

St. Thomas' C.E. Primary School

Newsletter

07.06.24

A note on worship...

Trust



'My God is my strength in whom I trust'

Psalm 18:2

This half term, our worship theme is trust. We looked at what trust means.

TRUST IS....

- Taking someone at their word
- R**elying on someone to support you
- U**nbreakable promises
- S**howing that you can be trustworthy
- T**reasuring good friends



Stars of the Week



**Phoebe, Joey, Zac H., Chester, Rose T., Elsie Ta., Branden,
Reagan, Hunter and Penelope**

Well done to you all!

Events for the Week

Beginning

10.6.24

Monday

Guitar and Ukulele lessons

Sapphire class sponsored walk

After school Multigames for years 4, 5 and 6

Tuesday

Keyboard, strings and woodwind lessons

After school rounders for years 4, 5 and 6

Wednesday

Sports Day

Brass Lessons

After school multi-skills for years 1 and 2

After school cricket for years 5 & 6

Thursday

After school athletics for years 3, 4, 5 and 6

Friday

Sapphire class whole class brass lessons

Cricket Tournament at Milnrow Cricket club

From the office...

- There are many **unpaid music fees**, despite reminders. Please pay as soon as possible.
- **Consents** for the **Year 6** Safety Event are on **Wisepay**.

Sports Day



We are hoping to go ahead with sports day on Wednesday 12th June. Children in Amethyst, Ruby and Opal classes will hold their event from 9.15-10.45am. Children in Emerald and Sapphire class events will be from 11.00am.

The children will take part in a series of competitive events on the school field. Families are invited to watch – but please keep dogs at home!

Children should come to school dressed in their PE kit – if they have a T-shirt that is the same colour as their house team, they can wear that colour of t-shirt on that day. If they do not have the right colour t-shirt, they can wear their white t-shirt and we will give them a coloured bib to wear.

Keeping Children Safe Online

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



The Switch is a hybrid console released by popular video game company Nintendo in 2017. It's classed as a hybrid because it's designed to be played both at home on a television, like traditional consoles (think a PlayStation or an Xbox) or out and about like a portable console, such as a GameBoy. It uses two detachable and wireless 'Joy-Con' controllers on either side of the console's screen, which can be used by one or two players. The Switch can be played on the internet with the purchase of Nintendo Switch Online, in the living room together or on the go during long journeys, but bear in mind it needs to be charged just like anything else!



NINTENDO SWITCH ONLINE

Nintendo Switch Online is a paid service that allows the console to be played (you guessed it) online, by linking to other Switch consoles around the world. It can be purchased through the Nintendo eShop for a single account on the device, or with a family membership plan which covers 2 accounts. The purchase options come in three tiers; 1 month, 3 months and 12 months but be aware these auto-renew unless you specify otherwise.

ONLINE DANGERS

While online, your children will be able to play with and chat to people on compatible games, which will mostly be good-natured fun, but could potentially expose them to vulgar language, indecent images or worse. There are options to limit this though, which are detailed below. It's worth remembering that many games can be played offline, so while it's not essential to get Nintendo Switch Online, it is certainly something to consider.

NINTENDO eSHOP

The Nintendo eShop is where games can be purchased over the internet and downloaded directly onto the device. If you choose to enter your bank details (or PayPal account) onto the Switch, you can save them for easy access later on. Do note however that these can be viewed by anybody with access to the console, unless you specify otherwise. A child might accidentally purchase a game or item from the shop if these details are left improperly protected, which could leave you with a nasty surprise.

NINTENDO'S VIDEO GAME SELECTION

Nintendo as a company offers some of the most entertaining and safe video games on the market. Games featuring characters like Super Mario, Donkey Kong and Yoshi are always a safe bet for a child-friendly experience. It's always prudent to check each game before you buy it (especially if the game hasn't been made by Nintendo) but as a rule of thumb, anything official containing well-known names like these will be great for your children, giving you peace of mind while they enjoy them.

PORTABLE GAMING

Being able to take the Switch anywhere is a huge bonus when travelling. What's more is that almost every game can be enjoyed without the need to 'dock' the console with a television. Battery life on the Switch varies depending on what it's being used for but typically it will last around 3 or 4 hours before needing to be recharged. When the time comes, any USB-C charger will be able to do the job, but it's best and quickest to return it to the dock, which requires a normal plug socket.



Top Tips For Parents



PARENTAL CONTROLS

Nintendo released a free downloadable app that can be used in tandem with the Switch called Nintendo Switch Parental Controls. Once you've got the app on your mobile device, it's a simple process to pair your two devices, giving you a suite of options to help make sure your child is having fun in a safe and structured environment curated by you.

ONLINE RESTRICTIONS

Another major inclusion in the app is the ability to block your child from seeing anything to do with age restricted games. There's also an extremely helpful feature that restricts access to games that have free communication features between strangers on the internet. This includes things like private messages and unsolicited images. Should you be concerned that strangers might be using the games to talk to your child, a simple press of a button will disallow any access they might have.

PLAY WITH YOUR CHILD

One of the wonderful things about the Switch is that there are an abundance of great games you and your child can enjoy together, and even with the whole family. Nintendo has a long history of making and supporting fun, family friendly games like Mario Kart and Mario Party, both of which can be played with two or more players using the Joy-Con controllers.

NINTENDO ESHOP SETTINGS

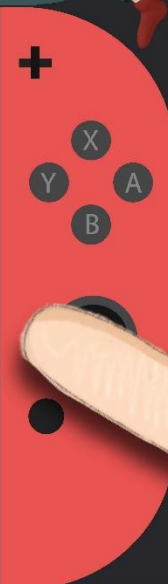
In the Nintendo eShop you can set up a password to help stop your child or somebody else from accessing any sensitive information, such as bank account details. The options here include entering a password to access the eShop to begin with, when any saved credit card information access is attempted, or when PayPal is accessed. Choosing which areas are password protected helps ensure you're deciding what level of access is given on the device. For example, if you're happy to have your child browse the shop for games they might want, you can allow access to the eShop but introduce the password before a purchase is made ensuring no mishaps occur.

LIMITING PLAY TIME

By linking the app with the Nintendo Switch, you can set time limits and reminders when you think enough time has been spent playing. It also lets you see if a game is still being played and gives you the option to automatically put the console into sleep mode if the message is ignored. This should only be used as a last resort though as it could cause some friction between you.

SET PLAY TIMES

Another handy feature is the ability to set different playtimes for days of the week, allowing you to tailor play time around you and your child's schedules. This is great for setting boundaries and encouraging gaming as part of a healthy routine. It will also help your child organise with their friends when they can all be online.



SEE PLAY HISTORY

The Nintendo Switch Parental Controls app can also send a report telling you how much time your child spends playing each game. This is a great way to spot their favourite or most played games and might be a nice way for you to find out more about a title before talking to your child about it. It could also help identify any possible issues around playtime before they arise.

Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGBible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



<https://www.nintendo.com/switch/system/>, <https://www.nintendo.co.uk/Support/Parents/Safety/Keeping-your-child-safe/How-does-Nintendo-keep-your-child-safe-888083.html>, <https://www.youtube.com/watch?v=PLdWHOW9zqI>, <https://www.nintendo.co.uk/Nintendo-Switch/Nintendo-Switch-Online/Nintendo-Switch-Online-1183143.html>

Emotional Intelligence

Emotional Intelligence helps people to perceive emotions in themselves and others, take control of stress and overwhelming emotions and build and maintain better relationships.

So how can you help your pupils to become more emotionally intelligent and manage exam stress, conflict and promote good mental health?

1. DEVELOP SELF-AWARENESS THROUGH THE CURRICULUM

Provide opportunities through the curriculum for pupils to widen their emotional vocabulary, and understand the emotions of characters through literacy texts and current news.



2. DEVELOP SELF-AWARENESS THROUGH PSHE

Explicitly teach pupils to connect emotional vocabulary with their own physiological experience. Teach pupils that feelings give us information that is helpful, and there are no good or bad feelings, just uncomfortable or comfortable ones.



6. APPLY TO CONFLICT SITUATIONS

At times of conflict, it is helpful to remind pupils that they can use these skills to understand, empathize and regulate their own emotions. They can also use problem solving skills to resolve conflict.



3. DEVELOP SELF-AWARENESS IN THE MOMENT

When pupils display a particular emotion, help them name it. When you can name it you can tame it.



5. HELP PUPILS TO PROBLEM SOLVE

Once pupils can understand and regulate their emotions, they can then make healthier choices and problem solve more effectively because they are not hijacked by strong emotions. Help pupils develop the skill of problem solving regularly.



4. MODEL HEALTHY SELF-REGULATION

Self-awareness leads to regulation. Provide pupils, through modelling and discussion, ways of managing and regulating overwhelming feelings i.e. calming down techniques, mindfulness, safe space or walk and talk.



The National College

This guide is part of The National College staffroom poster series

A collection of information posters for your school staffroom.



Meet the Expert: Anna Bateman

Anna Bateman, subject matter expert on mental health & wellbeing and school improvement adviser

The National College | Remote video CPD to empower school leaders & teachers

www.thenationalcollege.co.uk Email: support@thenationalcollege.co.uk Twitter: @TheNatCollege Facebook: @thenationalcollegeuk

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Music Festival

On Thursday we took a group of children to perform at the Rochdale Music Festival. The children played either a guitar or a ukulele.

All of the children performed well and the ukulele group won second place. Congratulations to all of the children who took part.

Martha, Sebastian, Chester, Scarlett F., Hector, Codie, Christian, Austin, Emelia, Teddy, Matilda, Toby, Paddy, Hope, Eden, Anna C., Esme B.W., Isla, Josephine, Megan, Noah, Brady M.W., Hugo H., Xiaotin, Freddie P., Stuart, Toby and Joseph.

Milnrow Carnival



We are taking part in the Milnrow and Newhey Carnival. Our theme is a Rainbow World of Carnival. Children need to dress up in rainbow colours. They can bring their scooters to ride on. These can also be decorated.

We will meet on Hough Lane from 12.00pm. Parents and siblings are very welcome to join in – the more, the merrier!

