Kenn Church of England Primary School
Kennford, Exeter, Devon, EX6 7TX
Tel and Fax: 01392 832347

Newsletter

Friday 24th January 2020

Email: admin@kennandkenton.devon.sch.uk

Diary of Events		
	Please follow the link to view our online calendar: http://www.kenn-primary.devon.sch.uk/calendar/	
Friday 14th February	Last day of term	

Mealtime Assistant vacancy— pay grade A1 £9.00 per hour—1 1/4 hours per day term time only

From January 2020 we need to appoint one additional Mealtime Assistant for Kenn Primary at least 2 days per week and for Kenton Primary 1 Mealtime Assistants is required—one for 2 lunchtimes per week. If you are interested please can you contact the School Administrators or Mrs Somerwill for more details.

We need your help

We love our school trips but we need your support to ensure that we can continue to provide a well-rounded currriculum. Permission slips and money are regularly being chased up by our admin and teaching staff for school trips and swimming. If you have a suggestions as to how permission and payments could be made easier then please let us know as we are keen to work with you to make things simple.

Reminder—if a payment is outstanding, you will receive a text and email to remind. Please come to the school office to settle your account. If there is a problem that we can support you with, then please pop in to the office or speak to Mrs Arrowsmith or Mrs Somerwill.

Breakfast club—

Please book in online in advance of your child attending., you can do this up to midnight of the day before your child to attends. In an emergency you can come in on the day but you will need to pay when you sign your child in.

Can you help?

- Parent helpers needed for Forest School on a Tuesday morning from February half term. Even if you are only available for one of the mornings, please let C1 and 2 teachers know.
- Do you have any spare board games that we could use for wet-play times in either KS1 or KS2?

Each class will be sharing their work in an assembly soon so please come along and hear what the children have been learning about.

Please check the dates and times on the calendar as Class 2 will be having theirs in the morning, rather than the afternoon.

Community Forum next Friday 31st January 2.30pm at Kenn C of E Primary School all welcome.

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Safer internet day

'Young people are constantly reminded that the things they do and say online won't go away. Often we focus on the downsides of having a public and permanent digital footprint, sometimes referred to as a digital tattoo because it's so hard to remove. But your child's online presence can be just as beneficial as it could be damaging.'

Here's how to help your child make their digital footprint work for them—

Think before sharing **Use the right settings** **Get involved**

Stay on top of things **Be safety-conscious** **Delete old accounts** **Stay careful**

Please follow this link for further information—https://parentinfo.org/article/having-a-positive-digital-footprint?utm_source=Thinkuknow&utm_campaign=8f2fc896ff-TUK_GLOBAL_JAN_2020_SID&utm_medium=email&utm_term=0_0b54505554-8f2fc896ff-55122005

You can support us by watching the following clips with your child and discussing these questions:

https://www.thinkuknow.co.uk/parents/playlikeshare

Watch *Play Like Share* with your child, and start a conversation about the internet and staying safe. There are three episodes so you could do this over a few days. Start with positives, finding out as much as you can about what your child does online and what it means to them.

You could:

- Ask your child to show you their favourite websites, apps and social media services and what they do on them. Listen and show interest. You could also encourage them to teach you the basics of the site or app.
- Ask them if anything ever bothers or worries them about going online. You could use examples of events from the films and ask if they've ever heard of something similar happening. Talk in general about what children can do to stay safe online.
- Use examples from *Play Like Share* to start a conversation about online 'friends' or 'followers'. Ask them about who they chat to online, and whether they know and trust them 'in real life'.
- Talk about the importance of privacy settings and how they can help your child stay in control of what they share with others. Together, look at the privacy settings for the services they use, encourage them to only share things with people they know and trust in real life.
- Using examples from *Play Like Share*, talk to your child about what it might be appropriate or inappropriate to share online – this includes photos, videos, comments and personal information.
- Talk to your child about how their online actions can affect others. Remind them to consider how someone else might feel before they post or share something.
- Ensure your child understands that if anything ever happens online which worries or upsets them, they should always tell you.
- Explain that you would never blame them for anything that might happen online, and you will always give them calm and non-judgemental support.
- Make online safety an on-going conversation in your house and involve the rest of the family in the conversation too.

Further information:

- Thinkuknow's parents/carers website has practical information and advice to help keep your children safe online: **www.thinkuknow.co.uk/parents**
- Thinkuknow's 8-10 website has information for your child to help keep them safe online: **www.thinkuknow.co.uk/8_10**

If you or your child have any concerns:

- If you are concerned with about something that has happened to your child or another child online, you can report this directly to CEOP: **www.ceop.police.uk/Safety-Centre**
- The NSPCC helpline is available to any adult who has a concern about a child and would like to talk anonymously to trained professional: **www.nspcc.org.uk/services-and-resources/nspcc-helpline** or call on 0808 800 5000.
- Childline is a free, private and confidential service for any child who feels worried about anything and would like to talk to someone: **www.childline.org.uk** or call on 0800 1111.

If you believe that any child is at immediate risk from harm, please call the police on 999 straight away.

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Anxiety

Anxiety is actually a perfectly normal human state – and despite its presence in the headlines as a major player in the mental ill-health of many people – it actually has its uses!

DRAGONFLY Impact Education

How to spot the signs

Anxiety has the same physiological response as stress or fear: fight, flight or freeze. It's in our circuitry.

These responses are instinctive and a result of evolution – they would have been pretty useful for keeping cave people alive! However, now these 3 things can be a sign that someone is struggling with high levels of anxiety.

Watch out for:

Fight – an aggressive response to simple requests or offers of help; maybe starting arguments with family members.

Flight – avoiding tasks they need to do by spending time scrolling through social media, watching Youtube videos or gaming.

Freeze – trying to study or complete the things they need to do, but instead spending ages looking at a blank page or reading the same page in a book over and over because it won't go in.

Yes, we realise some of these are typical tween & teen behaviours! But you know your child, and if their fight/flight/freeze response is activated, you will see a change in their behaviour.

Spot the Signs

DRAGONFLY Impact Education

Tips for Parents

Where to Find Help

NHS Advice:
https://www.nhs.uk/conditions/stress-anxiety-depression/anxiety-in-children/

Mind:
https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks

Young Minds:
https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/

Top Tips for Parents

If you feel that your child is constantly anxious and doesn't seem to improve with your support, it's important to make an appointment to see your GP. However, there are some things you can do to support your child:

1. **Avoid the temptation to rescue** *Every time you help your child to avoid a situation that makes them anxious or step in to 'rescue' them, you inadvertently send the message that there is something to be worried about and/or that s/he can't handle the situation on their own.*
2. **Help them to recognise and make sense of physical symptoms** *Quite often young people don't realise that their fast heartbeat, quick breathing or that feeling in their stomach is anxiety. They may sometimes describe being anxious as having a 'stomach-ache'. These feelings can by worrying in themselves, so helping your child to recognise them and reassuring them that they will pass can be helpful.*
3. **Make the most of drive time!** *Just 5 minutes with your child each day where you don't give them any instructions or advice but allow them to 'take the lead' can boost their wellbeing and enable them to open up conversations. Children will often talk about tricky things when you can't make eye contact – like when you're driving!*
4. **Encourage sleep!** *Don't discuss worries at night. Teach kids that they can 'put their worries down' for a while by getting them to write them on bits of paper and put them in a box. You can then talk through them later.*
5. **Family time** *Being anxious can be lonely. Plan things to do as a family and encourage them to focus on the moment they're in.*

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TERM DATES

SPRING TERM 2020 begins Monday 6th January

Half-term 17th—21st February

Spring term ends on Friday 27th March

SUMMER TERM 2020 begins Tuesday 14th April

May Bank Holiday **Friday** 8th May

Half-term 25th to 29th May

Summer Term Ends Friday 17th July

AUTUMN TERM 2020 begins Wednesday 9th September

Half-term 26th to 30th October

Autumn Term Ends 18th December

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