



HEADTEACHER'S WEEKLY BULLETIN

"For I know the plans I have for you... plans to give you hope and a future"

Jeremiah 29:11

ISSUE NO. 18: 2 Feb 2024

DIARY DATES

Tues 6 Feb	Safer Internet Day with E-Safety Parent Information Session at 9am
Thurs 8 Feb	Ladybirds and Dragonflies Class Trip to Shah Jahan Mosque, Woking
w/c 12 Feb	Spring Half Term
w/c 19 Feb	Science Week
Fri 8 Mar	2.30pm Mothers Day Assembly
Fri 15 Mar	Red Nose Day for Comic Relief
Mon 18 Mar	3.15pm Ladybirds Friendship Teatime in Tandridge Village Hall—All welcome

Dear Parents and Carers,

As you walk around the school the flurry of activity and excitement for learning is palpable. It is so wonderful to feel, let alone see, the joy for learning that is evident in all the classrooms. The Dragonflies continue to investigate the Titanic and are incredible when debating the pro's and cons of different sources of evidence. The huge model of the Titanic they are making with Jane, is both superb and... virtually finished. It is an excellent example of the creativity and enthusiasm of the children. They can tell you amazing facts about this period in history. Every day is a school day, not just for children!

The Ladybirds are developing their story writing skills and are having a great time devising different adventures for the character of Plop from 'The Owl Who Was Afraid of the Dark' by Jill Tomlinson. I must also say they have been working extremely hard on their handwriting development and phonics; the progress I am seeing is fantastic!

As for the Busy Bees, I have already told them that I am so impressed with their writing and information recall that I think they are Year 1 children already! They have wowed me every day this week with different aspects of learning and their great attitudes to all they do. They have been building rockets, wowing me with space facts, practicing new phonic sounds and create 'part, part, whole' models in Maths. What great achievements. I have to also mention Poppy who brought in additional phonic/handwriting as well after we learnt the new 'or' sound. Superb!

I hope, for those of you who can make it to our E-safety information morning next Tuesday, you too will be very impressed with the children as you pop into the classrooms to see their IT learning, after the parent information session.



FAITH GROUP NEWS

Our Faith Group had a lovely meeting with Mrs Vaquinhas, myself, Reverend Ashton and our RE governor, Claire Roberts on Friday last week. The children discussed many things from our Prayer Tree in the hall to 'What do we think Spirituality means?' This last question can be extremely hard even for adults to answer but we had some great responses; 'Thinking, reflection, love, having peaceful moments in the Peace Garden'. Following on from the Faith Group meeting, Elsie in Busy Bees Class wrote this prayer:

Dear Father God,

I hope you can do everything for us.
And the world is good for you,
And you are always our friend. Amen.



If you were asked what spirituality means to you – what might you say? Please do feel free to email in some of your responses. It would be lovely to hear them.

CANDLEMAS

Today is Candlemas, celebrated on 2 February, 40 days after the birth of Jesus, to remember when Mary went to the Temple in Jerusalem for ritual purification. Mary and Joseph presented their baby son to God as an act of thanksgiving and met the prophets Simeon and Anna. Simeon blessed Jesus and called him "a light for revelation to the Gentiles and for glory to your people Israel." Luke 2:32
In pre-Christian times, this date was a festival of light, as it marked the mid-point of winter, halfway between the shortest day of the year and the spring equinox. At Candlemas, Christians have traditionally blessed candles to be used in church in the coming year.



PUBLIC HEALTH MESSAGE: MEASLES

You may have seen in the news recently that cases of measles are rising across England, including among children. It's an infection that spreads very easily and for some people can cause serious problems.

There's no specific medical treatment for measles, so it's important to get vaccinated as it's the best protection against becoming seriously unwell. The measles, mumps and rubella (MMR) vaccine is one of the routine childhood vaccinations, so most children are already vaccinated against measles. Children are offered a vaccine free on the NHS at 12-months-old and then a second dose when they turn 3yrs 4mths old. If your child has received both doses of the vaccine, they are unlikely to have the virus. Those that are unsure of their vaccination status are encouraged to contact their GP who can arrange vaccinations as you can catch up at any age.

What are the symptoms of measles? Measles usually starts with cold-like symptoms, followed by a rash a few days later. Some people may also get small spots in their mouth. Find out more on the [NHS website](#).

What should you do if you think your child has measles? You should ask for an urgent GP appointment or get help from NHS 111 if you think you or your child may have measles. Don't go to the GP or any other healthcare setting without calling ahead first. If your child has been diagnosed with measles by a doctor, they should stay off nursery or school for at least 4 days from when the rash first appears. They should also avoid close contact with babies and anyone who is pregnant or has a weakened immune system. If your child has been vaccinated, it's very unlikely that they have measles. School attendance is vitally important to your child's learning and health. According to the NHS, it's fine to send your child to school with a minor cough or common cold, provided they don't have a temperature.

The rash starts on the face and behind the ears before spreading to the rest of the body. The spots of the measles rash are sometimes raised and join together to form blotchy patches. They're not usually itchy.



THINGS TO CHECK THIS WEEK:

- ☐ Please check that all items of uniform, coats, etc are clearly named
- ☐



Happy February!
Don't forget there are 29 days in the month this year!



DID YOU KNOW?

Fun fact, especially for the Busy Bees who are studying Space at the moment....

HAVE YOU EVER WONDERED WHY WE HAVE A LEAP YEAR?

It takes approximately 365.25 days for Earth to orbit the Sun — a solar year. We usually round the days in a calendar year to 365. To make up for the missing partial day, we add one day to our calendar approximately every four years. That is a leap year.

If you want to find out more about this please do follow the NASA Space Place link below:

<https://spaceplace.nasa.gov/leap-year/en/#?text=It%20takes%20approximately%20365.25%20days,calendar%20approximately%20every%20four%20years.>

The Month Of February

BIRTH STONE	BIRTH FLOWER	STAR SIGNS
AMETHYST	VIOLET	AQUARIUS & PISCES

Personality

February borns are very sensitive and do not like being criticized. They can fight for their point view. They are willing to help others. They are also original and progressive thinkers with strong humanitarian instincts and are compassionate and artistic.

Did you know?

- February is named for the Latin word februum which means purification.
- It's the only month that can go without having a full moon. That doesn't mean February never has a full moon – it usually does, as a matter of fact. The last time it didn't was 1999. The next time it won't have a full moon is 2037!
- A person born on February 29 may be called a 'leapling', a 'leaper', or a 'leap-year baby'. Some leaplings celebrate their birthday in non-leap years on either February 28 or March 1.

Special Days

 4 FEBRUARY World Cancer Day	 07 FEBRUARY Send a Card to a Friend Day	 09 FEBRUARY Pizza Day!	 14 FEBRUARY Valentine's Day
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Famous February Birthdays

Rosa Parks, Charles Dickens, Charles Robert Darwin, Nina Simone, Jennifer Aniston, Harry Styles, Bob Marley, Cristiano Ronaldo, Rebel Wilson, Chris Rock, Simon Pegg, John Travolta, Drew Barrymore, Billy Zane, Rashida Jones, Trevor Noah, Kurt Cobain, Khareon, Sidney Poitier, Donald Gault, Jo Bule, Emily Blunt, Aziz Ansari.

FLITTEL PICTURE COMPANY



It's Friday! ... ONCE A WEEK, TAKE A PEEK



CLASS NEWS

BUSY BEES

This week has been "Blast off!" in Busy Bees. The children constructed their rockets using their imagination, creativity and DT skills and I have to say they have an amazing job. All the rockets are brilliant. They also learned about the work and life of Vincent Van Gogh and painted their own interpretation of "Starry Night". Busy Bees explored day and night skies and learned why it gets dark and why we have day time. They also deepened their knowledge and learnt all about the Moon and the Sun. In Maths we developed confidence in using the part-part-whole model, identifying the whole and the parts and understanding that the combined parts make the whole. The key vocabulary introduced this week was "altogether" to describe the combined parts.

LADYBIRDS

Ladybirds have had another brilliant week of learning. In English we have been looking at the story "The Owl Who Was Afraid of the Dark" by Jill Tomlinson. We planned and then wrote our own chapter of the story. Our stories are fantastic! In Maths we have started to look at early multiplication using arrays. We have been persevering with this and we are getting better each day we practice. In Science we looked at birds—their habitat and lots of facts about them. In Geography we learned about camels and how they adapt to live in the desert.

DRAGONFLIES

Dragonflies have been completing lots of assessments this week. They have tried some Maths and Reading challenges, and completed these with confidence. In English we have enjoyed stories about 'Mrs Armitage' by Quentin Blake and started to plan a 'Mrs Armitage' story of our own, adding items to her pair of roller skates. In Maths we have looked at telling the time and begun with o'clock/half past. In History we have thought about the reliability of information sources – debating whether we can trust what a source tells us. In Art and DT we have continued making our large scale model Titanic as a class. It is looking very impressive!



I wish you all a wonderful weekend with lots of happiness and laughter. Saturday is the midpoint of winter for this year – spring is on its way!!

God Bless, Lenia Greenaway

PROVIDING HOPE FOR CAPE VERDE

Tilly and Louis' mummy, Nicola will be taking donations to Cape Verde to support a school and the elderly in one of the shanty towns on the island. If you are able to support her by supplying any of the items on the wish list she would be most grateful. We will have a box in the visitor area of school for any donations you are able to offer. Thank you in advance. The list is also available on the school [Facebook page](#).

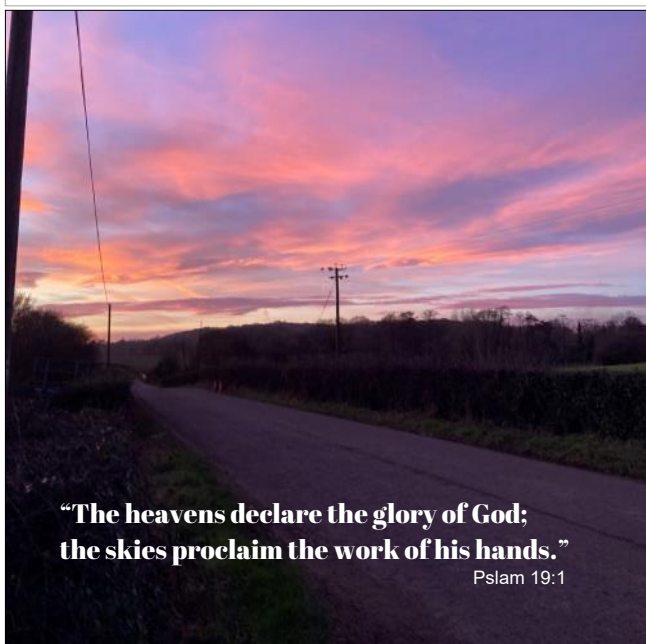
Coming together for Cape Verde

More than 30% of the Island Nation of Cape Verde are living in absolute poverty. We want to support these families and you can help! Every donation no matter how small will have a positive impact to the lives of both adults and children and give them the tools to create a brighter future.

Donation wish list

- Mission and building housing sets
- Washing sticks
- Childrens under wear
- Carpet and Effervescent paracetamol
- Mosquito coils
- Candles and tea/coffee
- Dehydrated fruit/veg and small tins
- Reading books English and Portuguese
- School supplies
- Note books - Palm - Plastic - Calculators

We are able to collect donations locally or they can be dropped off at St Peter's Church, 10/11 2017. Please call 01883 712439 or email info@stpetersinfant.org.uk



**"The heavens declare the glory of God;
the skies proclaim the work of his hands."**

Psalm 19:1

Friends of St Peter's C of E Infant School

We need YOU!

Get involved to help organise, fundraise & build the fantastic community that we have at St Peter's.

Friends Funded Projects:

- ELDK Library re-fit
- Santa & Elfroges
- Cinema nights
- Coaches for class trips
- New Phonics books

Speak to your class reps for more details. No formal commitment, any time or expertise that you have to offer is always welcome.

HOMEWORK

Busy Bees: Space sentence writing

Ladybirds: Early multiplication

Dragonflies: Time

Heavenly Father,

As we enter February, we pray for good health, strength, and well-being for ourselves and our loved ones.

Bless us with vitality and resilience this February. May we enjoy physical, mental, and emotional wellness.

May we embrace healthy habits, positive choices, and a deep kindness towards other.

Amen.



ST PETER'S CHURCH, TANDRIDGE



Phone: 01883 712439
Email: stmaryoxted.stpeterstandrige@gmail.com
https://stpeterstandridge.uk/Groups/343723/St_Peters_Church.aspx

SUNDAY 4 FEBRUARY

8am Holy Communion
11am All Age Worship
4.30pm Café Service @ St Mary's, Oxted
6.30pm Evening Prayer

PRAYER OF THE WEEK

God our creator,
who in the beginning commanded the light to shine out of darkness:
we pray that the light of the glorious gospel of Christ
may dispel the darkness of ignorance and unbelief,
shine into the hearts of all your people,
and reveal the knowledge of your glory
in the face of Jesus Christ your Son our Lord,
who is alive and reigns with you, in the unity of the Holy Spirit,
one God, now and for ever. Amen

HOUSE TEAM POINTS

27	27	30
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CHILD PROTECTION CONTACT CENTRE

At St Peter's we take the safety and well-being of every child very seriously. If you are ever concerned about a child please speak in confidence to our Designated Safeguarding Lead, Miss Greenaway or our Deputy Designated Safeguarding Leads, Mr Atterton and Mrs Vaquinhass. If you feel you have not had a satisfactory response from us to any child protection issue, please phone the contact centre on:



Tel: 0300 200 1006

"Safeguarding is Everyone's Business"

Emergency information regarding the school will be announced on HEART RADIO 102.7FM

01883 712439 hello@stpetersinfant.org www.stpetersinfant.org



Southwark Diocesan Board of Education
Supporting Christian Education



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means for less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

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#WakeUpWednesday

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