

Thames View Primary School Newsletter



Responsibility

Resilience

Respect

Special events coming soon

- **20th March- Dogs Trust Visit to all year groups**
- **23rd March Multiskills (Years 1 and 2)**
- **24th PTA – Break the Rules Day**
- **29th & 30th March – Dogs Trust visit to all year groups**
- **30th March- MYG - Tag Rugby**
- **31st March- Easter Fun Day**
- **31st March- Early closure- 1.15pm for all**
- **17th April- Back to School**

Mrs Rogers Message

This week has been so scientific! We have had Science Week and have been visited by the Silly Science Workshops. Years 3,4,5 and 6 all had a Science Show with some fabulous experiments which were very exciting to watch. Years 1 and 2 had a visit from the Creep Crawly Man who gave them a minibeast workshop to learn all about different creatures and their habitats and gave the children a chance to hold some of the minibeasts.

Even though we had strike days this week, Topaz got to visit Temper Temper Chocolate Factory and make some chocolate to take home, just in time for Mother's Day weekend. They had a workshop on where chocolate comes from and how it is made, this has been one of the tastier trips of the year so far!

It has been Red Nose Day today, so children have been able to come to school wearing red and a selection of funny red noses. It has also been Mother's Day afternoon tea, kindly organized by the PTA. This has been a sell out event and has been a beautiful afternoon of mum's and nan's sharing an afternoon tea with the children. A similar event will be coming for Father's Day weekend.

A big thank you goes to all of the parents and carers that have been donating for our crazy hair and own clothes day. Funds raised go back to fund school projects, including our Easter Fun Day on the 31st March. This week, we have the PTA Break the Rules Day on Friday 24th March. A list of rules to break are on the PTA poster.

The Dogs Trust are also visiting our school this and next week. They will be seeing Reception, year 1 and 2 on the 20th March, years 4 and 5 on the 29th March and year 3 and 6 on the 30th March. The children will be having workshops on dog safety and how to care of dogs, which is particularly important as we have our three dog mentors in school, Rocky, Rolo and Ruby.

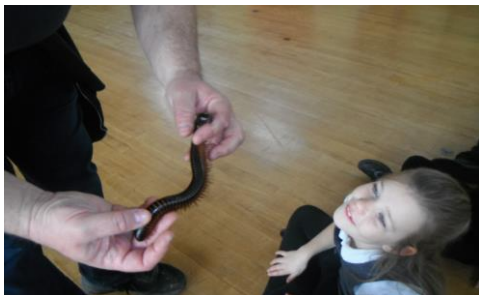
I hope you all have a lovely weekend and stay safe, Mrs Rogers.

Quote of the week :

***“You see, Everyone is afraid of me!
But now my tummy's beginning to rumble,
and my favourite food is – Gruffalo crumble!”***

Julia Donaldson

.... Creepy Crawlies visit Thamesview



Millipedes are harmless and have about 600 legs. Imagine putting on 600 pairs of shoes before school!



Cockroaches!!!!!! We learnt that cockroaches are actually very clean insects.



Did you know that you can see a scorpion as either blue or teal depending on the colour of your eyes?



The snake skin was soooooo soft!



... Topaz visit Temper Temper Chocolate in Tunbridge Wells



.... Enterprise - Silly Science visit



Golden Ticket is every Friday and a child in each Key Stage 2 class can win the golden ticket for outstanding effort, behavior and for showing our 3 school values, Respect, Responsibility and Resilience.



STARS OF THE WEEK



PE Champions:

Will return next week 🏆

Attendance Stars:

KS1 Sunrise

KS2: Windsor

Nursery Stars:

Will return next week 🏆

Year 4 Timetable Stars: (2 weeks)

Azuha, Parker, Heidi, Henry, Parker, Heidi, Azuha, Thomas, Zachary, Emma, Elsie-May, Thomas,

Class	Star of the week	Star Reader	Star Writer	Maths Champion
Pippin	Veer	Arlo	Ernest	Dixon
Sunrise	Ralph	Emma	Abel	Teddy
Elstar	Albie	Elise	Arian	Leo
Kanzi	Georgie	Louis	Vinnie	Albey
Fortune	Sebastian	Sydney	Jude	Raven
Liberty	Zoe	Evelyn/Aria	Walter	Rose
Opal	Alfie	Rose	Mohammed	Rio
Topaz	Lacey	Felicia	George	Sophie
Enterprise	Ollie	Emily-Rose	Katie	Giselle
Victory	Isabel	Laynie	Mia	Elliott
Blenheim	Elijah	Bailey	Libby	Lola
Windsor	Harry	Lacey-Marie	Isabelle	Vanessa
Discovery	Abigail	Maxwell	Laila	Drake
Pioneer	Felicity	Taylor	Preston	Finley

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with friends, peers and broader social networks can be met with positive reaction, with nearly 7 in 10 teens reporting to receive support on social media during tough or challenging times. Where there are moderated communities which offer support and guidance, children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathetic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online sometimes this is known as 'finding your tribe'. Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

FAKE NEWS

HARMFUL ADVICE

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited videos, fake news and even harmful advice. Children may stumble upon this, which could potentially encourage them make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to Fear Of Missing Out has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as more likely to feel constantly tired at school than their classmates who don't use social media during the night.

CYBERBULLYING

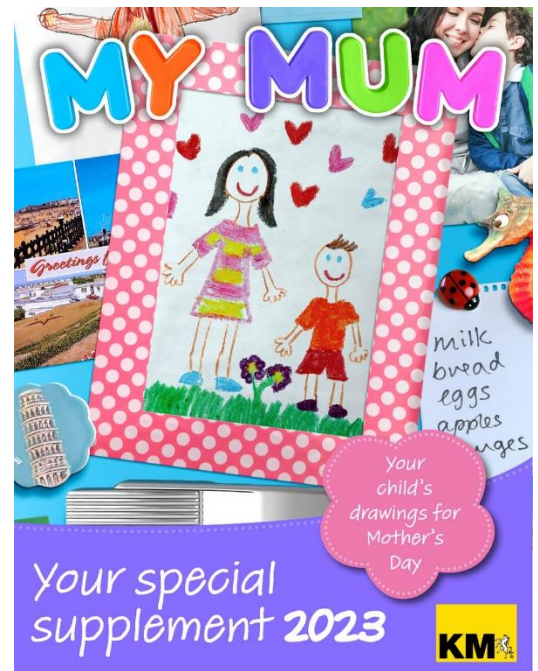
One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 13% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

If you have concerns about you child, please come in and discuss these with Mrs Flynn or Mrs Stevens. Each week there will be safeguarding tips here, let us know if we can help! Today's focus is on the social media and its impact on mental health!

..... Other Thames View News:

Mothers Day

Medway Messenger has the Mothers Day pictures your children submitted. They have a special pull-out section of all the schools in Medway



Safe crossing at Beechings Way / Pump Lane junction

A parent has asked us to share the following :

There is an "e-petition" to Medway Council

"This is a busy junction especially at the start and end of the school day, with children travelling to and from a number of schools in the locality (Rainham Mark, Thames View and the schools in Twydall). It is currently difficult and dangerous to cross this road, due to the volume of traffic around the start and end of the school day, the bus route, the bus stop just up from the drop kerb and the traffic flow with the mini roundabout at the junction. Its only a matter of time before there's a serious accident involving a pedestrian here"

It's super quick to register and sign the petition (link below) which is open until the end of April.

Support from the school would be really helpful and appreciated. Thank you.

<https://democracy.medway.gov.uk/mgEPetitionDisplay.aspx?ID=169&RPID=46673044&HPID=46673044>

PTA News

Thames View Primary School PTA

BREAK the RULES DAY



A cartoon illustration of a boy with dark hair, wearing a pink shirt and dark trousers, holding a ruler and sitting on a giant yellow pencil. A brown satchel is slung over his shoulder. A paper airplane and a baseball cap are also shown flying around the central text.

Rules to be broken include:

1. Wear own clothes
2. Wear a baseball cap
3. Oversized hair accessories
4. Nail varnish allowed
5. Temporary tattoos allowed
6. 1 x chocolate or sweet allowed in lunchboxes (no nuts)

When?

Friday 24th March

Here's how it works:

Pay 50p for every rule you would like to break, up to a maximum of 4 rules.

All monies are to be bought into school in a clearly marked envelope – Break the Rules Day. Thank You :)

Parentkind
Member Association