



Skelton Primary School

Friday Flyer

Friday, 11 October 2019

Head teacher: Ms S.E.Walker
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Dear Families,

Welcome to this week's news.

It has been an immense privilege this week to work alongside Thomas & Imogen as they have selected a new SCHOOL PARLIAMENT to lead change at pupil level across S.P.S.. They had a very difficult job - to sift through and shortlist from 77 quality applications, to then interview. More to follow but a big thankyou to all involved and a big congratulations to our new S.P.S. Parliament members 2020:

BROWN Phoebe, Nathan & Evie
GREY Kayla, Lennon & Ella
PURPLE Seth, Lucas, Bethan & Poppy
RED Archie & Eva

This week's House Champions



Attendance

Our Target - 97%+



Well done to Grey 3 who achieved 100% this week.



Whole school attendance - 94.7%

Head Teacher Award

	Writing	Behaviour Badge	Teacher's Choice
GREEN	Felicity Bourne		Lexi Smith
ORANGE	Anabelle Mitchell	Oliver Brunskill	Lacey Lawson
BLUE	Mia Shaw	Gracie Smuk	Jake Robinson
YELLOW	Keeley Ingledew	Lois Leyland	Emilia Brough
BROWN	Charlie Titchmarsh	Nathan Dewing	Jacob Watson
GREY	Heidi Carroll	Amelie Bower	Faith Wedderburn
PURPLE	Lucas Heslehurst	Mcauley Thompson	Tomas Bradley
RED	Archie Swinburne	Summer Benson	Imogen Briggs

GATES - Please remember that gates do not open until 8.25

CLASSROOM DOORS

Please remember that classroom doors are open 8.30- 8.40

FS1 BREAKFAST CLUB - please enter through FS1 door with any brothers and sisters'

Helping out

Please remember that we have a uniform shop with all items 50p, we can provide food vouchers and offer Nurture breakfast to anyone in need.

Please do call in.

What's for Lunch Next Week?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEAT MAIN DISH	Beef Burger in a Bun	Chicken Lasagne	Roast Beef Yorkshire Pudding with and Gravy	Spaghetti Bolognese	Fish of the Day with Chips
VEGETARIAN MAIN DISH	Margherita Pizza	Cheese Roll	Vegetarian Mince and Dumpling	Vegetable Chili	Vegetable Stir-Fry with Noodles
ACCOMPANIMENTS	Potato Wedges Beans/Peas Salad Bar	Baby Boiled Potatoes Carrots/Sweet Corn Salad Bar	Roast Potatoes Cauliflower/Broccoli Salad Bar	Pasta/Rice Green Beans/Carrots Salad Bar	Chips Peas/Sweet Corn Salad Bar
DESSERTS	Marble Sponge and Custard	Homemade Biscuit	Fruit and Ice Cream	Pear and Chocolate Sponge and Custard	Sticky Toffee Muffin
FRESH FRUIT & YOGHURT	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt	Fresh Fruit and Yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket Potato with Beans/Cheese/Tuna	Sandwich Selection	Jacket Potato with Cheese/Tuna	Sandwich Selection	Jacket Potato with Beans/Cheese/Tuna

Missy's Joke Corner



Why do birds fly south in the winter?

Because it's too far to walk!

Y3 STONE AGE CELEBRATION

YEAR 3 WOULD LIKE TO INVITE THEIR FAMILIES INTO SCHOOL ON FRIDAY 25TH OCTOBER AT 1.30PM TO SHARE SOME OF THE WORK WE HAVE BEEN DOING.



Harvest Celebration

Thankyou to Lower School for your wonderful Harvest celebrations this morning, the singing from everyone including the choir was marvellous! All food donations will go to our local foodbank.

Thank you for your generosity.

Next Week At A Glance

Monday	Breakfast club 7.45am £1.50, no need to book Come for a cuppa 9am - ALL WELCOME Tag Rugby Y5-Y6 3 - 4.15
Tuesday	Breakfast club 7.45am £1.50, no need to book Parent Partnership Meeting 3pm Running Club Y2-Y6 3 - 4.15 Boot Camp (fitness) Y1-Y2 3 - 4.15
Wednesday	Breakfast club 7.45am £1.50, no need to book Individual & Family Photographs Film Club Y2-Y6 Finish: 4.30 Film: TBC Science Club Y1-Y2 3 - 4.15 Football Club Y5-Y6 3 - 4.15
Thursday	Breakfast club 7.45am £1.50, no need to book 442 Football Club Rec-Y6 3 - 4.15 Singing for Fun Rec-Y2 3 - 3.45
Friday	Breakfast club 7.45am £1.50, no need to book Choir 8am

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What parents need to know about **TIKTOK**

By default, users accounts are automatically set to public when they first create an account. TikTok encourages users to share creative expression through their videos, but if posted publicly, anyone in the world can see your child's homemade content. There have also been concerns the Chinese government could access data or sway public opinion through the app. If your child's profile is open, strangers can use the app to comment on your child's videos. While this isn't always sinister, it gives potential predators the ability to contact your child through the platform.

TikTok lets users lip-sync to their favourite songs and produce their own music videos. Some of the music choices contain swear words or sexual themes. So not only can children be exposed to potentially inappropriate content but they can broadcast themselves miming or singing these lyrics. In addition to this, some of the outfits and dance moves in videos can be overtly sexual and provocative. There have also been reports of some users sharing concerning content, such as videos that promote anorexia, porn, self-harm and violence.

More than one third of children aged 6-17 consider 'social media stars' to be among their top role models. There are millions of creators on TikTok, showcasing their 'talents, moments and knowledge', from singing to dancing to stunts and comedy. But the constant stream of likes and comments from around the world, quickly turning people into 'stars': There is the danger that children may develop unrealistic expectations of how they should look and behave on the app in order to become famous. They may also develop feelings of inadequacy and low self-esteem or become swayed by certain opinions. On TikTok, there are always 'trending challenges' and hashtags that users can copy or build upon. Sometimes these challenges can pose risks to young people.

As with many apps, there's a paid element to TikTok. Users can buy virtual coins to be exchanged for virtual gifts – for example, if they like a specific video, your child can use coins to purchase emojis to show approval. These can be expensive and easily purchased – there is the option to buy 10,000 coins for £99.99 with a one-click buy button.



**National
Online
Safety®**



🎵🌟🎵 Top Tips for Parents 🎵🌟🎵

Encourage your child to always think before they do, say, like or post anything online. Explain that their digital footprint shapes their online reputation and the way that other people see them. Something they may find funny and entertaining now may impact them in the future. Talk about how to deal with peer pressure and how doing something they think will impress others could affect them. Remind them that they do not have to do anything they are not comfortable with. To ensure that there's no way of anyone tracking your child's location or identity, make it clear to them that they should never film a video in their school uniform or near a landmark that gives away where they live.

If you or your child sees something inappropriate on TikTok, you can flag up an account, video, comment or chat by simply tapping 'Report'. In the app's 'Digital Wellbeing' feature, there's also an 'Enhanced Restricted Mode', limiting appearance of videos which may be inappropriate.

Setting up a private account means that only people who you and your child approve of can see their creations. To make an account private, tap the three dots at the top right of the screen to access settings. Click 'Privacy and Safety'. Scroll down until you find 'Private Account' and turn this setting on.

If you're concerned about how long your child is spending on TikTok, it has a setting called 'Digital Wellbeing' which allows you to manage the amount of screen time your child can have. We also advise that you turn off push notifications in the settings to prevent your child from receiving 'spam-like' notifications from TikTok that encourage users to go on the app.

To lower the risk of your child making accidental in-app purchases, teach them exactly what in-app purchases are and the risks of making them without permission. Tell them that they are not essential to enjoy the app and that if they want to make a purchase, they should always ask you beforehand. In the app's 'Digital Wellbeing' feature, there is the option to disable the function of purchasing coins and sending gifts.

While it's fantastic to see your child being creative and expressive and bonding with people with similar interests, they need to be aware that not everyone will be supportive online. Comments can be negative or even cruel. Make sure your child knows how to comment respectfully and handle negative feedback. In the app's Privacy and Safety settings, your child can decide who can react to their videos, who can comment, and who can send them private chat messages. We suggest altering these settings so only their friends can interact with their posts.

When signing up, users are prompted to input a their date of birth. If the inputted date of birth means your child is under 13, the app will block them. However, this doesn't prevent your child from lying about their age. The app is intended for users aged 13+, so explain the rating is there for a reason; to keep them protected from online dangers. It is actually possible to watch TikTok videos without creating an account, so make sure your child, if under 13, hasn't

Users can also follow the account @tiktoktips, Tik Tok's official account fronted by established TikTok users which offers useful online safety tips for promoting safety on its platform, rather than hiding information in FAQs.

SOURCES
 support.musical.ly/knowledge-base/community-guidelines, edition.cnn.com/2019/02/28/tiktok/tiktok-fine-children, techcrunch.com/2019/02/27/tiktok-is-launching-a-series-of-online-safety-videos-in-its-app, theguardian.com/technology/2019/mar/28/tiktok-video-sharing-app-fines-for-collection-of-childrens-data, TikTok app, Apple Store, en.wikipedia.org/wiki/TikTok, mediapost.com/publishers/2019/03/17/20-social-media-star-influence-kids-but-parents-still.html, mero.co.uk/2017/03/17/musical.ly-everything-you-need-to-know-about-the-app-your-children-are-obsessed-with-6166606, youtube.com/watch?v=4W6e4FUCJcU, youtube.com/watch?v=YV62TQZ1qJc, statista.com/data/webster/pdf/creatorPlaybook.pdf

This week, our Year 5 and 6 children have been busy playing football and tag rugby and doing a very good job of it!

Last Saturday, our boys' football team, which even included some Year 4's, played phenomenally in the East Cleveland County Cup. They won their group stage which saw them playing Highcliffe in the final. Against some tough competition, we were runners up. We are so unbelievably proud of each and every one of them. Well done boys!



On Tuesday, our year 5 and 6 boys played in our East Cleveland tag rugby event at Lingdale Primary. After an excellent performance from the boys, they qualified for the next round, which will take place next Tuesday at Guisborough Rugby Club. Well done boys and we wish you the best of luck!

It was the girls turn on Thursday and again, they were fabulous and came 3rd overall. A huge well done girls! The girls have got a busy week ahead as they take part in an open tag rugby competition on Thursday and the County Cup football tournament on Saturday. We wish them the best of luck!

Every mind matters



Sleep problems

Poor sleep can make us feel low, irritable and make usually manageable tasks harder. The better our sleep, the better our energy levels, mood and ability to concentrate.

Actions: Try to wind down before bedtime.

Follow a regular sleep routine: it will help to regulate your body clock.

Stress:

We all feel stressed sometimes and it can get on top of us. The good news is that there are lots of ways to stress less.

Actions: Find ways to add a bit of physical activity into your day that works for you.

Regular exercise like swimming or a brisk walking, can help to relieve some of the tension

Low mood

Many of us can feel sad, down or unmotivated sometimes. Often small changes can help to improve mood

Actions:

Make time to do something you enjoy. Reward yourself when you achieve things, it will help you to feel more positive and improve your wellbeing

Our Every Mind Support Week

Met Joy Smith

Is here to help!



0203 633633



Anxiety :

Anxiety occurs when our worries go into overdrive. It affects lots of us and can be overwhelming

Actions:

Spend some quality time with supportive friends, family or colleagues, or speak to a volunteer helpline: this can help you feel more relaxed and settle your worries

If you are concerned about your mental health, visiting your GP is a good place to start. In most areas, you can also refer yourself for free, non-urgent NHS psychological therapy services, also known as [IAPT \(Improving Access to Psychological Therapies\)](#) services, which provide evidence-based treatments for depression and anxiety.

[Every Mind Matters](#),

Every mind matters will provide you with:

A range of practical tips, apps and resources to help look after your mental health.

Expert advice on how to spot the signs of common of common mental health concerns

Connections to local services and activities to improve your wellbeing

Information about helplines and charities if you need more support

Find your way to better mental health.

Search

Every mind matters





Welcome to Skelton Nursery!



At Skelton Nursery, you will find a dedicated, caring and energetic team who view every child as a unique and competent learner.

Our aim is to foster strong and secure relationships where children feel happy to take risks, are confident and capable learners and build resilience to explore the world to find out new things.

We have an effective early years' curriculum, which is carefully structured, recognising the different starting points and individual needs.



We invite you and your child to join our exciting and wondrous journey of early education and childhood development. Register now to reserve a place and take advantage of our additional hours.

- **Qualified teacher and Level 3 teaching assistants**
- **Exciting indoor and outdoor learning spaces**
- **Enquiry based curriculum that builds children's skills, knowledge and understanding of the world**
- **Extended provision of 7.5 hours (early breakfast and stay and play lunch)**
- **Home visits and a free transition bag with fun activities to prepare your child for nursery life**
- **Family learning opportunities**
- **Furniture and classroom displays that promote calmness and an active learning approach**