



NEWSLETTER



Dear Parents and Carers,



Welcome to the penultimate newsletter of Spring 1! As always, the weeks have flown by, and the children are continuing to work hard and achieve many great things in their learning adventures – academically and otherwise. This week, Year 2 and Year 5 enjoyed a visit from a mobile planetarium to enhance their learning about space travel and the solar system. The giant, inflatable dome gave them an amazing, immersive experience and transported the children into space.

EYFS also enjoyed celebrating the Lunar New Year – see our Instagram account for photos and more information.

Next week, we look forward to welcoming you into school for one of our Parents Evenings, giving you a chance to talk to your child's teacher about their current progress, successes at this stage in the academic year and targets for the remainder of their time in their current year group. Please may I gently remind you that these are designed to be a quick check in on your child's progress so to please allow our teachers to run to time with their appointments, if you have any questions or concerns that require a longer amount of time, these may have to be discussed at a later date with your child's teacher.

Next Week

Date	Event
11 th	Parents Evening
12 th	Parents Evening
	Year 5 Swimming
13 th	Year 5 Pompey Pirates
14 th	Last day of Spring 1
17 th – 21 st	HALF TERM WEEK

Reading in class continues...

Don't forget that 'Reading in Class' continues every **Wednesday** between **8.35 am and 8.55 am**. It is lovely to see so many parents and children reading together. We look forward to welcoming you back in again next week for the last time before half term.



Attendance Cup

This week's winning house is:

	Mary Rose	Victory	Alliance	Warrior
KS1	93.7%	95.2%	95.2%	96.5%
KS2	94.9%	94.9%	95.7%	96.6%

Congratulations to **Warrior** in both KS1 and in KS2 who have won this week's house cup.

House Points

This week's winning house is:

	Mary Rose	Victory	Alliance	Warrior
This week	281	143	118	258
Total	1489	1059	1328	1648

Congratulations to **Mary Rose** who collected the most house points this week



Golden Child

I am delighted to share the names of this week's Golden Children they are:

Year Group	Class	Golden Child
EYFS	Rosen	Lenny
	Hart	Ayad
	Donaldson	Mariam
1	Adeola	Olivia
	Field	Daniel
	Gravett	Leo
2	Steadman	Reuben
	Simmonds	James
	Jenkins	Ivy
3	Adele	Piper
	Sheeran	Charlie
	Murs	Thomas
4	Thompson	Ephraim
	Rickman	Max
	Elba	Lily
5	Peake	Demi
	Hawking	Marshal
	Franklin	Gabriella
6	Hussain	Ashley
	Roots	Freya
	Berry	Everly

EYFS, KS1 and **KS2** have all been recognised as someone who stands up for what is right.

Year 5 Visit to Fratton Park



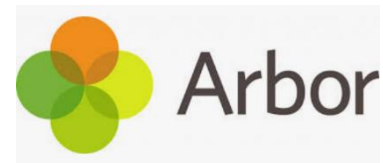
Last week, ten year 5 children went to Fratton Park to take part in a Mitre led workshop about the design and development of the football, along with six other schools from Portsmouth. The children learnt about the history of football and how a football is designed and then made. During the workshop the children were shown how to design their own ball and took part in a quiz. Before leaving they had their photo taken with 2008 FA Cup (replica). They were a credit to our school.





Parents' Evening Appointments - deadline for booking is Monday 10th February

Parents' evening appointments will take place on **Tuesday 11th February** and **Wednesday 12th February**, both on site. Appointments can be booked through the Arbor Parent App and will be available for booking now until closing at **8:00am on Monday 10th February 2025**.



SENCo meetings will be held following the parents' evening appointments, date to be confirmed.

The Scholastic Book Fair is HERE! Last day to visit is Monday 10th February



Don't forget the Scholastic Book Fair will be at Copnor Primary School until **Monday 10th February – 3.30pm – 4.05 pm**.

Please note that the location of the book fair will be in the **KS1 Hall on Monday**.

Keeping Children Safer Online Workshop

The Family Learning Centre will be delivering a free Keeping Children Safe Online workshop for parents/ carers at the Learning Place on **Tuesday 11th February at 1pm to 3pm**. This will coincide with Safer Internet Day.

The workshop will look at how parents / carers can help protect their children whilst online. Please see the attached poster for more details.



Keeping Children Safe Online Workshop



This workshop is designed to help parents and guardians understand how to protect children from online dangers. It will help introduce safe internet habits to ensure children's well-being in the digital world.



Workshop
Tuesday 11th February
13:00pm - 15:00pm

This course is based at **The Learning Place, 6 Derby Road, North End, Portsmouth, PO2 8HH**

You can book a space by calling (023)92 621860 or emailing thelearningplace@portsmouthcc.gov.uk

Still time to sign up to the Half Term Activities

Basketball Camps

Please see the attached flyer for information about how to sign up to attend the Portsmouth Force Basketball Skills Camp over half term.



The flyer features a dark blue background with a checkered pattern at the top. It includes several photos of children playing basketball and holding certificates. The Portsmouth Force logo is prominently displayed at the top right. The text provides details about the camp's dates, location, and pricing for different durations.

PORTSMOUTH FORCE
BASKETBALL SKILLS CAMP

17TH - 20TH FEBRUARY
9:00AM - 3:00PM

HIGHBURY COLLEGE
TUDOR CRES, COSHAM,
PORTSMOUTH PO6 2SA

YEAR 2 - YEAR 6
BOYS & GIRLS,
AGES 6-11

FUN, SKILLS & GAMES
FOR ALL LEVELS

ONE DAY	TWO DAYS	THREE DAYS	FOUR DAYS
£55 PER CHILD	£70 PER CHILD	£85 PER CHILD	£100 PER CHILD

SCAN QR CODE
TO SIGN UP!
SPACES ARE
LIMITED!



Basketball Club Spring 2

Please use the link below if you wish to sign your child up to the Portsmouth Force After School Club during Spring 2.

<https://docs.google.com/forms/d/e/1FAIpQLSe6-LWGW2UCkGdduJ8A86r0KSEuQGTSECqCJKHGzpFuXA/viewform?usp=dialog>



Family Learning



Please also see the information about the free Family Workshops that you can join during the half term week.

February half term Workshops



COME AND JOIN US FOR OUR FAMILY WORKSHOPS.
 WE ARE RUNNING 2 MORNING SESSIONS
 FROM 10.00AM - 12.00PM
 BASED ON THE FOLLOWING THEMES:

Learning	Quizzes
Tuesday 18 th February Money Merry Go Round	Wednesday 19 th February Springtime Fun
Making	Doing

Come along and create together!

Places are limited so please book early!

Maximum of 2 children per family - suitable for children in yR to y6
 These workshops will take place at

The Learning Place, 6 Derby Road, North End, PO2 8HH

To book your space call (023)92 621860 or

email: thelearningplace@portsmouthcc.gov.uk

Looking forward to seeing you there!

HAF Fun Pompey

HAF Fun Pompey

February 2025

Holiday Sessions!

FREE Holiday Sessions – Book Now!

FREE children's Holiday Sessions are now available to book for the February half-term. They're open to all children living in PO1-PO6, but aimed at lower income families with children who may not otherwise get the chance to enjoy them.



Places are limited and need to be booked:

- [Football and Pizza Party](#) (Mon 17 Feb, for 11-16s)
- [T-shirt design and tacos](#) (Tues 18 Feb, for 11-18s)
- [Portsea fun day](#) (Wed 19 Feb, for 6-13s)
- [Musical Theatre Workshop](#) (Wed 19 Feb, for 11-16s)
- [Skate, Scoot and Pizza Party](#) (2 sessions - Thurs and Fri, 20-21 Feb, for 11-16s)
- [Bonfire, hot chocolate and smores](#) (Friday 21 Feb, for 6-13s)
- [Laser Quest, Archery and Adventure](#) (Saturday 22 Feb, for 11-16s)

Please scan the QR Code below (or click on the link) to find out more about these sessions and how to book:



<https://www.pycportsmouth.co.uk/activities/>

Keeping our children safe online

Continuing our sharing of the informative posters from #WakeUpWednesday, National Online Safety. Please take the time to read through all the tips that will help to ensure that your children are safe online.



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.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the plings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.

#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report-the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/inequalityandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>

Have a relaxing weekend and we look forward to welcoming your children back into school for the last week before the half term holiday.

Matt Johnson
Headteacher