

Charing CE Primary School

Weekly Newsletter

Friday 2nd February 2024

Telephone: 01233 712277




Email: office@charing.kent.sch.uk

Website: www.charingschool.org.uk

Facebook: <https://www.facebook.com/CharingPrimary/>



Attendance

Rabbits	 Squirrels	Otters	 Woodpeckers	Badgers	 Owls
97%	87%	89%	94%	86%	90%
Whole School – 91%		Year to date – 92%		Target – 96%	

Dear Parents and Carers,

As I write this, year 5 and 6 are still away having an amazing time on their residential trip. They have played laser tag, team games, obstacle courses, 3G swings and so much more over their time away. The food has looked delicious too! The whole trip has been shared through photos on the school Facebook page, so if you have not seen their adventures, please take a look. A huge **thank you** to the staff who have made this possible; Mrs Golden, Miss Goodright, Miss MacMillan, Mr Norris and Mrs Siddiqui. We hope you all get a well-earned rest this weekend too!

I am pleased to also let you know that following the letter from Mr Bird last week about attendance, this has slightly improved. There is still work to do to achieve our whole school target by the end of the year, but each day your child is in school helps them to learn and grow. Please **keep encouraging your child to come to school everyday**, if they are unwell, we will call. We are talking to each class about their percentage each week and celebrating the class with the highest attendance.

Another reminder about healthy packed lunches. Please remember that we do not allow children to have chocolate bars in their lunch and we **do not allow chocolate spread in sandwiches** as these sometimes contain nuts, and we cannot guarantee that the sandwich is nut free. If you would like some inspiration to vary your child's lunch box, there are some tasty ideas on these websites: <https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/> or <https://www.bbcgoodfood.com/howto/guide/school-packed-lunch-inspiration>.

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Children in KS1 and EYFS are provided with a fruit or veg snack each day for breaktime and children in KS2 can bring in a fruit or veg snack. Please also ensure that these are **nut free**. Please also ensure that your child has a **named water bottle** in school each day. We can refill bottles if you wish to leave a bottle in school.



[School packed lunch ideas](#)

Bin the soggy sandwiches and get inspired with our healthy, speedy and scrumptious school packed lunch ideas.

www.bbcgoodfood.com



[Lunchbox ideas and recipes – Healthier Families](#)

Simple, tasty recipes and tips for hassle-free healthier packed lunches.

www.nhs.uk

We have one more week of school before the half term break - I'm looking forward to seeing what we can achieve in this last week.

Wishing you a safe and peaceful weekend,

Izzy Hammond



INTERNET SAFETY

This week's poster about is **PERSAUSIVE DESIGN ONLINE** at the end of the newsletter. Please continue to monitor your child's online behaviour and access. If you need help with a specific app we have not highlighted yet, please talk to Mrs Hammond.



ATTENDANCE



If your child is poorly and unable to come to school, please ensure that you inform the office via telephone or leave a message on our answer phone. Can we please request that all attendance related emails are sent to the following:

Ms. Nimrah Rehman
attendance@charing.kent.sch.uk

DROP OFF

Can we please remind parents that school gates shut at **8:55am**. If you arrive late, please drop off your child/ children at the school office.

For safeguarding reasons we do not allow parents/carers to drop off their children to their classes.



Wraparound Care: Both Breakfast and Afterschool club bookings are placed under this tab and payments need to be made when you book your session for your child. This is done to avoid any payments not made.

Parent Consent: Please select the options given to update your child's consent.

If payments have been made otherwise and in advance before booking the sessions, please call or email the office to book your child's space. **Please be reminded to clear out any outstanding balances from TERM 2 under individual accounts of your children.**

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REMINDER

MEDICATION SAFETY

We understand that at times children are unwell and need to stay at home to recover, however please remember that we can administer *prescribed medication*, so if your child is feeling better but needs medicine, this can be brought to the office and managed as necessary. The office would be able to assist is this.



HEALTHY LUNCHES



We promote healthy eating at Charing CE Primary School and would appreciate parents adhering to the healthy eating guidelines as below:

Sweets: Please do not pack sweets or chocolate bars.

Drinks: children under 5 receive free milk with their snacks and water is available for everyone whenever they want to drink. Please do not send in fizzy drinks with your child's packed lunch.

Nut Free: Please be reminded that we are a nut-free school. We have children in school who have potential life-threatening nut- allergies which can be triggered by direct or indirect contact with nuts in the environment. To keep our children safe, we request that parents please find a nut-free alternative. This also includes NUTELLA or any CHOCOLATE spread.
Thank you for your co-operation.

SCHOOL DINNERS

Dinner Money cost £2.43:

Please be reminded school meals are to be paid for in advance. Our caterers will not allow a debt to build and as of next term, any unpaid accounts will result in your child not receiving a meal and you will need to provide a packed lunch.



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COLLECTIVE CELEBRATION

Szymon

Maisie

Tommy

Jesse

Esme

Anna

Abas

Lilly-Rose

Olivia

Millie S.

Jenson

Lauren

Victoria

Zyanyah

Abubakar

Liam



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This Week in Worship

This term's theme in our Worship is the Good News that Jesus brings; we are looking at the start of his ministry on earth.

Our focus this week has been centred around the New Testament, Luke's Gospel, Chapter 19, verses 1 – 10.

We thought about what it's like to be out walking, driving or in a busy place when you lose your way, even if you are following a map? It can be quite frightening until we are back where we wanted to be. We then wondered what it must be like if we felt that we have lost our way on life's journey.

In the gospels, Jesus tells us that the Gospel (good news) includes a promise that when we make mistakes and we all do, it's what we do after that makes the biggest difference. We can get back on track and put it right if we choose to.

We read the story of Zacchaeus. He was a tax collector who cheated the people by taking too many taxes from them. One day Jesus was in his village and he was desperate to see him. As he was only a small man he found this hard; his only solution was to climb to the top of a tree so he could see him. We felt Zacchaeus wanted to see Jesus so he could get his forgiveness for the wrongs he had done. Jesus saw Zacchaeus up the tree and spoke directly to him, he told him to get down as he wanted to have a meal at his house with him. I wonder what the people in the crowd were thinking during all of this? Jesus wanted to eat with a known sinner who had treated them all very badly! Sometimes Jesus really surprised people. Jesus went to Zacchaeus' house and Zacchaeus was so moved by Jesus and his words that he repented (an important word meaning that he changed his mind and said sorry). He knew just being sorry was not enough. He needed to repair the damage. So, he told Jesus that he would give half of his possessions to the poor and, if he had cheated anybody, he

would pay them back four times the amount. He was not just making it right, he was making it better!

We thought about how we can say sorry for any wrongs we have done and how we could put them right. We talked about the word 'Sorry'; we agreed that saying the word was not enough, we had to truly mean it and show that we would try to do better so that we could be Forgiven.



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Dear Father God,

Please help us to be people who
forgive,

Please help us to be people who are
willing

to say sorry when needed.

Thank you for our friends

Help us to be good friends and care
for those around us.

Amen.



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Ready to read?

Only a few weeks left...

Take on the Winter Mini Challenge!

Join in and read three or more books before the 19 February to unlock special rewards!

Sign up

Winter Mini Challenge

**Ready,
Set,
Read!**

YOUTH SPORT TRUST | **INSPIRING ACTIVE READERS** | **THE READING AGENCY**

Illustrations by Loretta Schauer. Logo and background artwork by Lizzie Everard. All © The Reading Agency 2023.

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MEASLES

Don't let your child catch it

– get them vaccinated with the MMR vaccine

- measles outbreaks happen when not enough children have been vaccinated
- measles can be a very serious disease, leading to ear and chest infections, fits, diarrhoea, and damage to the brain. Measles can kill
- your child is at risk of measles if he or she hasn't had the MMR vaccination
- 2 doses of MMR vaccine are needed to get the best protection
- if your child is due to have had 2 doses of MMR but has not yet received them, no matter what age they are, you should contact your GP to get them vaccinated as soon as possible*
- if you can't remember if your child has had any, 1 or 2 doses of MMR vaccine, check his or her personal child health record (the Red Book). If this doesn't help, speak to your GP
- if you don't know how many doses your child has had, it's better to have 2 doses of MMR vaccine now rather than risk leaving them unprotected

*In response to a local outbreak then the 2 doses can be given one month apart from the age of 18 months.



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.

KEEP SCROLLING

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



National
Online
Safety

#WakeUpWednesday