



# Ottery Primary School Newsletter



10<sup>th</sup> June 2019

## Rock up and Read:

# Rock Up and read

In order to support some of our young readers, we are asking parents and grandparents to join in with a new reading initiative 'Rock Up and Read'. We appreciate that making a commitment to a regular time to volunteer can be a challenge; therefore we are opening up a 'café style' reading session on Monday, Tuesday and Wednesday afternoons from 3.00 until the end of school. We plan to start this from Monday 17<sup>th</sup> June.

We would be very appreciative if you are able to come along to any of these sessions, no bookings is required but please do register your interest with the office to let them know you would like to be involved in this exciting new project. In exchange for your time, we will be offering tea, biscuits and the joy of reading with our young people!

Our 'Rock Up and Read' trial will be starting with a small group of children from year 2, with a view to extending this to further children next academic year. The sessions will be hosted by members of school staff who will be able to offer support if required at any time.

## Packed lunches:

We are hearing reports of children bringing in Nutella and peanut butter sandwiches for their packed lunches. I'd like to reiterate that we are a nut-free school. We have a number of children with severe nut allergies so please refrain from nut products in packed lunches. Many thanks for your cooperation on this important matter.

## E-safety:

Following on from the visit of Gary Gates to promote E-safety during Wellbeing Week, we will be providing a series of factsheets and posters to support parents in this important issue. To begin with, this useful poster supports open conversations with your children:



National  
Online  
Safety

## 7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday

Publish date: 07/11/18



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Which apps/games are you using at the moment?

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE. BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY, IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

Which websites do you enjoy using and why?

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY, ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



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How does this game/app work? Can I play?

SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING. WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

Do you have any online friends?

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT. BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

Do you know what your personal information is?

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



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Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.

## Yoga:



### After School Yoga Club Bookings

Following a very successful yoga day as part of your child's Wellbeing Week at school, bookings are now being taken for the second half of the Summer term. Yoga club is for KS2 children and classes take place on a Wednesday between 3.30 and 4.30pm in the dance studio so that children can come straight from school at the end of the day.

Please drop me a line at [hello@flourish-yoga.co.uk](mailto:hello@flourish-yoga.co.uk) if you want a place for your child or you want to find out more. Each session costs £5.50 if paid for in advance or you child can 'drop-in' for £6 a session to give it a try.



Improving our posture and balance

Places at Yoga Club are limited to ensure that classes remain small so please do contact me as soon as possible if you would like to book a place for your child.

[www.flourish-yoga.co.uk](http://www.flourish-yoga.co.uk)

I am passionate about the benefits of yoga for children. I am a trained Primary School Teacher and have advanced children's yoga training accredited by Yoga Alliance International. I also hold Public Liability Insurance, First Aid and Safeguarding certificates and I am DBS checked.

Namaste  
Claire Gunningham

## Let's get active:

The Ottery St Mary School Schools Partnership is pleased to offer a club called **Let's Get Active**. The club will start Tuesday 11th June 2019 at The Kings School. The club will run for 4 weeks and will take place in the Colin Tooze Sports Centre Sports Hall. The club will start at 4pm and finish at 5.00pm.

**Our Active Summer club is open to primary aged children in years 4/5/6.**

On Monday 24th June 2019 The Ottery St Mary School Sports Partnership will be holding the popular Go Ride Cycling Event again. This will involve children working in a team of 2 to undergo a series of challenges as part of the School Games Go ride event. **This event is open to children in Years 4 and 5 only.**

## Dates for the diary:

Year 2 Eden Project Trip	Thursday 13 <sup>th</sup> June
PGL (Year 6)	14 <sup>th</sup> -17 <sup>th</sup> June
PTA Bag2School	Wednesday 19 <sup>th</sup> June
Celebration of Dance	Friday 28 <sup>th</sup> June
Year 6 Kings Project Week	w/c Monday 8 <sup>th</sup> July
KS1 Sports Day	Wednesday 10 <sup>th</sup> July (am)
Year 1 Axe Valley Wildlife Park Trip	Monday 15 <sup>th</sup> July
KS2 Sports Day	Thursday 18 <sup>th</sup> July (day)
PTA KS2 Disco	Thursday 18 <sup>th</sup> July (eve)
PTA Summer Fête	Saturday 20 <sup>th</sup> July 3-6pm
Year 6 Leavers Assembly	Tuesday 23 <sup>rd</sup> July
Last day of Summer Term	Thursday 25 <sup>th</sup> July