devices up safely – increasing the chances of children going online and stumbling across adult content, making expensive downloads or installing unsuitable apps. A little time configuring the device properly can save a lot of anguish later. Here are our top tips to ensure that a dream gift on Christmas morning doesn't turn into a nightmare by New Year.

PASSCODES FOR IPHONE/IPAD

If your child's getting their own iPhone or iPad, you can set parental controls that make it difficult for them to access inappropriate content or download expensive apps. Once the device is set up, go to the Settings app and tap Screen Time, then select Use Screen Time Passcode and enter a passcode. Keep it to yourself so your child can't switch the protection off.

SCREEN TIME SETTINGS ON IPHONE/IPAD

Once you've set a Screen Time Passcode, you can adjust various safety settings. You could, for example, only allow communication with people from the Contacts app, place restrictions on App Store purchases and apply age limits to movies, music and web content. There are many more protective options available within the Screen Time settings section.

FAMILY LINK FOR ANDROID

Parents can manage Android phones and tablets, as well as Google Chromebooks, through Google's Family Link app. This gives your child some independence (and their own Google account) but lets parents monitor which apps are being used, set limits on content and ensure that parental permission is required to install apps. Look for Family Link in the Google Play Store.

ADD A CHILD TO FAMILY LINK

The easiest way to add a child's device to Family Link is to set it up with its own Google account. It's a good idea to create this before they use their new phone, tablet or Chromebook. Once they're logged in, open the Family Link app on your phone, press '+' in the top right and add a new family member using their Google account details. Then follow the on-screen instructions.

FAMILY SHARING ON A MAC

Families using a Mac get similar screen time options to iPhone and iPad users. Again, if you're setting up a Mac for a child, make yourself the main admin and add them as a user. This is handled through Apple's Family Sharing service, which not only allows you to put controls on child accounts but share apps and other purchases with them too. Search 'family sharing' at <https://support.apple.com>.

PLAYSTATION PARENTAL CONTROLS

With parental controls for the PS5, you'll need a PlayStation Network account (as the 'family manager') and the child will need their own account, which they should sign in with on the console. This all needs to be set up in advance, so you might want to do it before the big day. Go to PlayStation.com and search 'family account' for instructions.

DISCUSS IT WITH YOUR CHILD

If you're planning to implement any kind of restriction or protection settings on your child's new device, we'd recommend having a discussion with your young one first about what these controls do, and what they are for. If you try to impose parental controls surreptitiously or with no advance warning, don't be surprised if your child tries to find a way around them.

SET AN ADMIN ON PCS

On Windows PCs and laptops, it's important not to let your child share a general user account or be the main admin on the device. If you're booting up a new family PC or a child's own device, set it up using your own account details and you'll become the admin by default. Then set up children with their own separate account: Settings > Accounts > Family & Other Users > Add Other User.

SET WINDOWS LIMITS

Once your child's account has been created, a parent admin can go back into the Family & Other Users menu and apply limits to it. These include restricting screen time, the type of games and apps that can be installed, web filters and more. Microsoft also includes reporting tools which, for example, can email you with a weekly summary of your child's activity on the device.

TREAT AN XBOX LIKE A PC

The same control settings you use for a PC can be used to apply parental controls on an Xbox. Again, once your child is signed into the Xbox with their own account, you can then monitor and regulate their activity from a PC or web browser. Microsoft's dashboard allows you to manage voice communication through the console, so you can limit who can contact your child, for example.

INSTALL XBOX FAMILY SETTINGS

If you don't have a PC, but your child does have an Xbox, it might be easier to use the Xbox Family Settings app for iPhone or Android. Here, you can restrict console screen time (particularly handy if the console is in a bedroom), restrict communication and monitor the types of game being played. There's also a feature where you can allocate spending money for games or in-game purchases.

STAY VIGILANT

It's important to remember that none of these methods is 100% foolproof. Nobody will ever invent flawless filters or parental controls – not least because what's unacceptable to some parents is perfectly acceptable to others. So although devices' parental controls will help to keep your child safe online, they work best side by side with good old-fashioned parental vigilance.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *Newsnight*, *Radio 5 Live* and *ITV News at Ten*. He has two children and writes regularly about internet safety issues.



**National
Online
Safety®**

#WakeUpWednesday

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Christmas foil competition

Dear York primary school/parents and carers,

We are delighted to be able to share with you the launch of our Christmas foil competition and invite you to get involved!

We are rolling out the competition to primary schools across the city, aiming to engage the children involved with the importance of recycling, and celebrate recent changes to kerbside collection within the city.



Dunk, rinse and recycle!

CITY OF YORK COUNCIL

Win big prizes

Create your own Christmas poster out of foil

Get involved in recycling by designing your own festive A4 poster this Christmas using foil and any other pens, pencils, glitter, glue and other art supplies you like!

First Prize
£500 for the school in vouchers
£50 in prizes for the child

Second Prize
£300 for the school in vouchers
£30 in prizes for the child

More prizes available.

Closes Tuesday 31 January

For more information go to:
www.york.gov.uk/FoilCompetition

Terms and conditions and privacy notice are available via the weblink

York recycles

alu

The Christmas foil competition is open to all primary schools in York.

Participating students are being challenged to design an A4 poster representing Christmas, the only requirement is that aluminium foil (used and washed) is used in the design.

The competition is sponsored by foil recycling not-for-profit, Alupro, and will offer **£50 in prizes to the winning child and £500 in vouchers for their school**, to be used on sustainable supplies and activities. The entrants in second and third place will also receive prizes, along with their schools.

All entrants should be sent into school by the **20th January**.

