



# Euxton Church of England Primary School



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Headteacher: Mrs Mairi Ash

Friday 13<sup>th</sup> October 2023

Dear Parents,

## **Euxton Superstars!**

Congratulations to this week's class Superstars:

**Reception: Alfie**

**Year 1: Theo**

**Year 2: Katie**

**Year 3: Imogen**

**Year 4: Noah**

**Year 5: Max**

**Year 6: Nicole**

Well done to you all!

## **Parent's Evening**

It was so lovely to see so many of you at our Parents Evening this week. It was such a warm, positive atmosphere and the staff, as always, really appreciate your kind words and support. Thank you.

## **Parent Questionnaires**

Please return completed questionnaire sheets to school by Wednesday 20<sup>th</sup> October. We will gather the information and present the findings to you after half term. Thank you for taking time to complete these and sharing your much-valued parent voice. As always, we thank you your continued support.

## **School Improvement Plan**

Attached to this week's newsletter is an overview of our action plan for this academic year. Subject leaders have created detailed reports for each area of the curriculum which can be found on our school website. If you have any questions about your child's learning, at any time during the year, please don't hesitate to contact school and speak to either myself or a member of the staff team.

## **Open Day**

We had a wonderful response from prospective parents who looked around school on Monday. We are so proud of our Year 6 children who did a brilliant job of showing people around. Thank you, Year 6 and all the classes, for helping our school to SHINE!

## **Y5 Olympics Day**

On Monday 16<sup>th</sup> October, Year 5 will be taking part in a mini-Olympics competition to consolidate their learning about the Ancient Greeks, complete with opening ceremony and podium. A separate letter is coming home tonight to give Year 5 parents more details.

## Y2 Fire Safety

Next Thursday, Year 2 will be visited by the local fire brigade who will deliver a session about 'Child Safe Fire Safety'.

## PTFA Autumn Disco

The first PTFA Disco of the year is next week, with DJ Danny, is Wednesday, 18<sup>th</sup> October:

- Reception - Y3: 5.45pm-6.30pm
- Y4-Y6: 6.45pm-7.45pm

Pay on the door - £3 includes a drink. Tuck shop available: 50p will purchase either 2 small items or 1 large item e.g. a big flump! Please don't bring more than £1-£2 to spend. Reception parents are welcome to stay if your child would prefer. We hope to see you there!

## Baby Congratulations

Jack Farrington has entered the world this week - congratulations to big sister Katie in Y2 and mum and dad, Thomas and Christine at this magical time.

## School Games Gold Award 2022/23

For the fifth year in a row we have been awarded the School Games Gold Award. Thank you to Mrs Obertelli, Mrs Wiles, Mr Westwell and Mrs MacDonald for their hard work organising teams for competitions, taking the children to so many competitions and to the children and parents for taking part and supporting our school with all the sporting events and lessons.



## Chorley School Sports Partnership (CSSP) Holiday Clubs

**OCTOBER SPORTS CAMP**  
Ages 5 - 11 years

From Tuesday to Thursday, with lots of fun games, sports, arts and crafts, and a Halloween Party (26th). A packed lunch with lots of water will be needed.

**£70 THREE DAYS  
£25 SINGLE DAY**

**TUESDAY 24TH  
WEDNESDAY 25TH  
& THURSDAY 26TH**

**CHORLEY ST PETERS**  
EAVES LANE, PR6 ODX  
9AM-4.00PM  
CONTACT US  
camp@chorleyspp.co.uk  
07306403255 / 01257449278  
www.chorleyspp.co.uk/holiday-events

**Chorley**  
SCHOOL SPORTS PARTNERSHIP

**BIKEABILITY LEARN TO RIDE**  
Ages 4 - 12 years

These sessions are for children of primary school age who cannot yet ride a bike without stabilisers. Participants should bring their own bike and helmet, dress for the weather and bring a drink.

**£25 per session**

**Tuesday 24th  
or  
Wednesday 25th**

**OCTOBER**

**Chorley St Peters**  
Eaves Lane, PR6 ODX  
10 - 11:30 OR  
12.30-2PM

CONTACT US  
camp@chorleyspp.co.uk  
07306403255 / 01257449278

**Chorley**  
SCHOOL SPORTS PARTNERSHIP

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SCHOOL SPORTS PARTNERSHIP

### **PTFA Christmas Card Orders**

We hope you have enjoyed looking at the template of your child's Christmas card design. Orders to be completed online by **Monday 23rd October** to entitle you to free delivery of your order to school. Thank you, as always, for supporting our PTFA!

### **Individual Photos**

Adam came into school on Thursday 5<sup>th</sup> October and proformas have come home with your child. Please place your orders online for photographs by **Sunday 19<sup>th</sup> October** to receive 10% discount (on orders over £30) and free delivery to school. Thank you.

### **Girls Football Tournament**

The girls put on a fine display in their final week of matches. From experienced players through to those who have never kicked a ball before, each girl has demonstrated great progression and development. We are immensely proud of them; they have been great fun to watch. Please enjoy Charlotte's match report:

*The first game was against Christ Church Coppull where we played really well but sadly lost. I thought we played really well and we were unlucky. The second again was against Anderton St Joseph's and we defended well and created some chances, however, they were saved or not on target. The team held their positions very well. Overall, I think we have played well throughout the tournament, getting more into it flow as the weeks progressed. We look forward to getting back to training and improving further.*

Thank you to our Sports Correspondent, Charlotte Huggan, for her match report.

### **Nasal Flu Sprays**

The school health team are back in school administering the flu nasal spray on **Tuesday 28<sup>th</sup> November**. This year, as with previous years, we will be sending an e-link home so that you can give permission (or not) for this to be administered in school. Watch out for an email coming home with the link once we receive it from the health team as there is usually a cut-off date. Thank you.

### **Chicken Pox**

We have had a couple of cases of chicken pox reported in school - please watch out for spots appearing if your child has never had it before or has only had a mild case. If they do catch it, please keep them away from school until all the spots have dried up. Piriton does help to ease the itching.

### **Sponsored Head Shave**

Cheryl (Stanley's mum in Y5) is shaving her head! She is doing it on Saturday 25<sup>th</sup> November at Tesco, Buckshaw Village at 2pm raising funds for Derian House. Please give Cheryl all the support you can by going along on the 25<sup>th</sup> and/or sponsoring her either at <https://www.justgiving.com/page/cheryl-parker-1696013933184> or by using the QR code on the poster in the parent noticeboard. Thank you so much and well done Cheryl.

### **PTFA Bag2School**

Leaflets have come home this week informing you of our next clothes collection - Wednesday 1<sup>st</sup> November - filled bags to be left under the parent noticeboard outside year 2 by 9am please. Half term is a perfect time to have a good sort out and any bag can be used. Thank you for supporting our PTFA!

### **Online Safety**

Please see the attached poster with guidance for parents regarding children viewing upsetting content online.

### **Admissions - Primary and Secondary Places**

You can now apply via [www.lancashire.gov.uk/schools](http://www.lancashire.gov.uk/schools) for school places for next September. Supplementary Faith forms are available in the school office for our school. If you are applying to any faith school a separate form should be provided by them and completed. The closing dates are as follows:

**Secondary (Y7 in Sept 2024) - 31<sup>st</sup> October 2023**

**Primary (Reception in Sept 2024) - 15<sup>th</sup> January 2024**

Please do not hesitate to have a chat with me if you would like any additional information.

### **End of half term**

Just a reminder that we finish at the usual time of 3.30pm next Friday 20<sup>th</sup> October and return on Monday 30<sup>th</sup> October.

Have a great weekend!

Best wishes,

Mrs Mairi Ash  
Headteacher

In our Christian family, we all SHINE in the light of Jesus.  
Wisdom Compassion Humility Friendship Peace Trust Forgiveness Hope

# SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

## A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



### 6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



### 7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



### 8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



### 9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



### 11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



### 12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



## Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



<https://www.bbc.com/news/health-6047800> | <https://www.chitnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-keep-your-children-safe-from-online-content-and-war> | <https://www.bbc.com/news/world-middle-east-60389975>



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