



Thames View Primary School Newsletter



Responsibility

Resilience

Respect

Special events coming soon

October:

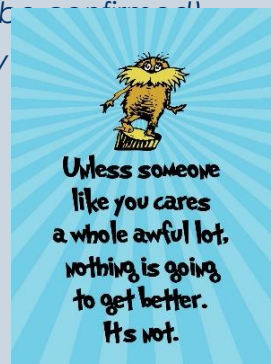
16th : own clothes for Just One Tree Day (see below)
17th – Individual photos
19th - Parents Evening
20th – PTA Break the Rules Day
20th – Yrs3,4,5 Circus Skills Workshop
20th – PTA Disco evening
20th – last day of term
31st – Secondary application closes

November:

5th - PTA – Firework Night
6th – first day of term
7th – Hook Day
8th – NHS flu immunization visit
13th – Yr6 – Women of WW1 workshop
17th - PTA Break the Rules Day
29th – Yr 5 – Harry Potter World

December:

7th – Yr 4 Harry Potter World
11th – Yr R – Nativity
12th & 13th – Yrs 1&2 Christmas (more details to follow) KS2 Christmas (to be confirmed)
20th – last day at 1.15pm



Mrs Rogers Message

This week, year 4 have been having an exciting adventure at the Science Museum in London. They experienced the Wonderlab and were able to join lots of different experiments, learning about sound, friction, electricity, space and light amongst other topics! A very fun day, even with the London traffic!

PGL has been a very adventure this week, with our children trying so many different activities! It has been lovely to see the pictures of them climbing, jumping and being very brave. Their behaviour has been excellent and we are so proud of them! I am sure this will be something they remember for a very long time and we thank the year 6 team for their hard work with this trip!

Tuesday was #HelloYellow day at Thames View. Lots of our staff and children came dressed in something yellow and we spoke about the importance of positive mental health. Our safeguarding posters are all around our school and the Inclusion Hub is available to all children, as and when they need it. For any of our parents who need more support, please do not hesitate to come in to the school office.

Next week is another full on week and the lead up to our two week October half term. School photo day is on Tuesday, so we are expecting some lovely hair styles. Please remember, if you want a sibling photo of children who attend Thames View, please come to either school hall at 8.30am. We can only photograph children who attend our school. Then links will be sent to parents to order your photos!

We also have break the rules day next Friday to raise money for our PTA events and our half termly fun day with a Circus skills theme. More information to follow soon.

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



Learning Page/Trips

Year 4 Science Museum



PGL 9th – 13th October

Our social media pages have been full of the fun that our “PGL’ers” have had this week, take a look if you haven’t had a chance to yet.

We expect them back at Thames View at about 4pm today. We will post any updates for parents via the Arbor email system



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



Attendance Stars:

KS1 Sunrise
KS2: Opal

Nursery Star:

Nellie

PE Champions:

Year 4 Timetable Stars:

George B, Amelia, Freddie, Anthony, Chenlin, Harry

Class	Star of the week	Star Reader	Star Writer	Maths Champion
Pippin	Bethany	Harper	Daniel	Lenny
Sunrise	Ellie	Maximus	Arthur	Sophie
Elstar	Oscar	Teddi	Millie A	Millie T
Kanzi	Oscar	Miles	Andrea	Aidan
Fortune	Elena	Sofia	Alfie	Arian
Liberty	Violet / Finley	Megan	Robyn-Rose	Layla
Opal	Theo	Evie	Ria	Amelia
Topaz	Esmee	Maria	Sophie	Nora
Enterprise	Owen	Hollie	Phoebe	Maisie
Victory	Lacey	Felicia	Anthony	Teddie
Blenheim	Jack	James	Azuha	Elliott
Windsor	Miya	Leighton	Elsie-May	Emily-Rose
Discovery	Ruby W			
Pioneer				

If you have concerns about your 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 impact of social media on mental health. Please check your child's phones and make sure they are safe!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK – and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**
Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**
Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**
Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert
Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

Monday 16th October – Thames View Shop “Sale”

It is the day before the children's school photo – the shop will be holding a “sale” for the jumpers and cardigans they have in stock, they were in great demand last year just ahead of the photograph day, so do come along.

Opening hours are 8.35am – 9.00am and Tues-Thursday 3.10pm-3.45pm

Monday 16th October – Just One Tree

own clothes day for £1 donation

Further information sent via email to
parents on Wednesday



Tuesday 17th October – Kittle Photography

The children will be having their individual photographs taken during the school day.



From 8.30am you will be able to have sibling group photographs taken. (We can only have siblings who attend Thames View taken). Please come to either of the school halls for photographs. Please then take your child to their class for the start of day.

If you are still waiting for the photos to be taken after 8.45am, please come to the school office to sign the children in to go to class. (They will be marked in via the office, but won't be marked as late as you were having photographs taken).

PLEASE NOTE: If it is your child's PE Day they should come in their school uniform on this day, they will take part in suitable PE activities in their school uniform.

Forest School Club – change of date

Please note that due to Parents Evening next week, the after school Forest School Club will be held on

Wednesday 18th October 3.30pm – 4.30pm

Friday 20th October – lots happening today !

It is the **PTA Break the Rules** Day

- We have a Halloween menu today
- It is the **PTA School Disco** evening – remember to book your tickets in advance as they are not available to buy on the door. Any problems please speak to a member of the PTA or via their email address : thamesviewpta@gmail.com
-and It's the **last day of term** – have a wonderful break and we will see you all on Monday 6th November for the beginning of Term 2 ! (the new menu starts this day too)



Thames View Primary School – PTA Noticeboard



Type a reminder to get the dates in the diary and share information about what events you've got coming up to encourage attendance.

- School Discos
Friday 20th October
- Sunday 5th November
Firework Night
- Mon 11th – Thurs 14th Dec
Santa Visits
- Thursday 14th December
Christmas Fayre
- Friday 15th December
Wreath Making Evening

Break the School Rules Days

- Friday 22nd September
- Friday 20th October
- Friday 17th November
- Friday 8th December

Further event dates/plans/details to follow

