



Churchfields Infants' School

Weekly Newsletter

Growing Together: Every Day In Every Way

Value of the month
Trust

R.S.H.E Learning

In Reception, we have been learning all about how to stay safe in the sun. This has been especially useful in the hot weather this week! We have used the phrase 'wrap, splat and hat', talking about the importance of summer clothing, suncream and wearing a hat. We have also discussed the importance of drinking lots of water in order to stay hydrated.



Year 1 have started the half term by exploring the benefits of technology and the action that we can take if we see anything online that causes us concern. We have since been thinking about the value of striking a balance with screen time and considering how this can be done effectively.



In Year 2, we have been exploring the importance of wellbeing and the steps that we can take in order to look after ourselves, our minds and our bodies. This has led into us exploring the 'Eatwell Guide' and considering what a healthy diet can look like.

Attendance Bear

The Attendance for the week is as follows:

- 1st** Starfish 99%
- 2nd** Penguin & Octopus 98%
- 3rd** Turtle, Giraffe & Panda 97%

Well done everyone!



Philosophy Friday

Have a go at this question at home with a grown-up!

Would you rather be kissed by a lizard or cuddled by a skunk?

Why?

DIARY DATES:

Inset Day
4th July

Reports Out/Class Transition
9th July

Meet the Teacher
10th July- after school

Nursery Concert
10th July- 11am
11th July- 2:45pm

Reception Concert (pm)
15th July & 16th July

Year 1 Concert (am)
15th July & 16th July

Year 2 Leavers Concert
17th July & 21st July

Big Dance
18th July

Last Day of Term
22nd July

For other important dates, please visit the Calendar page on our school website.

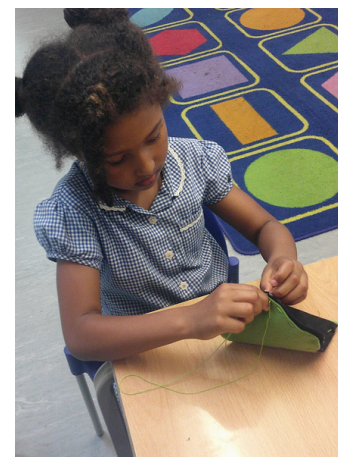
Nursery Visit to the Park

The nursery children enjoyed visiting Churchfields Park this week. Many thanks to all the parents and grandparents who came with us! Have a look on our website [here](#) for more exciting photos.



Year 2 Sewing

This term Year 2 have begun a sewing project in DT. They learnt how to thread a needle, to tie a knot in their thread so that it didn't slip off their needle, and have also used binka to practise sewing using a running stitch. As part of the project, the children designed their own fairytale-based characters, which they then used to create hand puppets by sewing two pieces of fabric together. Sewing is quite a tricky skill to master, so children have also impressed their teachers with their determination, perseverance and resilience! Well done, children! See more photos of their hard work [here](#).



Concert Dates

Nursery

AM/Full Time- Thursday 10th July- 11.00am
PM/Full Time- Friday 11th July- 2.45pm

Reception

Hedgehog/Ladybird- Tuesday 15th July 2.30pm
Butterfly/Squirrel- Wednesday 16th July 2.30pm

Year 1

Penguin/Turtle- Tuesday 15th July 9.15am
Octopus/Starfish- Wednesday 16th July 9.15am

Year 2

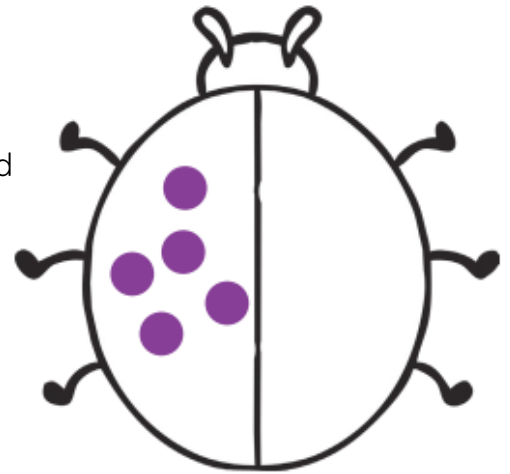
Giraffe/Koala- Thursday 17th July 2.15pm
Jaguar/Panda- Monday 21st July 2.15pm

Weekly Maths Challenge

Reception

This week, we have been consolidating our learning about odd and even numbers and double facts.

Can you have a go at creating some ladybird doubles like the example shown to the side?



Double 5 is _____

Years 1 and 2

Can you find the solutions to the challenge below?

Work out the value of each symbol.

$$\text{Heart} + \text{Triangle} = 20$$

$$2 \times \text{Heart} = 18$$

$$\text{Triangle} + \text{Sun} = \text{Triangle}$$



E-Safety Tip of the Week!

Upsetting Content

Please see attached a helpful poster designed to support children in dealing with any upsetting content which they may encounter, or have encountered, online.



NSPCC

Phone:
0208 505 0386



Website:
www.churchfieldsinfant.com

internet
matters.org

Be Internet Legends

E-mail:
admin@churchfieldsinfants.redbridge.sch.uk

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 is 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.





ST ANNE LINE CHURCH

7 Grove Crescent, London E18 2JR

SUMMER BBQ

(IN AID OF CHURCH AND PARISH HALL MAINTENANCE FUND)

SATURDAY 5th July 2025

From 12PM to 4 PM

Entrance £1 (under 5s free)



STALLS INCLUDES:

BBQ (vegetarian option available)

Pimm's stall

Bottle Tombola

Plant Stall

Ciaran's Game Stall

Summer Raffle (£1 a ticket)

Noodles

Reflexology

Cake Stall