



Weekly Newsletter

FRIDAY 12th MAY 2023



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Latest News

Dear Parents and Carers,

It's a shorter newsletter this week, without individual class pages. Teachers have had a really busy week, especially Friday preparing for the Euro-party at school so I thought they'd deserved a break; normal service will resume next week!

Instead, there's a bit of whole-school news and lots of photos from our Eurovision celebration today.

Firstly, a massive CONGRATULATIONS to all the children in Year 6, who have been doing their SATs (Standardised Attainment Tests) in Grammar, Spelling, Reading and Maths. They approached each day with determination and good-humour. We try to make the tests as relaxed as possible, but we're still at the mercy of the questions. You may have seen news reports about the Reading test this year <https://www.bbc.co.uk/news/education-65563170> saying that the test was especially difficult—dull, obscure and too long, all of which I'd agree with. It's a good job Year 6 had the afternoon in Forest School to chill out! Thanks to the team of staff for working hard to look after the children before, during and after the tests. They've got a fabulous party day to look forward to on Monday!

Next week is National Mental Health Week. Liverpool has already had its own version of this earlier in the year so we're just doing a few themed activities this year. Thanks to Mrs O'Hanlon for sharing activity ideas and organising extra Forest School sessions.

On Friday we were visited by Liuda, a Ukrainian friend who sang some beautiful traditional songs for the children.



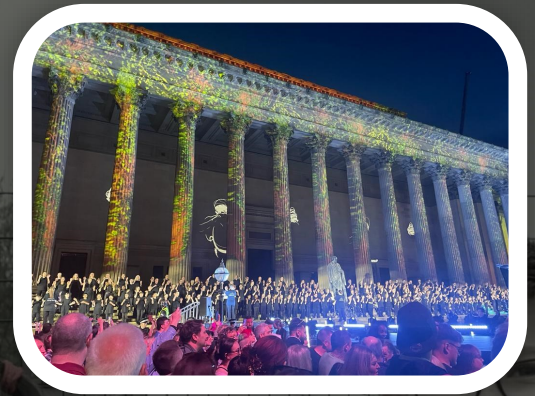
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In other news, Knotty Ash has had quite a media presence this week!

First, some staff and children could be spotted in the Eurovision Welcome concert shown on Monday evening, the Signing Choir performing

'All You Need is Love':

<https://www.bbc.co.uk/iplayer/episode/m001lt4k/morning-live-series-5-10052023>



Then, on Wednesday, we were featured on BBC1 Morning Live, which celebrated deaf and hearing children learning together and showcased Knotty Ash children learning to sign—it's definitely worth a watch (we can be found 19 minutes into the show):

<https://www.bbc.co.uk/iplayer/episode/m001ltcq/eurovision-song-contest-2023-eurovision-welcomes-the-world>

On Friday, we held our Eurovision Party. During the afternoon, each class performed a Eurovision favourite song/dance for the rest of the school. Then after school, we held the event that so many of you attended (thank you!)

We were joined for some of the afternoon by Mr Vadym Prystaiko, the Ukrainian Ambassador to the UK, and Ms Alisa Lialina, the First Secretary. Some of the children had practised a Ukrainian welcome, and others signed the Ukrainian national anthem. They were so impressed with all the children they saw.

On the following pages are pictures of the event



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Knotty Ash Eurovision Party



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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

WHAT ARE THE RISKS?

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.

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 pings'?

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.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.onis.gov.uk/people/populationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>





Attendance



Class	Attendance
Reception	98.4%
Year 1	93.8%
Year 2	98.9%
Year 3	94.1%
Year 4	95.5%
Year 5	90.9%
Year 6	100.0%

Whole school attendance this week 95.8%

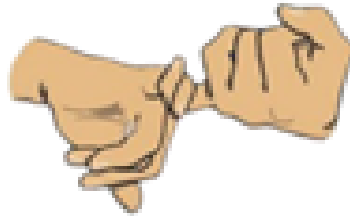
Class attendance winners Year 6 100%

Well done to all the children who were in school every day. Keep up the good work everyone!

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Group Family Sign



Come & learn sign language with us!

Every Monday for 4 weeks

**At Knotty Ash Primary School,
Thomas Lane, Knotty Ash, L14 5NX**

**Starting Monday
12th June 2023, 1.30–3pm**

For more information & to book your place please contact:

E: ICAN@deafnessresourcecentre.org

T: 01744 23887

Deafness Resource Centre, 32-40 Dentons Green Lane, St Helens, WA10 2QB



**COMMUNITY
FUND**



**Deafness
Resource Centre**

Registered Charity in England No. 1030888
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Term Dates and Events

Mon 15th May	Year 6 party day
Tues 16th May	DRB 'New Age Kurling'
Wed 17th May	Signing Choir at Mayoral event, St Helens
Thur 18th May	School Nurse Reception screening
Thur 18th May	After-SATs disco
22nd-26th May	Knotty Ash Deaf Awareness Week
Thurs 25th May	Inclusion Quality Mark review assessment
29th May—2nd June	HALF TERM
Mon 5th June	INSET Day—school closed for staff training
Wed 19th July	End of Term

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Family Activities & Support

The latest edition of the Liverpool Parenting Newsletter is here.

<https://sway.office.com/yaQ6W3itHm4L9gTU?ref=Link>

you will find new information about local support available for families and children in Liverpool, along with information regarding events and activities on offer running from March to May 2023.

We have also been sent information about Family Learning and Engagement Courses run by LCC Adult Learning Service. This can be found on our school website, link here:

<https://knotty-ash-primary-school.secure-primariesite.net/family-information-and-support/>

For families in receipt of benefits related free school meals, there are a variety of activities over the Easter break, all of which are free and include a meal:

<https://merseyplay.com/easter-haf-holiday-activities-food/>

Locally, St John's Church offer a range of community groups and activities for families:

<https://www.stjohnsknottyash.org/our-community>

There's also a range of groups and activities available at Yew Tree Children's Centre for parents whose children are 0-5 years.

<https://liverpool.gov.uk/children-and-families/early-years-and-childcare/childrens-centres/yew-tree-childrens-centre/>

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Help and Advice

For a range of local services - info@localsolutions.org.uk

Parenting

Solihull Free Online Parenting Courses are now available on a mobile app. Go to the website: <https://inourplace.co.uk/> and enter the access code PURPLEBIN to register for any of the FREE parenting programmes Or download the Free app and do a course on your mobile device at your own pace.

Early Communications—a language enrichment group (Wednesday mornings) for 2-3 year-olds at Stoneycroft Children's Centre. www.stoneycroftchildrenscentre.co.uk/

The Drive is a local community centre offering a range of activities for family members, old and young. They also run weekly food clubs and provide breakfast/lunch to families during school holidays. <https://www.the-drive.org/home>

Domestic Abuse

For support around domestic abuse - <https://worstkeptsecret.org.uk/>

If you are worried about anything affecting your own or your children's safety or wellbeing, please get in touch in confidence and we'll be able to signpost you to support.

For more advice and support, follow us on Twitter @Knotty_Families

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