



Primary Newsletter



Autumn 2. 16th December 2022

Dear Parents and carers of our wonderful primary children,

I am writing this introduction to the newsletter shortly before the end of term with ten Christmas shows, two discos, Santa's grotto with face painting, the huge parents raffle, Christmas lunch and all of the class parties still ahead of us. The children should have an exciting time and I really hope that you as their parents also have an enjoyable time.

One of my highlights this week was seeing some of our youngest pupils writing sentences independently. Writing is such a hard skill to master... just think about it: the development of fine motor skills allowing our children to correctly hold a pencil, learning the letter sounds and also learning how to form each letter. Then transferring this knowledge into forming written words by blending sounds. Not to mention the need to remember to separate words and punctuate a sentence. WOW! Learning to write is hard! I am so proud of how our pupils have embraced all of the skills they have mastered along the way to be able to now write really well.

I have another bit of good news to share with you all. Last summer, our Year 4 children (now in Year 5) had to sit a national Multiplication Times-Tables Check (MTC). There was no pass rate, however, the national average percentage for achieving full marks was 27%. 67% of our Year 4 children achieved full marks. This is quite simply fantastic - well done!

I do need to take this opportunity to say goodbye to Ms Mullings, one of our Year 4 team and welcome Mrs White who is joining the Year 4 team in January. Mrs Yasmin has started her maternity leave and we all wish her and her baby well. Mrs Myton is covering the Year 5 class throughout Mrs Yasmin's maternity leave. We also need to say goodbye to Ms Nkrumah-Johnson (most of you will know her as Renelle), who is moving on to a new job. All of our staff that are leaving will be missed.

I would like to wish all of you a happy and peaceful break over the coming weeks. Please take care of yourselves and your children and we look forward to seeing your children return to school on Thursday 5th January 2023.

I have included some important advice from our online safety adviser about parents and children setting up new or upgraded devices - please see on the following page.



Setting Up Devices

With Christmas fast approaching, some children will be getting new or upgraded devices, older devices may be handed to younger children. This is an ideal time to get information out to parents about the importance of setting up devices with parental controls in relation to the age of the child. Internet Matters covers all devices with very simple, easy-to-understand parental guides which you can find [HERE](https://www.internetmatters.org/childrens-online-safety-this-festive-season/).
<https://www.internetmatters.org/childrens-online-safety-this-festive-season/>

There are also some good console buying advice and tips.
www.internetmatters.org/resources/tech-guide/gaming-consoles-for-children

For Parents - Playstation Safety

Sony Playstation and Internet Matters have got together and created a wonderful interactive quiz for children and parents to learn together how to make the most of Playstation settings for safer gaming. This is a great idea to get conversations going and for parents to learn more about the games which their children play.

You can access the interactive quiz on the following link:
www.internetmatters.org/press-start-for-playstation-safety/

NURSERY CONCERT

The children in Nursery have worked really hard to learn all the words in their Christmas concert! They hand made their shakers using stamps and glitter, then they used their instruments to make their grand entrance! Well done Nursery, you made us all so proud.



CHRISTMAS IN THE ARC

The children in the Arc could not believe their eyes, when Santa visited our school to wish the children and staff a very Merry Christmas. The reindeer were quite tired after their long journey and chose to go for a short sleep in Academy fields. The children met Santa and he was asked lots of questions about what lists the children were on! Luckily all the children were on the nice list so they can expect a visit on Christmas Eve.

Thank you for your visit, Santa
it was lovely to see you.



RECEPTION NATIVITY

Lets get BAAArmy! The children in Reception got everyone boogieing in their seats in their Nativity this year. Cheeky, Rascal and Scamp the sheep were real party animals! All the children looked incredible and showed off their best moves and singing voices. Well done to all the children and adults that worked so hard to make this play absolutely SHEEPtastic!



PUNCTUALITY AND ATTENDANCE

Well done to everyone for making sure our children get to school on time every day. A reminder our doors open for soft start at 8.15 a.m. and our lessons start at 8.30 a.m. Congratulations to the following classes who were awarded best punctuality and attendance this half term.



Phase 1

Week beg.	Best Punctuality	Best attendance
31.10.22	Year 1 Squirrel	Year 2 owl
14.11.22	Year 1 Starfish and Year 2 Owl	Year 3 Turtle
21.11.22	Year 3 Peacock and Year 3 Turtle	Year 3 Panda
28.11.22	Year 1 Starfish	Year 3 Peacock
5.12.22	Year 3 Turtle	Year 1 Starfish and Year 2 Owl

Phase 2

	Best Punctuality	Best attendance
31.10.22	Year 5 Giraffe	Year 5 Eagle
14.11.22	Year 5 Eagle	Year 5 Eagle
21.11.22	Year 5 Manatee	Year 6 Elephant
28.11.22	Year 5 Eagle	Year 4 Lynx
5.12.22	Year 5 Eagle	Year 6 Dolphin

YEAR 5 AND 6 INDOOR ATHLETICS COMPETITION

Years 5 and 6, boys and girls, participated in an indoor athletics competition where they placed 3rd. They all represented the school so well on and off the track. They showed great resilience and team spirit throughout. Thank you and congratulations to all participants.



YEAR 3 & 4 CHRISTMAS CONCERT

The year 3 & 4s smashed the Christmas concert! Full of jubilant colours they performed so well, keeping the audience entertained the whole way through. Their singing voices were exceptional, their dance moves got the audience moving. They are real performers and we are so proud of them. Well done Year 3 & 4.





Together, we can **MAKE A DIFFERENCE**

This year we got all SPOTTY for the BBC Children in Need 's big SPOTtacular in order to raise money for BBC Children in Need. On Friday 18th November, teachers and pupils all came into school in their most spotty outfits. The pupils all learnt about how important it is for us to raise money for charities and how we can help others. By donating via parent pay and cash, we raised a total of £330! The money you helped to raise is already on its way to fund crucial work supporting thousands of children in local communities across the UK. We hope you'll take a moment to feel proud of the amazing difference you've made!



PARENTS & CARERS

Meet the Teachers

We are delighted to be hosting the first of our Meet the Teachers sessions for parents and carers in Spring 2023.

Whilst Parent Evenings are an opportunity to meet directly with your child's class teacher and discuss your child's progress, Meet the Teachers is an opportunity to hear more from the Primary teachers on what topics your child is learning and how to support them at home in their learning over the term ahead.

Spring Term 2023 – Meet the Teachers

The class teachers in your child's year group will be leading this session and will present information about what and how your child is learning during the Spring term. As well as outlining homework expectations and sharing some valuable tips on how to help your child's learning at home, the teachers will aim to address any questions or queries you may have about the term ahead. We will be holding these sessions for every year group at the beginning of every term.

Below are the dates to Meet the Teachers in the Spring term:

Nursery - Friday 6th January 2023
Year 5 - Monday 9th January 2023
Year 4 - Tuesday 10th January 2023
Year 3 - Wednesday 11th January 2023
Year 2 - Thursday 12th January 2023
Year 1 - Friday 13th January 2023
Reception – Monday 16th January 2023
Year 6 – Tuesday 17th January 2023



All sessions will take place in the ARC hall from 8:40am to 9:15am

Meet the Teachers is also an opportunity to meet other parents! We really hope you will be able to attend and look forward to seeing you there.



OUTCOME OF PARENTS/CARER QUESTIONNAIRE

We would like to thank you once again for coming to our Parent/Carer Evening in November. We hope you found this useful. We also really appreciate you taking the time to complete our parent/carers questionnaires. These were overwhelmingly positive. The outcomes can be seen below. If you have any concerns regarding any of the areas covered in these questions, please do not hesitate to speak to a member of staff and we will address these.

Strongly agree or agree

My child is happy at school	97%
My child feels safe at this school	99%
My child is making good progress at this school	97%
This school meets my child's particular needs	95%
This school ensures my child is well looked after	98%
My child is taught well at this school	99%
My child receives appropriate homework for their age	93%
This school helps me support my child's learning	96%
This school makes sure its pupils are well behaved	96%
The school deals effectively with bullying	94%
The school communicates with me in a timely manner	96%
The school is well led and managed	99%
The school responds to any concerns I raise	96%
I receive valuable information about my child's progress	95%
I would recommend this school to another parent	96%

RECORDER CLUB

This term, Anne Smart has launched an exciting new recorder club. This has been incredibly successful and has been a valuable contribution to the developments we have been making to our music curriculum at ARA.

The pupils who attend the Recorder Club have been working tirelessly and have made fantastic progress over the last few weeks. We have been lucky enough to hear them perform during our assemblies and our Christmas concerts. They really are an asset to the school. Thank you to all the pupils and to Anne Smart for leading this fantastic club.



DATES TO REMEMBER

Spring 2023 Key Dates

Friday 6th January 2023	Meet the Teachers Nursery
Monday 9th January 2023	Meet the Teachers Year 5
Tuesday 10th January 2023	Meet the Teachers Year 4
Wednesday 11th January 2023	Meet the Teachers Year 3
Thursday 12th January 2023	Meet the Teachers Year 2
Friday 13th January 2023	Meet the Teachers Year 1
Monday 16th January 2023	Meet the Teachers Reception
Monday 16th January	Year 2 Virtual History Workshop with a focus on the Great Fire of London
Tuesday 17th January 2023	Meet the Teachers Year 6
Monday 23rd January 2023	Polly Ho Hen, Author, coming to ARA! She will be conducting a reading assembly and leading Y6 workshops
Monday 23rd January 2023	Year 5 Virtual History Workshop with a focus on What is history?

Wednesday 8th February	Art Dazzle Day
Thursday 9th February	Year 4 Anti Bullying Workshop
Friday 10th February	End of Half term - PSHE Day linked with Red Nose day
Monday 20th February	Pupils return to school

Friday 10th March	PSHE Day
Week beginning 20th March	Shakespeare Week with workshops for Years 2-5
Monday 20th March	Parents Evening
Wednesday 22nd March	History Dazzle Day
Thursday 23rd March	Parents Evening
Friday 31st March	End of Term 1.15pm finish

LOOKING AHEAD TO SUMMER 2023

(A more detailed list will be sent in the Spring Term)

Tuesday 18th April	Pupils return to school
Monday 1st May	Academy closed for Bank Holiday
Monday 8th May	Academy closed for additional Bank Holiday
Tuesday 9th - Friday 12th May inclusive	Year 6 SATS

TOP TIPS

FOR STAYING SAFE ONLINE

Remember the **SMART** rules!

S is for: **Stay SAFE!** Keep your personal information private. Do not give out your address, phone number, social media handles, or school name to online strangers.

M is for: **Don't MEET Up!** Meeting someone in person you met online could be dangerous. Check with a parent or guardian.

A is for: **ACCEPTING!** Don't accept friend requests or files from people you don't know.

R is for: **RELIABLE!** Stop the spread of misinformation by relying on trustworthy sources, family, and friends.

T is for: **TELL Someone!** If you see something, speak up! If something seems off, tell a responsible adult.

PACKED LUNCHES FOR £1 IN UNDER 5 MINUTES

On Friday 27th January at 8.30am - 9.15 there will a parent workshop held in the Arc Hall. Parents are invited to get hands on and create their child a free packed lunch, which will then be delivered to your child to consume. The workshop will be a wonderful opportunity to learn new tips and tricks to create a budget friendly packed lunch. A letter will be sent out to you in January with a permission slip so you can book a place. The workshop has a capacity of 25 parents, so return your slips quickly to be part of the fun!



What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-63204805>
<https://sproutsocial.com/insights/social-media-algorithms/>

NOS
National Online Safety
#WakeUpWednesday

Information about help with the Cost of Living Crisis
in your language

www.ealing.gov.uk/costofliving



معلومات عن المساعدة
المستفزة فيما يتعلق بتكلفة
المعيشة بلغتك

Informations
dans votre langue
concernant les aides
pour pallier à la
hausse du **coût**
de la vie.

જીવનનિર્વાહ ખર્ચ માટે
મદદ વિશે તમારી ભાષામાં
માહિતી

اطلاعاتی درباره کمک در
تأمین هزینه زندگی به زبان
شما

ਤੁਹਾਡੀ ਭਾਸ਼ਾ ਵਿੱਚ ਜ਼ਰੂਰਤ
ਦੀ ਸਹਾਇਤਾ ਦੇ ਸੰਬੰਧ ਵਿੱਚ
ਸਹਾਇਤਾ ਬਾਰੇ ਜਾਣਕਾਰੀ

Informacje
o pomocy związanej
z **kosztami**
utrzymywania
dostępne w Twoim
języku

Macluumaad ku
qoran luqaddaada
ee ku saabsan
kharashka sare ee
noolosha

உங்களுடைய
மொழியில்
வாழ்க்கைக்கான
செலவுகள் பற்றிய
தகவல்கள்

آپ کی زبان میں رہن سہن
کے اخراجات سے متعلق
مدد کے بارے میں معلومات



Helping you with the Cost of Living Crisis

Financial support available from Ealing Council

Make sure you are claiming everything you are entitled to

There is a range of support available to those facing rising energy costs and are worried about their finances due to the current cost of living crisis.

Automatically paid to eligible residents*	Residents can also apply for**
£150 Energy rebate scheme (paid by September 2022)	Local Welfare Assistance to help in a crisis or to pay for basic essentials and energy
Discretionary energy rebate scheme (from October 2022)	Discretionary housing payments to help with housing costs including help with rent arrears and rent deposits
Household Support Fund to help eligible families, pensioners and care leavers towards food and essential items	Council Tax Reduction or Discretionary Council Tax Discount to support paying council tax bills

* No application required. Eligible residents will receive a notification from Ealing Council outlining more details and how money will be paid.

** Eligibility varies. Further information can be found at www.ealing.gov.uk/costofliving



Ealing

www.ealing.gov.uk

£ **CREATING**
GOOD JOBS

TACKLING
THE CLIMATE CRISIS

FIGHTING
INEQUALITY

EALING COUNCIL

Helping you with the Cost of Living Crisis

Other support available from Ealing Council

Employment and skills

Work Ealing and Learn Ealing offers support to those seeking employment or looking to improve their skills or qualifications. Find out more www.workealing.com or **020 8825 8486**. www.learnlondon.gov.uk or **020 8825 5577**.

Energy advice

Call Healthy Homes Ealing **0800 083 2265** for advice on how to stay warm, conserve energy, and save money on fuel costs.

Holiday Activity and Food (HAF) Programme

Fun activity clubs to keep eligible children entertained in the school holidays alongside a nutritional meal. Find out more www.ealingfamiliesdirectory.org.uk

Free school meals

Meals provided for eligible school aged children during term time. Your child's school can support you to apply.

Support in our Community Hubs

Staff in our four Community Hubs are there to offer support and advice. If you do not have the internet at home, you can also pop into a hub or your local library to get online for free.

Community Hubs are located at Acton Library, Northolt Library, Southall Library and Ealing Central Library.

Further information

Up to date information on all the support being offered by Ealing Council can be found at www.ealing.gov.uk/costofliving

For further advice call **020 8825 7170.**



Financial support available from central government

The Department for Work and Pensions (DWP) and HMRC are making a number of payments to eligible households, pensioners and people with disabilities.

if you are eligible, you do not need to apply to receive these payments, they will be paid automatically.

- £650 cost of living payment to those claiming eligible benefits (paid in two instalments)
- £300 one-off cost of living payment to pensioners receiving the winter fuel payment
- £150 one-off cost of living payment to those with a registered disability.

In addition all UK households, regardless of income or circumstances, will receive a £400 Energy Bill Support payment directly from their energy provider into their energy account. This payment does not need to be repaid.

Up to date information including who is eligible and when payments will be made, is available online via www.gov.uk

Other support available

Maximise your benefits

Make sure you are claiming all the benefits you are entitled to. Go to www.moneyhelper.org.uk or call **0800 011 3797**.

Community Support Directory

Voluntary and community organisations provide a wide variety of support across the borough. Find out what is available near you. Go to www.dosomethinggood.org.uk/directory

Debt advice

Get free, confidential and expert advice if you are worried about debts or need help managing your finances. Step Change is a national charity with trained advisors. Go to www.stepchange.org or call **0800 138 1111**.

Foodbanks

There are a number of foodbanks operating around the borough. The council's Local Welfare Assistance Team or Job Centre Plus can make referrals to local foodbanks.

London wide support

The London Cost of Living Hub offers a wide range of support and advice about dealing with debt, claiming benefits and looking after your mental health. Go to www.london.gov.uk/what-we-do/communities/help-cost-living to find out more.

Save money on everyday items

Websites like Money Saving Expert support you to find the best deals for household bills and everyday items alongside helpful advice and money saving tips. www.moneysavingexpert.com