



HARNHAM INFANT SCHOOL

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Newsletter 25

Friday 19th April 2024

Welcome back to term 5 and the start of the Summer term! It has been wonderful having the children back in school this week, getting excited about their new topics and being back with their friends. In EYFS, the children have been planting seeds as part of their 'In the garden' topic, as well as going on bug hunts outside. Year 1 are tiptoeing into the Rainforest, using all of their senses to find out about this important habitat. They even had some real-life visitors too from Zoolab in the form of an African giant snail, a tarantula, a millipede, a tree frog and even a corn snake! Meanwhile, year 2 have been history detectives and looking for clues about chronology in pictures, as well as learning about segregation as part of the start of their topic 'People who changed the world'. We are sure that everyone will 'enjoy, explore and learn' throughout their topics this term.



Menu for week beginning 22nd April:

Monday	Vegetarian Sausage Roll or Macaroni Cheese Dessert: Shortbread Biscuit
Tuesday	Chicken Katsu Curry or Cheese and Tomato Quesadilla Dessert: Fresh Fruit
Wednesday	Ham Carbonara with Penne Pasta or Pizza Dessert: Apple Sponge Cake
Thursday	Roast Chicken or Quorn and Leek Crown with Roast Potatoes and Veg Dessert: Marble Cake
Friday	Plant-based Burger or Fish Fingers and Chips with Vegetables Dessert: Chocolate Brownie

Celebration Assembly:

Congratulations to Ralph – Hedgehog, Elodie – Robin, Connie – Ladybird, Lola – Woodpecker, Lola – Squirrel, Rosie – Bee, Ruby – Dragonfly, Freya – Owl and Timothy – Badger. The Sports Award was won by Henry – Owls. We are so proud of you all!

We are looking forward to celebrating with more children next week. Invitations to Celebration Assembly are sent out on a Friday for the following week, plus a reminder the day before. Please check your inbox carefully.

September 2024:

Following national offer day this week, we are pleased to welcome the new children and families to Harnham Infant School. We have been allocated many siblings of current children as well as many new families, who we are delighted to welcome to our school family. We do have spaces remaining for children to join this cohort in September, so if you are, or know of a family who perhaps were not allocated the school they wanted, or you know of a family who are new to the area, please do let them know. We would be delighted to respond to any families by telephone or email and organise to show them around our lovely school ahead of the transition events this summer.

New Books:

School has recently invested thousands of pounds in new Collins Big Cat Reading Books for children to read at home, to match our chosen reading scheme. We hope you enjoy these at home with your child, please may we ask you to make sure they are well looked after as this has been a significant financial investment. Thank you.

Please may we also ask that you have a really good look at home for any of the school reading books and, if you find any, to return them to school to go back into the book boxes. Thank you for your support with this.

Plea for Gardening Club:

Mrs Turk is going to be running gardening club this term. If anyone has been busy dividing perennial plants and have any spare, she would be very grateful to receive them to brighten up the school grounds. We have plenty of seeds. Thank you in advance.

News from the HSA:

The HSA met this week to have their annual AGM meeting and also discuss future fundraising plans and ideas for the term/s ahead. Treat Fridays, Discos and Chocolate Bingo are all hugely successful and so well supported meaning that financial support is being made available to our school/s to benefit all of the children. The infant school are really enjoying the newly revamped pond area. We would like to thank all of the HSA parents who work so hard to make these things possible.

If any other parents or community members are interested in joining and supporting the HSA, they would be delighted to hear from you or please do come to the next meeting on Wednesday 5th June at the infant school.

HSA Chocolate Bingo:

Tickets to this event happening next Friday have sold out – we think in record time! We would like to thank families for supporting the non-uniform day this week in exchange for some chocolate for the prizes, what a generous community you are! We are looking forward to some family fun next week – see you there 😊

Missed Appointments:

Please may we ask that, if you arrange an appointment with the Parent Support Advisor, that you make every endeavour to keep the appointment and turn up. We have seen a huge increase in missed appointments which costs the school valuable time, money and resources. If you are unable to make an appointment, please give as much notice as possible so that this time can be redirected to another family. Thank you for your help and support with this.

Dates for your diaries:

Here are some important things coming up over the next few weeks:

Whole School	
26.4.24, 5.45pm	HSA Chocolate Bingo Event – Sold Out
15.5.24, 10am	Community Forest School Event – see poster for details
16.5.24	Whole class photographs
4.6.24	Sports Day
EYFS	
15.5.24	Local trip to Salisbury Cathedral
Year 1	
26.24.24, 3.30pm	Year 1 Phonics Screening Information for parents
20.5.24	Year 1 Allotment Visit
24.5.24, 2.30pm	Year 1 Stay and... Share a Rainforest Book
Year 2	
20.5.24 and 21.5.24	Year 2 Mini Medics Training
22.5.24, 2.00pm	Open Classroom to share learning from the term

Parent Support Advisor:

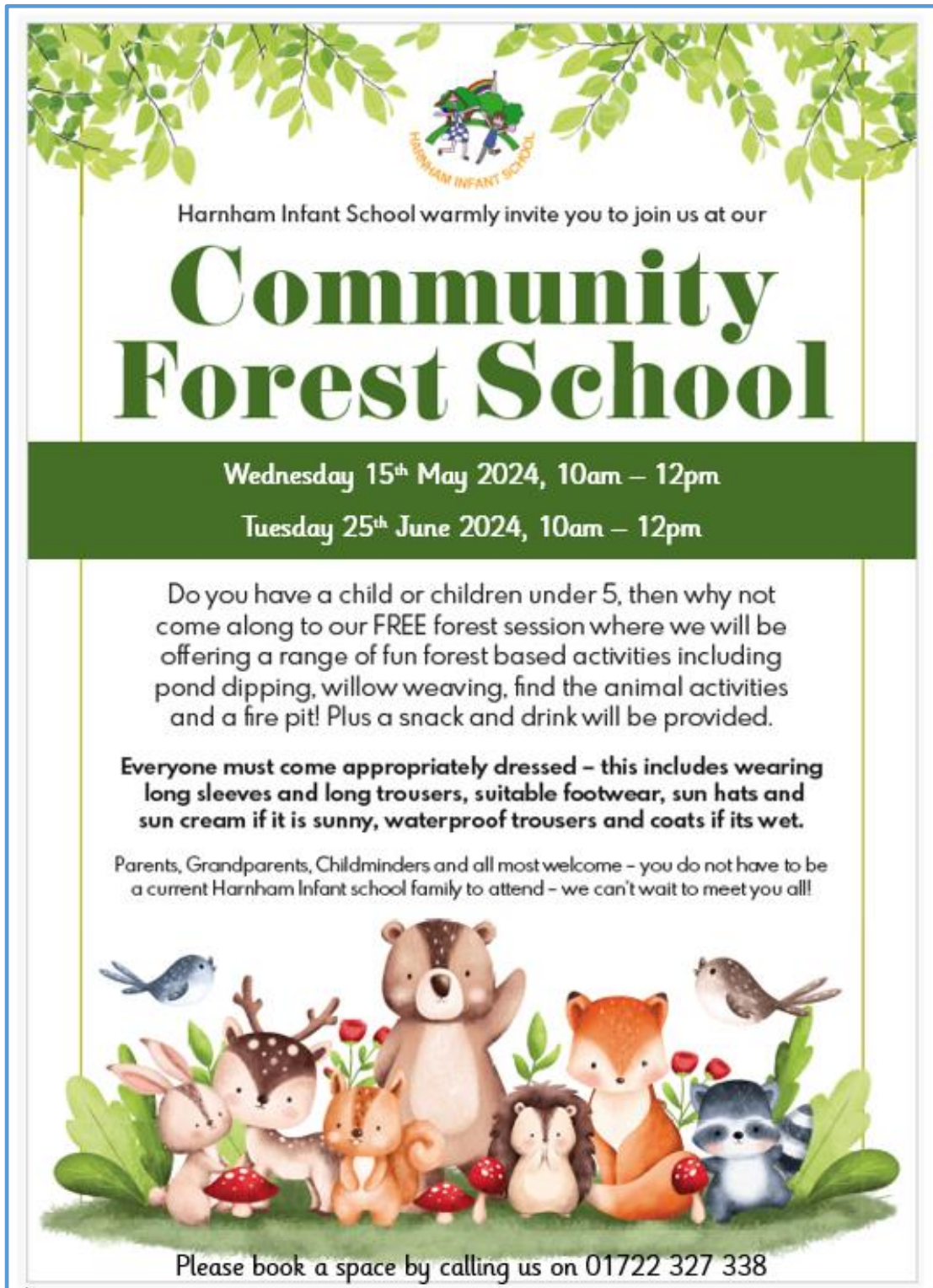
Chris Lister is the Parent Support Advisor for Harnham Infants, and many families benefit from her expertise, support and advice. She can help parents with all sorts of things including difficulties with behaviour, financial matters, family breakdown and bereavement. Chris is also happy for you to get in touch if you're worried or concerned about any school related matters.

You can contact her by email psa@harnham-inf.wilts.sch.uk or by telephone 07595217569



Community Forest School:

Have a look at this poster for an exciting new event coming up:



The poster features a green border with leafy branches at the top. At the top center is the Harnham Infant School logo, which shows two children playing under a rainbow. Below the logo, the text reads: "Harnham Infant School warmly invite you to join us at our". The main title "Community Forest School" is written in a large, bold, green serif font. Below the title, a dark green horizontal bar contains the dates: "Wednesday 15th May 2024, 10am – 12pm" and "Tuesday 25th June 2024, 10am – 12pm". The main body of text describes the activities: "Do you have a child or children under 5, then why not come along to our FREE forest session where we will be offering a range of fun forest based activities including pond dipping, willow weaving, find the animal activities and a fire pit! Plus a snack and drink will be provided." It also includes a dress code: "Everyone must come appropriately dressed – this includes wearing long sleeves and long trousers, suitable footwear, sun hats and sun cream if it is sunny, waterproof trousers and coats if its wet." and a welcome message: "Parents, Grandparents, Childminders and all most welcome – you do not have to be a current Harnham Infant school family to attend – we can't wait to meet you all!". At the bottom, there is a colorful illustration of various forest animals: a blue bird, a brown bear, a grey rabbit, a brown deer, a brown squirrel, a brown hedgehog, an orange fox, a blue raccoon, and a brown bird. They are surrounded by green leaves and red mushrooms. Below the illustration, the text says: "Please book a space by calling us on 01722 327 338".

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 apps which we believe trusted adults should be aware of. Please visit nationalonlinesafety.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

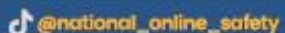


Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



<https://nationalonlinesafety.com/newsroom/2023/12/20/supporting-your-child-with-upsetting-content/> <https://www.youtube.com/watch?v=8ZGtYU4Zm0c> <https://www.facebook.com/nos> <https://www.instagram.com/nationalonlinesafety> https://www.tiktok.com/@national_online_safety



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