



**Skelton Primary School**

# Friday Flyer

Friday, 07 May 2021

Head teacher: Ms S.E. Walker  
 Chair of Governors: Mrs H. Swarbrick  
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Welcome to this week's news:

## ATTENDANCE

This week attendance is 94%.

Class achieving 100% this week – Yellow 1

## HOUSE CHAMPS

<b>BOULBY</b>	<b>4</b>
<b>CATNAB</b>	<b>3</b>
<b>HILLTOP</b>	<b>1</b>
<b>TRANSPORTER</b>	<b>2</b>

## COVID 19

If your child tests positive for covid 19 please can you inform me AS SOON AS POSSIBLE at [headteacher@skeltonprimaryschool.co.uk](mailto:headteacher@skeltonprimaryschool.co.uk)  
 Thankyou



## HEADTEACHER'S AWARD

	<i>A good friend</i>	<i>Behaviour Badge</i>	<i>Teacher's Choice</i>
	Florence Thompson	Hughie Carroll	Carina Fenton
	Ava Garbutt		Finley Harris
	Maggie Whyman	Lexie Blows	Lewis Lambert
	Amy Passman	Otis Tulloch	Bella Wood
	Alex Swainson	Faith Thompson-Allan	Imogen Agar
	George Tennant	Hardy Mackenzie	Patience Peebles
	Ruby-Mae Kennedy	Kai Rooks	Rosie Jarvis
	Ruby Hurley	Lucy Bailes	Ruby Millward

## Stanley's Joke Corner



How do hairdressers work quickly?

They do short cuts



## What's for lunch next week?

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
PLAIN DISH	Margarita pizza with baked potato wedges	Chicken pie with new potatoes	Roast pork and stuffing with roast potatoes and gravy	Spaghetti bolognese with crusty bread	Fish of the day with chips
VEGETARIAN MAIN DISH	Vegetarian shepherd's pie with baked potato wedges	Vegetable curry with 50/50 rice	Roast Quorn™ fillet with roast potatoes and gravy	Quorn sausage hot dog with mixed rice	Quorn nuggets with chips
ACCOMPANIMENTS	Broccoli/mixed vegetables Salad bowl	Peas/carrots Salad bowl	Cabbage/cauliflower Salad bowl	Sweetcorn/carrots Salad bowl	Beans/peas Salad bowl
DESSERTS	Fruit and ice cream	Shortbread biscuits and mandarins	Oaty biscuit	Chocolate sponge & custard	Apple flapjack
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato with beans, cheese or tuna Ham, cheese or tuna sandwich	Jacket potato with beans, cheese or tuna Ham, cheese or tuna sandwich	Jacket potato with beans, cheese or tuna Ham, cheese or tuna sandwich	Jacket potato with beans, cheese or tuna Ham, cheese or tuna sandwich	Jacket potato with beans, cheese or tuna Ham, cheese or tuna sandwich

## GO ESME!

Check out our very own Esmé who has completed a challenge to grow her hair to donate it to The Little Princess Trust.

The Little Princess Trust produce wigs for children undergoing cancer treatment, they need a minimum length of 12 inches, Esmé managed nearly 15" in total. WOW!!

Esmé has set up a JustGiving page to help support this charity and has smashed her target of £250 by raising in excess of £850 to date.

If you would like to help, please contact school.

## Playing online and outside



We remain concerned about some of our children's behaviour while using social media apps with an age limit of 13+ and also conduct in the park. Please monitor and support your child.

Part 1 of a 3 week series designed to help you keep your child safe.

**Every parent's top five concerns**

We asked Sonia Livingstone OBE, Professor of Social Psychology at the London School of Economics and author of *Parenting for a Digital Future*, to identify the top five fears parents have around digital life.

**Is my child totting up too many hours of screen time?**  
This is the number one worry for all parents, especially those with little children.

But in fact, all the evidence points to the importance of balance. What children of all ages need is physical activity (at least 1 hour a day), good sleep (at least 9 hours) and – especially when it comes to the latest – lots of face-to-face interaction with direct eye contact. If they're getting that, then relax. There is no evidence that screen time is a terrible thing.

**My child gets angry when I tell him to switch the screen off. Has she become a monster?**  
Don't panic! This is a common concern, particularly for parents with children aged around six to ten and when it comes to gaming. Try finding out more about the structure of the games your child likes to play, and especially when they have natural pauses built into them.

If you stop him in the middle of a moment he's been building up to, right when he's got to let his friends down because everyone's got their armour and are about to go into battle, he's going to get understandably upset.

So, try moving away from saying "two hours are up, it's time to switch off". Instead, have a conversation with him during a calmer time, explaining that when those natural pauses in games, videos or social media conversations arrive, you're going to want him to switch off.

**What if my child encounters sexual content that I'm uncomfortable with?**  
"Teens' experiences are so varied. Some of them are really frustrated that adults imagine they're looking at porn the whole time. But if your child is looking at sexual content, it probably stems more from curiosity than anything pernicious. They are ready for a conversation with you, even if it's embarrassing for you both.

By about eight years old, most children are aware that everyone around them is worried about what they're looking at online. So start asking questions like: "have you seen anything on the internet that worries you? If or might embarrass you if I took a look? If I borrowed your phone and took a look at your history, would that be a problem?"

Most likely, she'll say: "No, it's fine, take a look," but it's important to begin opening up, so that when she's older you can discuss issues like sexting and pornography in more depth.

**Some of them are really frustrated that adults imagine they're looking at porn the whole time.**

**The internet is so huge, and I can't police it. Help??**

Grooming, bullying and extremist groups are pre-teens and up. But bear in mind that while a few kids are going to need a little intervention and help, it's very much the minority.

Children have got to develop their own moral compass and resilience, so you have to take that leap of faith and trust them. But while you may not be able to see everything that appears on their screens, you can still get a good sense of their wellbeing.

**"Children have got to develop their own moral compass and resilience, so you have to take that leap of faith and trust them"**

Are they sleeping? And they still in touch with their friends? Are they usually courteous and outgoing? These are all good signs that they're well and happy.

**Why won't they leave me alone?**

Ping Ping Ping

**So how was everyone's day?**

**HELLO?!**

**Um... can anyone hear me?!**

**My child won't put the phone down at the table. What can I do?**

You're not alone! So many parents are troubled by this feeling their child is disappearing into the matrix, rather than having real, face-to-face interactions.

But the screen is where their real-life friends are and where the drama is. It would upset any of us if we weren't allowed to be part of that conversation, so try a collaborative approach to setting boundaries.

Say: "I know I look at my phone too much sometimes, but my preference is that we all talk to each other at mealtimes. Can we give some thought to how we can make that work?" You may find that she answers: "Well, ok, but you're always on it at night, or at the school gates."

The language you use will get more sophisticated as your child gets older, but children understand about fairness and reciprocity from a very early age, and a six-year-old will happily engage in a chat that simply starts: "let's find a time when we can all talk about how our day has been."

**Read more about Professor Livingstone's tips for parents here: @parentingdigital**

Your child in a digital world.



Dear Parents/ Carers,

At 8.40 & 3pm please help to keep our children safe

- Please do not congregate for a chat at the entrances, blocking gates.
- Please do not park in the bus bay or on the pavement outside of school.
- Please wear your masks on site.

Thank you



**CONCERNED ABOUT YOUR CHILD?  
ARE YOU WAITING FOR A DIAGNOSIS?**

Waiting for your child's diagnosis can be an overwhelming experience. If you're struggling and need some support, we are here for you.

**CONTACT'S FREE LISTENING EAR SERVICE**

Emotional support | Advice | Ideas to help you cope

If you live in Middlesbrough, Darlington, or Redcar & Cleveland and could do with some emotional support, practical advice or strategies to help you cope, get in touch!

Free, confidential help over the phone with a family support adviser.

To book an appointment visit [contact-tees.eventbrite.co.uk](http://contact-tees.eventbrite.co.uk)  
Find out more by contacting: [south.tees@contact.org.uk](mailto:south.tees@contact.org.uk)  
or call our freephone number on 0800 2540890

**contact** For families with disabled children

Contact is a trading name of Contact a Family. Charity registered in England and Wales (204812) and Scotland (SC209168)

**TEES VALLEY WILDLIFE TRUST NATURE WALKS**

Bounce back with NATURE

**WELLBEING & WARBLERS**  
Mon 10 May - 9.45-11.45am & 12.30-2.30pm - Coatham Marsh, Redcar

A sociable, sensory stroll through Coatham Marsh in spring. We'll be hoping for birds and birdsong and taking time to really notice nature in different ways. You will feel refreshed! Please wear stout footwear and carry a waterproof. Binoculars available to borrow.

**UP HIGH ON HUMMERSEA**  
Tue 11 May - 2pm - Hummersea Cliffs, Skinningrove

Enhance the sea air on an invigorating cliff-top walk on the Cleveland Heritage Coast. You will be rewarded with panoramic views. The initial steep climb will be taken slowly so that we can fully appreciate the wealth of wildflowers, seabirds and varied geology.

For more information or to book a place on these FREE nature walks, please contact Sue on 07736 895172. Limited availability - book now!

Mental Health Foundation These events are part of Mental Health Awareness Week 2021

teeswildlife.org

this is Redcar & Cleveland

**TEES VALLEY WILDLIFE TRUST NATURE WALKS**

Bounce back with NATURE

Guided nature walk  
**SCENERY, STEEL & SEA TRAIL**  
Thu 13 May - 10.30am - Loftus

Our 4 mile circular route will take us through Rosecroft Wood to Liverton Mines, then viaduct crossing to Carlin How and Skinningrove. Return to Loftus Town Hall via the historic Cleveland Street path. Walkers should bring light refreshments for a short stop at Skinningrove Jetty. There are public conveniences at Skinningrove.

For more information or to book a place on this FREE nature walk, please contact Gary Wilson on 07813 352117. Limited availability - book now!

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Something for the grown-ups!

Take part in our **GUIDED NATURE WALKS**

Bounce back with NATURE

Enjoying the great outdoors is good for your body and your mind. Book a place on one of our health walks and feel the benefits for yourself!

Mon 10 May	Redcar walk, 10am • Marske walk, 1:30pm
Tue 11 May	Normanby walk, 10am • Skelton walk, 1:30pm
Wed 12 May	Guisborough walk, 10am • Eston walk, 1:30pm
Thu 13 May	Saltburn walk, 10am • Dormanstown walk, 1:30pm
Fri 14 May	New Marske walk, 10am • Brotton walk, 1:30pm

All walks are led by fully qualified and insured walk leaders  
All walks are FREE - pre-booking essential as places are limited  
To find out more and book your place contact Middlesbrough Environmental City on 01642 579820

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Take part in our **GUIDED CYCLE RIDES**

Bounce back with NATURE

Enjoying the great outdoors is good for your body and your mind. Book a place on one of our cycle rides and feel the benefits for yourself!

Mon 10 May	Guisborough 10am ride • Grangetown 1.30pm ride
Tue 11 May	Redcar 10am ride • South Bank 1.30pm ride
Wed 12 May	Eston 10am ride • Brotton 1.30pm ride
Thu 13 May	Skelton 10am ride • Loftus 1.30pm ride
Fri 14 May	Saltburn 10am ride • Normanby 1.30pm ride

All rides are led by fully qualified and insured ride leaders  
All rides are FREE - pre-booking essential as places are limited  
To find out more and book your place contact Middlesbrough Environmental City on 01642 579820

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