



Farnborough Road Infant School

'LEARNING, CARING AND ACHIEVING TOGETHER'

Newsletter 7 9th December 2022



As this will be the final newsletter of this term, I would like to

take the opportunity to wish everyone a very Merry Christmas and a very Happy 2023! I would also like to thank our staff team and the children who have worked exceptionally hard this term.

I have been particularly proud of the children this week with the return of our audiences at our Nativities. The Christmas

concerts have been a fabulous success in each year group. It is lovely to see the confidence of the children developing and the progression across the school.

Thank you for all your kind donations following these performances, this will go towards a visit from the magician for our Early Years and Key Stage One Party days and a donation to Liverpool Road Methodist Church.



At the end of this term we say goodbye to Miss Calvert who is leaving us to explore new adventures and we welcome Mrs Bailey as the class teacher for Room 7.

We also say Goodbye to 3 of our Welfare Assistants in Reception, Mrs McKaissi who is retiring, Mrs Sargent who is taking up a new post at Churchtown Primary and Miss Girvan who has also got a new job at Early Days Nursery.

We wish them all the very best for 2023 and thank them for their dedication to Farnborough Road Infant School.



Lunchtime Assistants Required

Would you be interested in a role within our school?

We currently have vacancies for Lunchtime welfare assistants

6.25 hrs per week or supply work.

Please ask for an application form at the school office



Please bring Children's University Passports into school during the first week back. Deadline for credits to be collected is

Thursday 12th January.

REMEMBER to complete the Winter Challenge and you can also purchase a CU Passport online on our website and collect extra credits from non school clubs and other learning destinations

Children can wear their own clothes on their Christmas Party Days



Nursery and Reception

Wednesday 14th

Year 1 and Year 2 Monday 19th

Children's University Winter Challenge!



Get thankful!

What are you thankful for this year? Make these colourful paper chains to decorate your home and write on them things that bring you happiness and joy.
<https://bit.ly/3mfGaBN>

Get stormy!

We've had some very stormy weather recently! Research what the weather will be like in your area for the next few days, then write and perform a weather report for your household.

Get outside!

Wrap up warm and explore nature with your household whether it's in your garden, park or local nature trail. Draw a map of where you went including any animals or insects you spotted!

Things to do this winter!

Each activity is worth 1 credit. To get a stamp code for Children's University Online email contactus@childrensuniversity.co.uk with evidence - this could be a photograph, video, a work sheet, or writing about what you did! All activities require adult supervision. The supervising adult is expected to manage all activity risk.

Get baking!

This time of year is perfect for baking lots of yummy things to share with your household. Click the link below for lots of festive inspiration.
<https://bit.ly/32aN6sX>

Get safe!

Our friends at StayWise have lots of fun activities to help teach young people about the emergency services and staying safe. Complete this hazard spotting game and create a safety poster showing what you have learnt.
<https://bit.ly/3245BiU>

childrensuniversity.co.uk



Huge THANK YOU to Emma McCoy and Alice Keighley and their PTA Team. Their Christmas activities Breakfast with Santa, Secret Santa Shop and the Christmas Fair have given the children lots of fun and happy memories. THANK YOU TO YOU ALL



Attendance Matters

Every student. Every day.

Congratulations to all the children who have had 100% attendance this term, certificates will be given out next week.

Please ensure you inform the school office on the first day if your child is ill through the school APP or by responding to the text.

Our class weekly attendance is shared in Friday's 'Star of the Week' Assembly and the children are keen for their class to win the Attendance Bear for the week.

Best Class Attendance Week Beginning 28th November: Room 13 (97.9%)

Best Class Attendance Week Beginning 5th December: Room 14 (97.9%)

Whole school attendance for the year to date is 94%

Deadline for Reception Applications

If you haven't already made your application on-line for Reception 2023 please don't forget to do so by 15th January 2023.



DON'T FORGET : SCHOOL CLOSSES ON TUESDAY 20th DECEMBER 2PM and REOPENS ON WEDNESDAY 4th JANUARY at 8.45AM

Our school values are:

COMPASSION PERSEVERANCE HONESTY RESPECT and LOVE AND KINDNESS

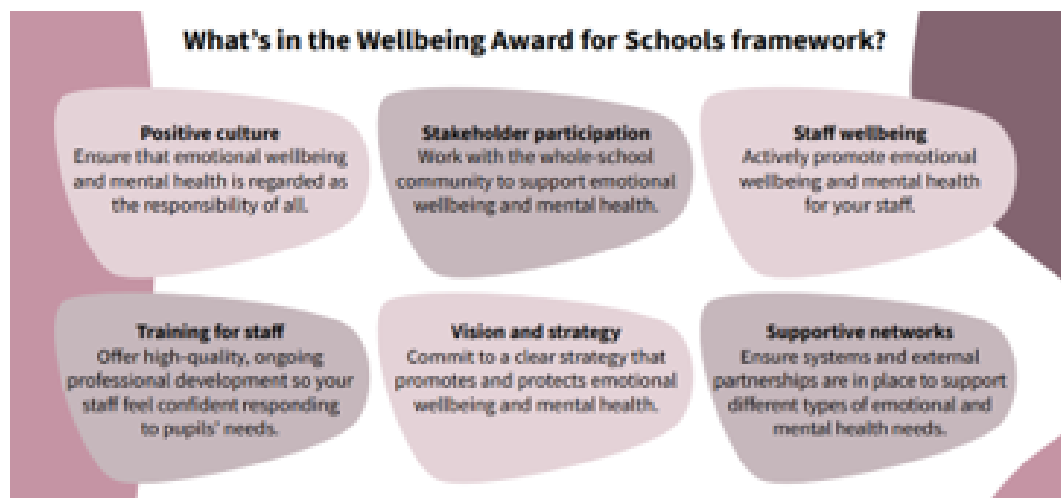


Mental Health and Wellbeing Award

The mental health and wellbeing of our school community is very important to us at FRIS. We are always looking at ways to improve mental health and wellbeing for our pupils, families and staff. We hope to achieve an evidence-based award for our school and will send out regular updates of where we are up to with our journey.

Next week, we will be sending out some questionnaires for parents and children to complete and return to school to help us identify our next steps. We look forward to your responses,

Mrs Price and Miss Jackson (Mental Health First Aiders at FRIS). |



Are you or someone you know struggling with mental health? Here are some support networks you can access for free online....

www.mentalhealth.org.uk · explore-mental-health · a · v

[Online mental health support | Mental Health Foundation](http://www.mentalhealth.org.uk)

Online mental health support. The internet can be a way to understand your mental health condition or treatment, connect with others, or get therapy. Being online can let you explore things...

www.mentalhealth.org.uk · explore-mental-health · v

[Get help | Mental Health Foundation](http://www.mentalhealth.org.uk)

The Mental Health Foundation is a charity specialising in research and policy development, with a focus on preventing mental health problems. We are not able to advise people directly on their...

www.time-to-change.org.uk · mental-health-and · v

[Mental health help and support services | Time To Change](http://www.time-to-change.org.uk)

Mental health help and support services if you're experiencing mental health problems or need urgent support, there are lots of places you can go to for help. At Time to Change, we focus on...

www.mind.org.uk · v

[Home - Mind](http://www.mind.org.uk)

Mind have over 150 shops across England and Wales raising money to fund vital mental health support services. Shop with Mind online Browse our online range including our range of mental...

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Does your child use a Dummy?



Babies like to suck, so dummies can help to soothe at bedtime or when your baby is tired or cross. But regular and extended use of a dummy, particularly in toddlers can create problems with your child's speech.

- * It is important that you try to wean your child away from dummies, preferably by 12 months.
- * Start to reduce the dummy when your child is 6 months old. Reducing the use of the dummy

1. Gives your child a chance to build up the muscles in their mouth (e.g. moving their tongue), babble and talk

Dummies can prevent babbling— and important step in learning to talk.

Remember learning to talk can be tricky and needs lots of practise

Discourage the use of a dummy during the daytime when your child can practise chatting and use their language skills.

2. Is better for the growth and position of your child's teeth

3. Reduces the risk of colds and ear infections

REMEMBER always take the dummy out when your child is trying to communicate with you.

If your child is over 12 months old and still has a dummy it is important to try to make a clean break

Christmas is a time of year in which children can be persuaded to give their dummies to Father Christmas or the reindeer .



The Last Noo Noo is a good book to read at bedtime. You can lend a copy of this book from our Caterpillar class or Nursery classes.

Key points

It's up to you to decide when it's time for your child to stop using a dummy.

Start by limiting the times your child can use the dummy e.g. certain times and places like their cot/ bed

Then use the dummy less and less when re-settling during the night

Set a date for no more dummy. Celebrate and reward your child when they let the dummy go and don't go back!

Autism and Complex Needs Team Parent Workshops

All parents are welcome to attend. Parents can pick and choose which sessions they feel will be most useful to them. Alongside the workshop being offered it is our hope that by attending these workshops we can support parents to develop a support network of parents in similar situations to themselves.

Dates	Times	Topic
12 th January 2023	10 – 12:30	What is Autism?
17 th January 2023	10 – 12:30	Sensory Processing Differences
24 th January 2023	10 – 12:30	Supporting Distressed Behaviours
7 th February 2023	10 – 12:30	Puberty/Adolescence
23 rd February 2023	10 – 12:30	Autism and Anxiety
28 th February 2023	10 – 12:30	Home to School/School to Home (Going out) Transitions
9 th March 2023	10 – 12:30	Sleep
16 th March 2023	10 – 12:30	Parental Stress, Coping Strategies and available support.

All Workshops will take place at PDC Formby, 225, Park Rd Formby L37 6EW.
To book a place free of charge please email ASD.ParentTraining@sefton.gov.uk and specify which workshops you would like to attend.





Farnborough Road Infant School

Online Safety Newsletter

December 2022



Instagram

Is your child on Instagram? You should be over 13 years of age to set up an account.

Instagram is used to post photos and videos. Users can also DM (direct message), send disappearing messages, add to their stories (these disappear after 24 hours) and broadcast live.

Instagram have now introduced new age verification software to help confirm the age of users. Any user who tries to change their age will have to upload an ID document or take a video selfie. You can find out more here:

<https://saferinternet.org.uk/blog/instagram-rolls-out-age-verification-for-users>

Personalised Digital Toolkit

Answer some simple questions and get age specific advice and recommendations:

<https://www.internetmatters.org/digital-family->

Parental controls

Games/consoles

First, check the PEGI rating of any new games to ensure that your child is old enough to be playing them. PEGI provides age classifications for games and **considers the age suitability of a game, not the level of difficulty.** It is important to note that PEGI do not take into consideration the chat facilities within games. If a game does allow your child to communicate with others then you can adjust the settings so they are appropriate to your child - or disable it completely.



Secondly, for any consoles (new and old), it is important to set up appropriate controls such as restricting spending limits and again managing who they can communicate with. Follow the links below to find out how to set up Parental Controls for each device:

Xbox:

<https://www.xbox.com/en-GB/community/for-everyone/responsible-gaming>

PS5:

<https://www.playstation.com/en-gb/support/account/ps5-parental-controls-spending-limits/>

Nintendo Switch:

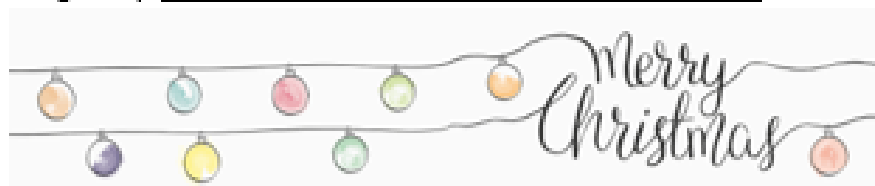
<https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>

Tablets/Smart phones

As well as setting up parental controls on the device itself, remember to check any apps your child would like on their device. Is it suitable for their age? Review all settings and privacy options for each app. For the devices themselves use the available settings to prevent purchases, restrict content viewed and adjust privacy settings. Follow the links below to find out more:

iPhones/iPads: <https://support.apple.com/en-gb/HT201304>

Google Play: <https://support.google.com/googleplay/answer/1075738>



Users of this guide do so at their own discretion. No liability is entered into.
Current as of the date released 1.12.22.

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Be kind online



It can be very easy online for children to behave in a way that they wouldn't if they were face to face with each other. Talk to your child about how they are speaking to others online and encourage them to talk to people online with respect and kindness, like they would if they were face-to-face.

Dr Linda Papadopoulos (Internet Matters Ambassador) provides tips on how you can help your child to be kind online in this

YouTube video such as teaching them how to be inclusive and think about how they would like to be treated online themselves:

<https://www.youtube.com/watch?v=1BqK13J7g6Q&t=9s>

Ensure that your child understands that if they receive unkind messages (or see something that worries them) then they should not reply or engage in conversation with them, but that they should tell a trusted adult. You can use the tools within an app to report any offensive or hurtful content as well as block people so they cannot contact you again in the future.

Unicef have a comprehensive area on their website, which talks about what Cyberbullying is and how to stop it:

<https://www.unicef.org/end-violence/how-to-stop-cyberbullying>

Childline also have a lot of information about Cyberbullying, including advice to those that might be bullying:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-cyberbullying/>

How can the law help me?

Whilst we wait for the Online Safety Bill to be passed, which will hopefully improve Online Safety, there are certain laws already established to help protect us online. For example, in the UK we have the Malicious Communications Act 1988 that states it is an offence to send a communication that conveys an indecent or grossly offensive message or a threat. We also have the Protection from Harassment Act 1997, which covers threatening behaviour or harassment online.



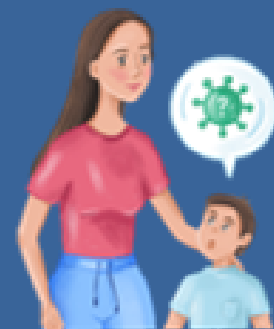
Report Harmful Content have curated a list of laws that are relevant to online behaviour here:

<https://reportharmfulcontent.com/when-should-you-go-to-the-police/>

Online Safety with Google

As part of Google Families, Google have a hub of resources that you can use including conversation starters with links to additional tools and advice and information about parental controls. Google also provide you with resources to help your children build healthier habits and stay safe online. There is also a selection of ideas on how to use technology as a family in a fun and engaging manner such as exploring the world and learning how to code. You can access the hub here:

https://families.google/intl/en_uk/



CEOP: Updated 4-7s website and guide

This updated website from CEOP Education is designed for children to visit with their parents/carers. The children answer a series of questions as they work towards collecting badges. You can find out more here:

<https://www.thinkuknow.co.uk/professionals/resources/4-7s-website/>

Screen time advice

We're often asked how long children should spend on their devices each day. Childnet have created a blog discussing why it is difficult to specify a limit and what you should consider. You can read it here:

<https://www.childnet.com/blog/screen-time-guidance-for-parents-and-carers/>