



Ryton-on-Dunsmore Provost Williams

Church of England Academy

@RytonPWAcademy



## Newsletter 2nd February 2024

*"Let your light shine"*

It has been a very quick half term and I can't quite believe that we are already coming to the end of the penultimate week of Spring 1! It has been a busy week in school with phonic assessments being completed ready for the start of next term. We also welcomed the Trust Leadership Team into the academy to share with them the journey that we have been on as a school and what our next steps are. I am always so proud to show anyone around our academy as the children demonstrate our values and etiquette so beautifully.

Mrs Lampe Cullen

Head of School



The theme of this year's Children's Mental Health Week is "My Voice Matters"

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, this can have a positive impact on our wellbeing. Children and young people who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem.

In school next week, children will be using resources and activities created by "Children's Mental Health Week", allowing the children to engage in a variety of ways appropriate to their age and needs.



During Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

(Children's Mental Health Week website)

# My VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

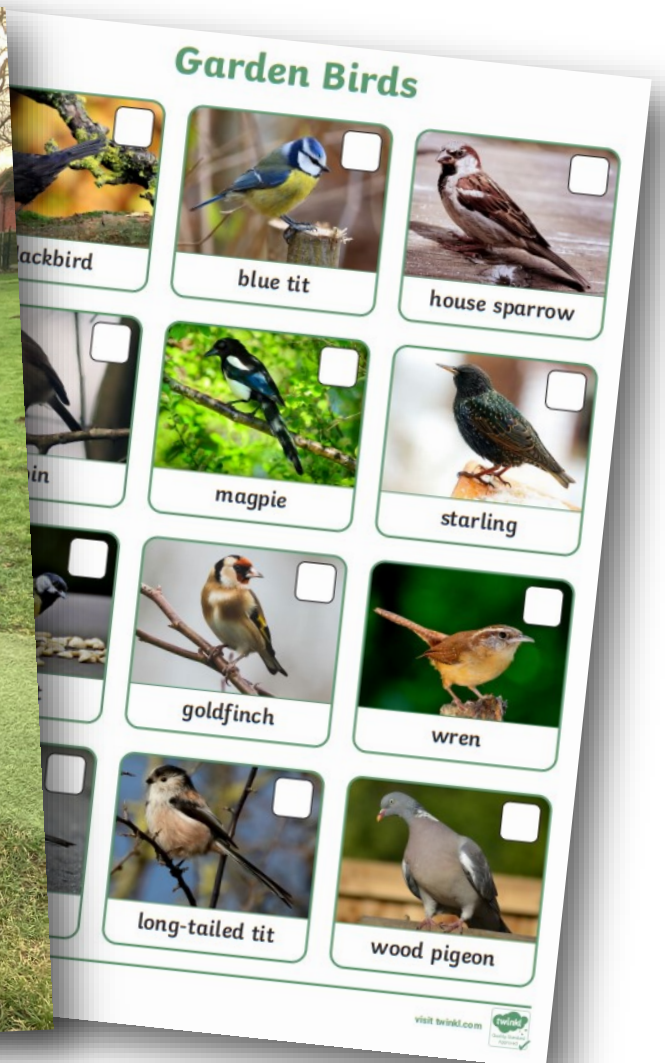
WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?



*"Year 1 are going to be bird watch ambassadors, with clipboards and tick lists of birds so that during playtime next week if children spot any birds they can go to a year 1 child and they will log it".*

Mrs Collins

Year 1 Teacher

Good luck Year 1, we look forward to seeing the results!

## WHEN?

Safer Internet Day takes place every February



On Tuesday 6th February at 2.45pm we invite parents to come into school for an information sharing meeting about keeping children safe on-line. All welcome.

A colorful poster for an Easter event. At the top, there are colorful bunting flags and a school crest with a cross and the text 'Let Your Light Shine Matthew 5:16'. The school name 'RYTON ON DUNSMORE ACADEMY' is written in blue. Below it, 'Easter' is written in a blue script font, followed by 'PARADE &amp; RAFFLE' in large, bold, pink letters. The event details are listed in blue text: 'Easter Bonnet/Crown/Headband Parade 2.45pm Friday 22nd March', '£1 per child to enter, Easter Egg prize.', 'Raffle £1 for 1 ticket: £2 for 3 tickets: £5 for 8 tickets', 'Raffle Tickets and Parade entry can be purchased on Parentpay.', and 'Raffle Prize is a fabulous Easter Hamper!'. The bottom of the poster features a cartoon illustration of three rabbits and several decorated Easter eggs in a grassy field with flowers and butterflies.



5th February	Mental Health Week
5th February	Year 2 Come and Learn 2.45pm to 3.15pm
6th February	E-Safety Day Safety Workshop for Parents 2.45pm to 3.15pm
9th February	Break up for half term
19th February	Teacher Training Day, school closed to children
20th-23rd Feb	Early Bird Week
21st February	Reception Vision Screening (pm)
7th March	World Book Day (A plan of the day will be sent soon)
8th March	Mother's Day event
11th March	Science Week starts
13th March	Reception and Year 6 Height and Weight checks Year 6 Health Questionnaire
18th March	Year 1 Come and Learn 2.45-3.15pm
19th and 20th March	Parent Consultation meetings 3.30-6pm
22nd March	Break up for Easter 2.45pm Easter Parade and raffle, parents welcome.
2nd May	Teacher training day, school closed to children
24th May	Crowning of the May King and Queen
3rd June	Teacher training day, school closed to children
10th July	Moving on day



# Ryton-on-Dunsmore Academy Stars



EYFS Star Learner this week is

*Daniel*



Year 1 Star Learner this week is

*Bella*

Year 2 Star Learner this week is

*Kyler*

Year 3 Star Learner this week is

*Alexander*

Year 4 Star Learner this week is

*Lottie*

*Value Awards*



Year 5 Star Learner this week is

*Orlaith*

The "Value Awards" are designed to recognise children who show our school values.

This week, Ivy-Grace and Sapphire in Year 1 was presented with a Value award for love.

Year 6 Star Learner this week is

*Ethan*



**LOVE**  
**HONESTY**  
**HOPE**  
**FAIRNESS**  
**RESPECT**  
**FORGIVENESS**



**THURSDAY  
7TH MARCH**

# WORLD BOOK DAY

## MENU

'The Browns' Pork Meatballs in  
Tomato Gravy served with  
Spaghetti (SB.SU.G)

Or

(v) Aunt Lucy's Vegetable  
Creamy Korma Curry with Rice (D)

Served with Vegetables of the  
day or salad

**PADDINGTON'S  
MENU**

**Paddington's  
Orange  
Drizzle Cake (G.E)**



Allergen Key  
V - Vegetarian  
G - Gluten  
D - Dairy  
E - egg  
SB - Soya  
SU - Sulphites



Recently there have been several incidents related to the misuse of WhatsApp groups.

We would like to remind parents and children that the minimum age for using WhatsApp is 16 or over.

WhatsApp is a chat application which can be used on a mobile phone or tablet. It lets you send messages, images and videos to friends. You can have one to one and group conversations. We urge all parents to keep an eye on their child's mobile phone or online activities involving social media. The children are constantly reminded that they must tell a parent/adult if they receive anything inappropriate from any application.

As a school we strongly advise you to remove the chat groups involving other children as this can cause issues in and outside of school.

Thank you

Mrs Lampe Cullen  
Head of School



### Ark Payments

This is a reminder that all Ark fees for February must be paid now.

Many thanks

*Save  
the  
Date*



### Crowning of the May King and Queen 2024

The reign of Queen Sophie and King Carter will come to an end in the summer term as we look forward to another Ryton on Dunsmore tradition, the Crowning of the May King and Queen.

The current Year 3 parents received a letter about the initial plans last week, the date we have for the ceremony is:-

**Friday 24th May**

Pop the date in your diary, more details to come.

# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

### Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety®  
#WakeUpWednesday

# PUPIL PREMIUM

## PARENT INFORMATION

### WHAT IS IT?

'Pupil premium' is **additional funding** for our school to ensure we can support all pupils to **achieve their best.**

It's not a personal budget for individual pupils, but we will aim to **prioritise the academic support** of eligible pupils with it.

### WHO'S ELIGIBLE?


Your child may be eligible if you receive: income support, jobseeker's allowance, employment and support allowance, asylum seeker support, universal credit, child tax credit, working tax credit, or state pension.

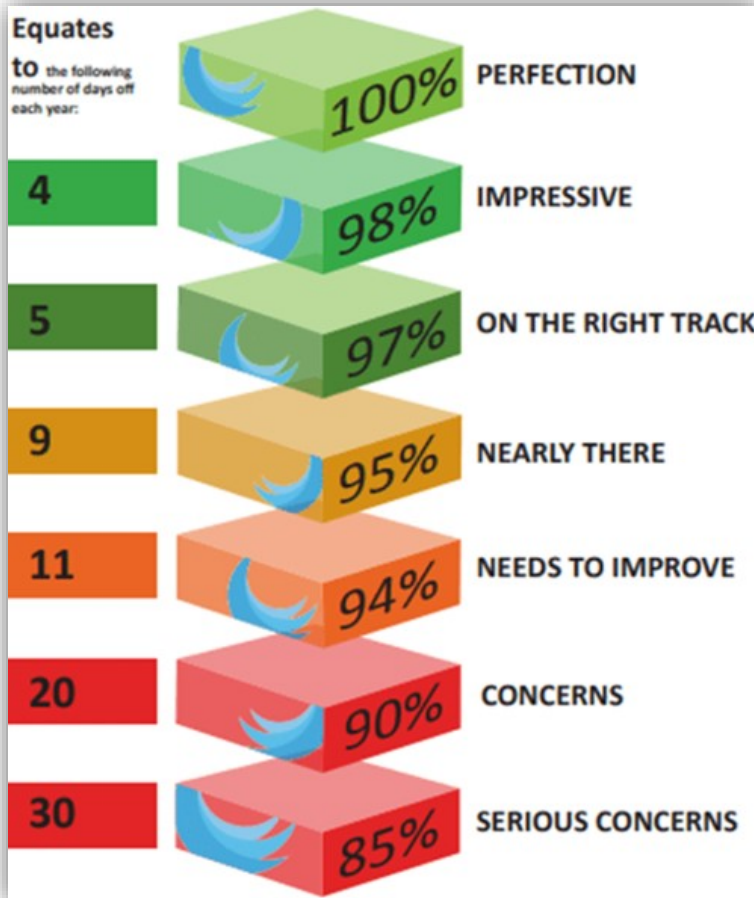
**Remember:** Our school can only receive pupil premium for your child if you claim it.

### HOW DO I APPLY?

Get in touch with your **local council as soon as possible** to see if you're eligible.

# Attendance Update

Attendance	
Nursery	93%
Reception	87.3%
Year 1	92.5%
Year 2	100% 
Year 3	87.7%
Year 4	88.9%
Year 5	87.8%
Year 6	93.3%



Year 2 had the best attendance with 100%.

We had 83 children who managed 100% attendance this week.

The whole school attendance this week was 91.1%

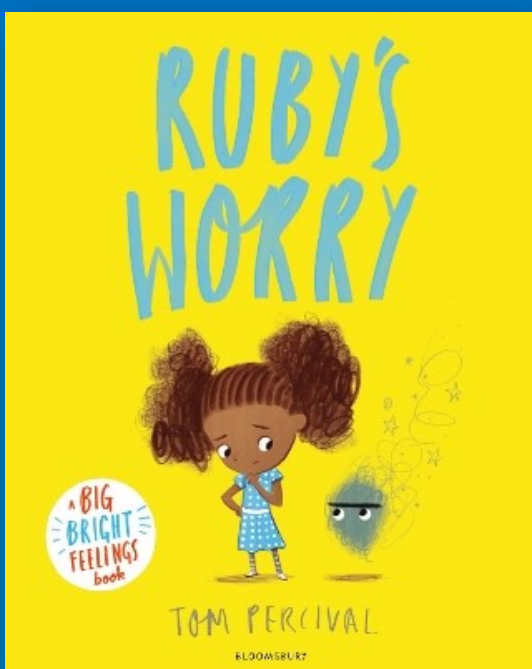


Be In SCHOOL  
Be On TIME

## Mrs Lampe Cullen's Recommended Reads



Ray-Chay is the new virtual reality game that everyone's playing, and the world loves its eccentric billionaire creator, Kody Crunch. Ant loves gaming and feels like the only person who can't get into Ray-Chay. But when something goes very wrong with the game, Ant is determined to help. Can Ant and his friends work out the real deadly game behind the game?



Be open, be honest, be you! Big Bright Feelings for little people. Ruby loves being Ruby. Until, one day, she finds a worry. While it doesn't seem like such a big worry at first, it soon starts to get bigger and bigger and BIGGER every day. The worry makes Ruby feel sad. How can she get rid of it and feel like herself again? This is the first board book from Tom Percival's Big Bright Feelings series and is perfect for discussing childhood worries and anxieties, no matter how big or small they may be.



## Heritage Leaning Warwickshire, Half Term Activities

### Half Term at Market Hall Museum, Warwick

We are leaping back to Tudor times at Market Hall Museum, dress up, make Tudor crafts, learn how to juggle and party like it's 1559!

### Arty Tots in the Museum – Dress like a Tudor King and Queen

Tuesday 13<sup>th</sup> February, 10am - 1pm

Let's go back in time to the days of old and dress like Tudor royalty. Create a design for your shield, a crown that will shine and jewellery that will sparkle. Suitable for under 5's. £3 per child. No need to book just drop in.

### Party like it's 1559!

Wednesday 14<sup>th</sup> February, 10am – 2.30pm

Find out how Tudor Lords and Ladies celebrated with huge feasts and the entertainment they had. Learn the rules of some Tudor games, make decorations for elaborate pies and try on replica Tudor clothes. Join us for a beginner's juggling workshop to see if you could entertain the Tudor Lords and Ladies.

£5 per child, includes a 30 minute juggling workshop, pre booking required at [www.warwickshire.gov.uk/heritageboxoffice](http://www.warwickshire.gov.uk/heritageboxoffice) £3 per child, to drop in (does not include juggling workshop) Juggle workshops at 10.20am, 11am, 11.40am, 12.45pm and 1.30pm

**Come and have a chat.**

**Join us at our**

**Coffee Morning**

**Every 4<sup>th</sup> Wednesday**

**In St Leonard's Church Centre**

**10 to 12 noon**

**24<sup>th</sup> Jan, 28<sup>th</sup> Feb, 27<sup>th</sup> March**

**24<sup>th</sup> April, 22<sup>nd</sup> May, 26<sup>th</sup> June**

