



# 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. 13 : 6 Dec 2024

## DIARY DATES

Tues 10 Dec	9.30am & 2.20pm Busy Bees Christmas Nativity
Wed 11 Dec	2pm Year 1 & 2 Christmas Performance
Thurs 12 Dec	2pm Year 1 & 2 Christmas Performance
Mon 16 Dec	Elfridges and Christmas Party—Non Uniform/Party Clothes
Wed 18 Dec	School Christmas Lunch—Optional Christmas jumpers with uniform or full uniform
Fri 20 Dec	9am School Christmas Service @ St Peter's Church, Tandridge—All welcome

May God bless you as you prepare for Christmas. May your Advent journey be filled with hope, joy and the light of Christ Jesus. Amen

Dear Parents and Carers,

As we continue the run up to Christmas the wheels of St Peter's School never stop turning. We were visited by a SaFe (Schools Alliance for Excellence) Surrey Advisor on Monday who made the fantastic comment that if he had a reception child he would definitely send them to St Peter's. You can't ask for more than that! He made lots of lovely comments through his visit which were fantastic for everyone to hear.

On Tuesday we held another open day for prospective parents. Once again our Year 2 children were amazing ambassadors for the school and really excelled with their manners, confident discussions with adults and their general demeanour. Well done and thank you Dragonflies.

## POSADA: MAKE ROOM FOR JESUS AT CHRISTMAS TIME

The Tandridge Posada has been visiting the classrooms this week as it travels on its' journey around Tandridge Village. Posada is Spanish for 'inn' and is a Christmas activity which lasts through to 24th December. Posada celebrations originated in Mexico where two young people were chosen to dress up as Mary and Joseph. They used to travel from house to house in their village telling people about the imminent arrival of Jesus and asking them if they would give Him a room. On Christmas Eve they would re-enact a community play and bring figures of Mary and Joseph to be placed in a crib.

The modern day equivalent is based on this concept but encourages people to give a home to small nativity figures of Mary and Joseph for a night. This symbolises making room for Jesus in our lives, homes and communities. Families can sign up in advance, offering to host Tandridge's 'Mary and Joseph' for a night. It's open to everyone, and lots of families in the village find it's a great way to be involved in the Christmas story. In our case the Posada will travel around the classrooms staying for one night in each before moving on to Tandridge Pre-School next week. It will finish its' journey and return to St Peter's Church on Christmas Eve ready for the Christmas service.

*"So Joseph went up from the town of Nazareth in Galilee to Judea, to Bethlehem the town of David, because he belonged to the house and line of David. He went to register with Mary, who was pledged to be married to him and was expecting a child." Luke 2:4-5.*

## CHRISTMAS PLAY PERFORMANCES

I am sure that everyone is very excited about the performances next week and are eagerly awaiting these. Please may I remind everyone that, for safeguarding purposes, you will not be able to take any photos or film the plays. Please switch off your mobile phones. We have many children who are unable to be photographed or filmed for any external purposes, so know you will fully appreciate and respect this. The rehearsals have already been recorded and a secure link will be sent out to you after next week so you can watch these time and again in the comfort of your own homes.

If you are attending the afternoon performance please use the lower playground gate to enter and exit. Staff will open the gate approx. 15 minutes before the start of the performance and there will be a register on the door which we will ask you to sign as you come in. Please ensure you have pre-booked your two tickets as we will be unable to let you in if you are not on the list, due to health and safety restrictions. Please also take a few minutes to remind yourselves of the parking guidelines to avoid inconveniencing local residents and other users of the car park. Car sharing, where possible, would be hugely appreciated.

The children will be collected from the playground at the usual time of 3.15pm after the performances, regardless of whether they finish earlier than this. Parents will not be able to collect their child[ren] early or go into the classrooms/library area to avoid distress for other children who do not have their parents in the audience, who are being collected by Jumping Jacks or who are going on the connecting bus to St Mary's. Parents should gather on the playground as usual and the children will be brought out by class teachers when they are ready and handed over in an orderly fashion. Thank you in advance for your understanding and patience.

## LIGHTS, CAMERA, ACTION!

We would like to say a huge thank you to Amy Kellaway who did an incredible job of filming both the Busy Bees and the KS1 plays for us yesterday. The children were amazing and, although she wasn't feeling too great, each performance was filmed in one go. I think that is a first! Thank you so much Amy. We will share these with you all after next week.

## OH CHRISTMAS TREE, OH CHRISTMAS TREE..

Thank you to Knights Garden Centre who have, once again, very generously donated a beautiful Christmas tree for the children to enjoy in school. We hope you will all have the opportunity to admire it at the Christmas performances next week. As always, if you know of anyone who might like to make use of the tree at the end of term (a charity, a family in need...) please let us know as it is such a shame to see it go to waste. It will need to be collected at the end of school on Friday 20 December.

## FOSP WREATH MAKING SUCCESS

A huge thank you to all those who attended the Friends wreath making evening in the village hall last week. This was a great success; and, from the feedback, a thoroughly enjoyable activity. The Friends have received lots of lovely feedback which goes along way when it takes such planning. A special thank you must be given to Alice, Amy, and Zoë for organising, and to everyone who helped set up and pack away last Friday. We would also like to give a huge thank you to CPJ Gardening Services Ltd and Kingsley Farm for being so generous with the greenery.  
[www.kingsleyfarm.co.uk](http://www.kingsleyfarm.co.uk) <https://www.facebook.com/profile.php?id=100091938720684>



## TIME TO GET FESTIVE

On Monday 16 December the children are invited to wear party clothes and/or Christmas jumpers for their special Elfridges shopping event and class parties. On Wednesday 18 December we are having a whole school Christmas lunch and the children will be able to wear Christmas jumpers with their uniform if they wish. Please ensure the children continue to wear sensible shoes and have their coats, etc. for outdoor playtimes on these days.



# CLASS NEWS



## BUSY BEES

Busy Bees have had a very busy but very exciting week. We finished our drawing club sessions focusing on "The Gingerbread Man" and baked our delicious gingerbread people designs. In Maths we have been learning all about one more and one less than a number up to 10.

Today we had a visit from members of Surrey Fire Department's Oxted Station. The children explored the fire engine and even got to sit inside it and experience how everything works. They also had a session on fire safety with an opportunity to have a go at using the different hoses. We also talked about using the 999 number for emergencies. It was a fantastic learning experience!!!

**Homework:** Handwriting practise sheets



## LADYBIRDS

Ladybirds have been getting into the festive spirit this week! Nativity rehearsals are going really well—we absolutely smashed it for yesterday's recording! We have also been developing our sewing skills, by making some Christmas stockings. In RE, we have been looking at the good news that the angels delivered and why the shepherds were the first to receive it. In English we have been looking at 'The Polar Express', writing our own stories and descriptions of what the North Pole would be like.

**Homework:** Read and Rest

## DRAGONFLIES

Dragonflies have completed several great rehearsals, a full-dress rehearsal and been filmed doing 'the real show' this week. They have been fantastic thus far and still continue to improve. In Science we have continued our 'Animals including Humans' topic by investigating amphibians, reptiles and fish. We looked at the similarities and differences between these; for example warm/cold blooded animals and vertebrates/invertebrates. In Maths we have focused on money, starting by looking at the coins and their value and then moving on to add coins together to find totals. In English we read, changed, planned and wrote our own versions of "Lost and Found" by Oliver Jeffers. These were very imaginative.

**Homework:** English: conjunctions, adjectives and nouns

# CHURCH NEWS

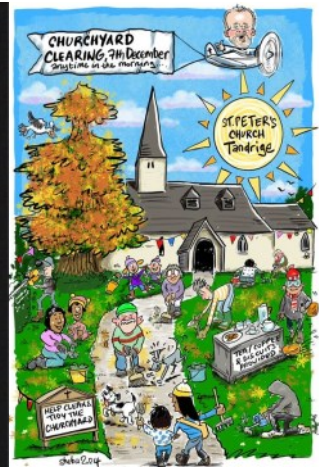
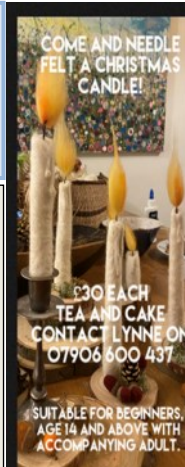


Our services this Sunday:

**11am Family Communion**  
**6.30pm Evening Prayer**

## PRAYER FOR PEACE (2<sup>ND</sup> WEEK OF ADVENT)

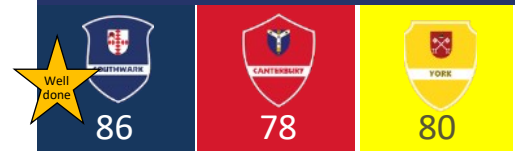
Prince of Peace,  
in a world filled with turmoil, grant us the tranquility that only your peace can bring.  
Help us to be instruments of reconciliation and harmony in our relationships and communities.  
Amen.



As we draw closer to the end of term and with so much going on still, we know the children are getting very tired. I hope that you all manage to have a calm and peaceful weekend. God Bless, *Lenia Greenaway*



## HOUSE TEAM POINTS



## KINDNESS AWARDS

This week Kindness Awards have been presented to :

- Ethan — for kindness and thoughtfulness
- Camilla— for kindness and friendship
- Ellie— for helpfulness
- George— for kindness and friendship
- Elidi— for helpfulness



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



# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

## WHAT ARE THE RISKS?

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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