

Dates for your diary

01.05 BANK HOLIDAY – school closed

03.05 Class and leaver's photos

05.05 Non uniform day for the Coronation – red, white and blue theme (optional - no charge)

08.05 King's Coronation - school closed

09.05 Y6 SATs week starts

12.05 Life Bus PSHCE

26.05 Inset day – school closed

PENDRAGON COMMUNITY
PRIMARY SCHOOL
NEWSLETTER

28.4.23



Thank you to Mr Peacock for visiting Year 2. The children loved finding out about how modern day firefighters work. The visit enriched the Year 2 unit on The Great Fire of London.



Year 1 have been learning all about PETS and have been lucky to have lots of special visitors into school, thank you!



Safeguarding spotlight

Safeguarding spotlight this week
Please read the Expressing themselves
guide from the National Online Safety
team.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about a child's safety with their children, about a day, but to avoid. The guide focuses on the most common issues we believe have caused a child to be in danger, but not to be in danger.

7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adapted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being in the moment and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

- 1 Celebrate their Identity**
Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love: underline that it's an important part of who they are.
- 2 Promote Their Passions**
It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app! Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.
- 3 Support Their Interests**
Some children seem to know instinctively what interests them and what they enjoy doing; others can be less sure. Help them explore their interests and doing something connected to it together. You could make a short video for them to post on their Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.
- 4 Help Them Help Others**
Some children love to express themselves through activities which help others. Perhaps your child loves a football game. Help them to be a community project that your family could get involved with – even as a one-off! It doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as a virtual 5k run) or encourage them to help a charity like JustGiving, for example, and how it can make a difference to less fortunate people.
- 5 Enable Emotional Expression**
Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. You could also have a picture of fun art materials (if you log in on a child's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).
- 6 Let Them Stay Connected**
The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (Facebook is 13). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.
- 7 Coach 'Safe Sharing'**
As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert
Anne Barton is passionate about placing prevention at the heart of every school. Integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

About Children's Mental Health Week
Around three in every primary school class has a mental health problem, many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shows a spotlight on the importance of young people's mental health – and it's never been more relevant than it does in 2021. Find out more at www.childrensmentalhealthweek.org.uk

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www.nationalonlinesafety.com @nationalonlinesafety

If you have any
safeguarding concerns
please speak to one of our
Designated safeguarding
leads or send us an email.

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3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

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Find out more at www.childrensmentalhealthweek.org.uk



Kids Safety Net "Speak Up" Poster Competition

Closing Date: 4pm Friday 23rd June 2023
Open to Schools for Year 5 to Year 8 pupils

As part of the NSPCC Cambridgeshire and Peterborough Kids Safety Net campaign, we invite schools to join in this poster competition.

“Speak Up, Starting Conversations about Keeping Safe Online” challenges young people from Year 5 through to Year 8 to consider what may sometimes be difficult conversations around online bullying and online friendships and how to keep safe online. The aim is for young people to get creative in presenting their ideas by designing an eye-catching poster and for schools to include this work as part of their PSHE, ICT, Art & Design and Online Safety planning.

It is the intention for the winning designs to be presented as a digital resource as well as printed for display in community spaces across the county; the schools will also be awarded with some e safety training organised in consultation with the NSPCC.

For more details and the resources to get involved, [click here for more information.](#)

King Charles III's Coronation

It's competition time!

To celebrate King Charles III's Coronation, you are invited to enter our exciting competitions!

Competition 1



Make a crown fit for a King!

Get creative and make a homemade crown using your choice of materials. All entries are to be brought to school on Friday 5th May and children will wear their spectacular headgear in a special Coronation assembly. Maybe you will dazzle us with jewels? Maybe your crown will include your favourite things? Let your imaginations run wild! Please ensure children's names and class name are on the inside of the crown to ensure they can be returned. Will you go for a traditional look? Or maybe something unusual?.

Competition 2



Design a Royally Yummy afternoon tea!

For all the food lovers out there, this competition is for you! We would like you to design the perfect Afternoon Tea menu that would impress royalty! Why not draw a picture of the fancy food you would include? Or make a collage? Or how about making it out of playdough and sending in a photo? You might like to write out your ideas like a menu. All entries to be brought to school no later than Thursday 4th May. Please include name and class name.

Please note- you do not have to actually make the food for your afternoon tea, you just have to share your ideas with us in a creative way. Please do not bring any food into school!

A 1st, 2nd and 3rd place winner will be selected from EYFS/Key stage 1 and also from Key Stage 2. All winners will be announced on Friday 5th May and all crowns/menus will be returned to children.

These competitions are part of Pendragon's exciting Coronation celebrations. We can't wait to see your entries!



Celebration lunch. Order as normal on the day.

Kings Coronation Family Fun Day are running a poster competition. Please design a poster linked to the kings Coronation and take it with you on the event. Prizes will be awarded at the event for each year group.



Walk to School week!

15-19 May 2023



Why not see take up the challenge and see how many journeys can be made on foot or scooter or bike! This will help to improve the situation outside school in the morning and the daily traffic jam! You could always park behind the shops and walk from there.

Remember if your child has a Bikeability certificate level 2, they can cycle to school independently. If not, they can cycle with you. We do ask that all children wear helmets.

Additional Needs Support Group

Daisy Children's Centre, Papworth Everard

Your free local parent support group, for parents/carers of children with or without a diagnosis of Special Educational Needs and Disability (SEND)

**We meet on Mondays fortnightly during term time
Drop in between 9.00 and 11.00am**

Does your child have difficulties in school/preschool?

Are you worried about your child's behaviour?

Come and chat with other parents/carers who know what it's like!

This is a very friendly and informal group run by local parents for parents/carers of children with SEND or behavioural difficulties. No diagnosis needed; our children have a range of issues e.g. behavioural problems, anger issues, physical disability, ADHD, dyslexia, sensory issues, communication problems, autism.

Come for a chat and a cup of tea/coffee with parents with similar experiences. Children under five welcome.

Dates for Summer Term 2023

24/04/23

15/05/23

Half term holidays

12/06/23

26/06/23

10/07/23

Parent contact:

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