



Skelton Primary School

Friday Flyer

Friday, 14 May 2021

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

DATES We break up for half term on May 28th
 The school year ends on July 16th.

ATTENDANCE

This week attendance is 96.1%.

Unfortunately no classes achieved 100% this week.

HOUSEPOINTS

BOULBY 3RD

CATNAB 1ST

HILLTOP 2ND

TRANSPORTER 4TH

COVID 19

If your child tests positive for covid 19 please can you inform me AS SOON AS POSSIBLE at headteacher@skeltonprimaryschool.co.uk

Thankyou

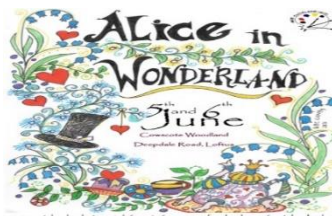


HEADTEACHER'S AWARD

	Fantastic Tables/Bonds	Behaviour Badge	Teacher's Choice
	Jessica Potter	Jacob Sedgwick	Ashanti Hardy
	Jayden Wilson	Tommy Carroll	
	Bobby Jones	Eva Naylor	Lincoln Maloney
	Dillon Robson-Nicolson	Violet Roe	Poppo Hodgson
	Mikey Joyce	Elliot Shaw	Hollie Forster
	Jacob Carter	Lola Jefferson	Sadie Allan
	Hollie Coulson	Hollie Ramsay	Angel King
	Louie Peacock	Shye Cady	Cian Cochrane

What's for lunch next week?

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Sausage with mashed potato and gravy	Lasagne with herby bread wedge	Roast chicken with Yorkshire pudding, roast potatoes, and gravy	Chicken curry with mixed rice	Fish of the day or salmon fishcakes with chips
VEGETARIAN MAIN DISH	Tomato pasta with crusty bread	Vegetarian sausage with new potatoes	Quorn roast with gravy and roast potato	Margarita pizza with mixed rice or potato mids	Quorn burger with chips
ACCOMPANIMENTS	Carrots/broccoli Salad bowl	Roast vegetables/sweetcorn Salad bowl	Swede/cabbage Salad bowl	Carrots/green beans Salad bowl	Beans/peas Salad bowl
DESSERTS	Chocolate orange cookies	Fruit and ice cream	Strawberry whip	Fruit crumble and custard	Chocolate muffin
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 OR WRAP/BREAD BUN 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



The East Cleveland Arts Youth Theatre brings Alice in Wonderland to life in Cowscote Woodland in Loftus, on Saturday 5th June and Sunday 6th of June. Based on the beloved classic by Lewis Carroll, Alice in Wonderland is a reimagining of Wonderland, for the woodland in Loftus. For more details and to book your tickets, visit us online at <https://eastclevelandarts.org.uk/events/>

Stanley's Joke Corner



Why can't a bicycle stand up on its own?

It's two tired.

UNIFORM

Remember that extreme shaven haircuts are not acceptable in school. Please save them for holiday time. Thank you



Well done to Miss Gracie Leighton 'mountain biker extraordinaire' who has cycled 100 miles to raise money for Zoe's Place Baby Hospice in Normanby.

PARKING

Please stop your car where it is safe for the driver to get out.

Please beware of the ice cream van on the pavement, on the corner of Waveney.
 The authorities have been informed.

Children's Mental Health Week— feeling fitter, stronger and fab!

★ Boost of confidence and self-esteem ★ Developing cognitive skills ★ Releasing endorphins ★ Socialising



It's Children's Mental Health Week and experts state that exercise can help children build confidence, manage anxiety and increase their self-esteem. With that in mind, we thought that we would focus on the importance of exercise. Fitness can help to reduce the number of children having physical and mental health problems. All these benefits whilst having fun at school; now that's got to be a win-win for everyone!

KS1 proved their tenacity and teamwork by unlocking a code to enter '*The Super Hero Academy*', where they faced challenges that tested their agility, coordination, aim and determination (while avoiding an alien attack)! We were extremely pleased to hear that

all of our mini Heroes survived the Academy, and indeed passed with flying colours. KS2 were not to be left out and they whizzed through their athletics challenges and it's been a while since some of us have ran long distance. They showed that they have a great sporting spirit by not just working for themselves, but their team and House too!



This week has certainly raised the spirits at Skelton with the sound of laughter, cheering and healthy rosy red cheeks. What a fab bunch and we stayed dry too! Well done children, you have certainly put the '**uumph**' back into Skelton!



Mental Health week

As part of Mental Health week our Nurture team have been busy planting new flowers in the Peace garden with groups of children. We were lucky to receive £100 from Redcar and Cleveland Council to support this activity. Jo Mead, the Community Development Officer liaised with Mrs Hill to secure the funding. The children are looking forward to see the rainbow of coloured flowers.



Pep Tech Talk

A step-by-step guide on talking to your child

How to talk when things get tough
Modern childhood is complex. Maintaining a good level of communication will ensure that your son or daughter has the emotional resilience to get through tough times. Children can be reluctant to open up about difficult issues, even to their parents, but experts believe that taking a few simple steps can help protect and preserve your emotional bond. That way, when you need to raise subjects such as self-harm, violent game content or cyberbullying, your children will be ready to listen.

Follow this five-step guide to sparking open-ended conversations with children of different ages about their online activity.

- 1 Choose your time**
A safe space will help your children to open up. "Talking in the car is good, as you aren't facing each other like it's an interview," says Andrea Chatten, emotional and behavioural child psychologist and founder of Unravel support. She adds that younger children may tell you more if you lay down on the bed with them after lights out.
- 2 Start with reassurance**
Begin your chat with words of support. "Children need to feel they are not on their own, that they have this strong army of support," Chatten says. "Give them the message that you will come through this together, that they aren't on their own."
- 3 Focus on one issue**
Even if it's tempting to bring up everything that's bugging you during one conversation, Lee says it is vital to stick to a plan and not overwhelm your child.
"Pick only one area to talk about," she says. "Don't give them 30 things to think about at once."
- 4 Step into their shoes**
When you're having difficult conversations, such as those around cyberbullying or violent games, it can be easy to dismiss the technology and relationships that your child holds dear, causing confrontation and shutting down connections.
Alexander Kriss, a psychotherapist and author of Universal Play, a book about the effects of video games, suggests showing that you value your child's online life by asking open-ended questions about it, or even trying out games.
"This has to be done without judgement," he says. "As a parent you need to acknowledge that this stuff is meaningful to your child. It has a time and place like everything else."
- 5 Leave the door open**
Once you've had a difficult conversation with your child, take steps to ensure that good communication continues in the coming days and weeks.
With younger ones this might involve just showing that you are available, Lee says. "When we are at home with children we are often dashing about, if you just sit still, your child will know they can talk."
For older children, you may need to slot in one-to-one time for talking on a regular basis. "If you are taking a younger sibling to an activity, make the time while they are there, or in the car on the way back," Lee suggests. "As children get older they need private space to talk."

Andrea Chatten (left) is a child psychologist and founder of Unravel support. **Lorraine Lee** (centre) is a parenting expert and leads workshops for parents, teachers and children. **Alexander Kriss** (right) is a psychotherapist and author of Universal Play.

Part 2 of a 3 week series designed to help you keep your child safe.

How we make it work

Each family can make its own choices about the type of digital life that works best for them. Here, two families share their tech house rules.



Daddy and Dad: Jamie Beaglehole

Our sons, Lyall and Richard, have access to phones, tablets and games consoles, but only during weekends and school holidays. The boys are the first things to go when the devices for homework research and music, so we do encourage their use. The boys' phones are also a convenient time-filler on long journeys. Tom and I use our phones and laptops a lot - me for my work as a blogger and Tom as a director for a tech firm.



Niliy Dahlia: Muslim Parenting

Our children are small — ages 5, 3 and 11 months — so we have a long road ahead for internet safety. The most important thing we know is to talk to our children about that. They can do is talk to our children about that. They know that the internet can have inappropriate content so it is best to let a grown-up browse the Smart TV/tablet/phone with them. We activate parental controls on our devices when our children use them, so they cannot download anything or view anything PG upwards without a password. By managing what they view, we have the confidence to let our kids use the internet safely. As you can see, we don't show our children's faces online, either - that's for them to decide later!

Security checklist: what tools can parents choose from?



APP AWARENESS
Young children: Don't forget to establish your privacy settings on each new device or app.



SMARTPHONE SAFETY
Young children: Google Family Link is a free app that helps you manage children's phone use. The content and privacy restrictions on iPhones give you similar control.



GET ON TOP OF GAMING
Young children: Using 'airplane mode' on your tablet lets them play offline, uncontactable from strangers.



SEARCH ENGINE SAFETY
Young children: Child-focused search engines like Swaggle and Kids-search keep them safe.



SOCIAL MEDIA SAVVY
Help them report comments or block people (each platform has its own pathway for this; help your child find the way to do it on their platform of choice). Privacy settings help limit the people who can search for them or tag them in photos.



FOLLOW UP
Don't forget, even after you've set your controls, your child might encounter something they don't really like. Check devices regularly and ask them what they read.

Your child in a digital world.