



## Bolton on Swale St Mary's Church of England Aided Primary School

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### *'Developing the whole child'*

Newsletter Friday 8th February 2019

Our Christian value this term is **Honesty**

**Amazing chefs in Class 4 this week** As part of their History and Geography topic on the 'Mayans of South America' Class 4 took part in a Design Technology morning. They researched their ingredients, made delicious corn tortillas and used video to record themselves in action. While the tortillas were baking in the oven, they made tasty avocado guacamole as a dip to accompany the tortillas. The best part was the tasting!



**Children's Mental Health Week 2019 and NSPCC 'Speak out. Stay Safe' visit** All our children have taken part in important activities relating to these topics this week. The next section of our newsletter contains helpful information and ways to support at home.

### NSPCC Speak out Stay Safe Presentations

On Friday morning 8<sup>th</sup> February the NSPCC led age appropriate presentations to support children in keeping themselves safe in a variety of contexts. All the children learnt: **'I have the right to speak out and stay safe.'** We discussed who the **trusted adults** were that children could go to and shared the **ChildLine contacts: 0800 1111**

<https://childline.org.uk/kids>

Online Safety for children O2 shops have teamed up with the NSPCC to provide an online safety helpline which you can all for free on 0808 800 5002. They also provide the following service in their O2 stores: You can take your child's phone, tablet or laptop into the O2 store and they will help you set up parental controls.

**School website.** On our school website home page there is a link for further advice on online safety. **Click CEOP internet safety.**

Through the website there is also a link to **Espresso Discovery Education**. Login **student23945** password **bolton** or access through [www.espresso.co.uk/](http://www.espresso.co.uk/)

Espresso Discovery Education has learning activities for all ages in school. If you put **online safety** into the search, lots of helpful resources are available.

### Parent Teacher Consultation Appointments

These take place for all children before half term on either Wednesday 20<sup>th</sup> February or Thursday 21<sup>st</sup> February from 3.40-6.30pm. Please sign up in the office entrance area or ring/email the office to make an appointment. Your child's teacher will share progress and targets and you will be able to see your child's work.

Children's Mental Health Week 2019 This year's theme is Healthy: Inside and Out - we are encouraging everyone to think about how they look after their bodies and minds. The key messages are: Exercise, Health Eating and Sleep. The links below show the important messages around **Good Sleep** for children.

[tinyurl.com/ybwo8hq5](http://tinyurl.com/ybwo8hq5) (Rec and KS1)

[tinyurl.com/yc3hwa89](http://tinyurl.com/yc3hwa89) (KS2)

### **Children learn that:**

- Good Sleep helps me learn better
- Good Sleep helps me pay attention
- Good Sleep helps me be better behaved

### To achieve Good Sleep children need parent's help to:

- Make sure I get 9-11 hours sleep each night.
- Turn off screens 1 hour before bedtime.
- Remember blue lights make it hard for me to fall asleep.
- It takes 1 hour for my brain to calm down from watching screens.
- Social media is a major enemy of sleep

**Remember - no one is ever too old for a bedtime story!**

Kiplin Hall visit On Thursday morning 14<sup>th</sup> February Classes 1 and 2 visit Kiplin Hall to explore toys and childhood in Victorian times.

Parish Open2All Family Service at St Mary's Church, Bolton-on-Swale this Sunday 10<sup>th</sup> Feb 3pm. All welcome.

Please don't hesitate to contact me with any queries.

Your sincerely,

Nicola Dobson