

## Nursery Concert

We hope you enjoyed our first Nursery concert yesterday, or are looking forward to the second performance this afternoon! The children shared some of their favourite songs and dances and performed brilliantly. It was also a fantastic additional transition opportunity for our Nursery children, coming down into the Infant School hall and performing on the stage.

We are so proud of them all. We look forward to our Reception, Year 1 and Year Two concerts coming next week.



## Class Swap & Meet the Teacher

The children had a lovely time 'swapping classes' on Monday. They had the opportunity to meet with their new class for the first time, see their new classrooms, officially meet their new teachers and join in with a short activity. Following this, on Wednesday, we held a successful 'Meet the Teacher' session after school which gave families a wonderful opportunity to talk with their child's new classroom staff.

For parents of next year's **Penguin Class**, you will have the opportunity to meet with Mr Morgan on **Monday 15th July** between **3:40pm and 4:30pm**; if you pick your child up from a club, please ensure you speak to Mr Morgan first.

## Big Dance

Please note that our Big Dance is on Friday 19th July, not the 18th as previously mentioned. Please ensure the children come to school in their PE kit that day!



## Philosophy Friday

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

**Family are more important than friends. Do you agree or disagree with this statement?**

**Why?**

### DIARY DATES:

#### Reception Concert

16th & 17th July

#### Year 1 Concert

16th & 18th July

#### Year 2 Leavers Concert

18th & 22nd July

#### Big Dance

19th July

#### Last Day

23rd July

## Sending Work Home

Please send your child to school with a named bag (reusable carrier bag, tote bag etc.) on **Monday 22nd July** as we intend to send home the children's work on this day. The bag should be big enough to hold exercise books and various other worksheets/folders.



## Sports 4 Me!

Some of our Year 2 children had a wonderful opportunity to visit Nightingale Primary School for a specialist sports day called Sports 4 Me! They took part in a range of gross motor development activities, which they thoroughly enjoyed. We are sure you can see that in the pictures below. The children all received a golden medal to take home and they were incredibly proud to show this off to their teachers and friends when they got back to school. We also took the opportunity to travel back to school on a bus which the children thought was lots of fun!

Thank you to Nightingale Primary School for hosting such a fabulous event and to the staff who accompanied the children for the morning.



## Goodbyes and Hellos

It is that time of year when we say farewell and welcome new staff.

Firstly, we say goodbye to Miss Nicholson, Mrs Deeming and Mrs Moore who will all be retiring at the end of term. They have worked been a part of the CIS team for a number of years and we will miss them all greatly. We wish them all the best for a happy and healthy retirement.

Farewell also to Mrs Webb, who has worked as a class teacher with us since the Covid-19 pandemic. We wish luck to Miss O'Reilly who will begin her teacher training in September. Finally, we say thanks to Mrs Rowland who has covered Miss Foxley's maternity leave.

We would like to thank all for their hard work and dedication over the years. We will miss you and wish you all the best for the future.

We am delighted to announce that Mr Guerrero will join the teaching team from September and Mrs Wadaa who will also officially join the team as a Teaching Assistant.



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## Concert Dates

### Reception

Squirrel/Ladybird-  
Tuesday 16 July 2.15pm  
Butterfly/Hedgehog-  
Wednesday 17th July 2.15pm

### Year 1

Octopus/Turtle-  
Tuesday 16th July 9.15am  
Starfish/Penguin-  
Thursday 18th July 9.15am

### Year 2

Giraffe/Panda-  
Thursday 18th July 2.15pm  
Koala/Jaguar-  
Monday 22nd July 2.15pm

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## E-Safety Tip of the Week!



### A Guide for Parents and Carers

The attached guide contains some valuable pointers for supporting children to deal with upsetting content they've encountered online. The tips are designed to assist trusted adults in helping young people to process any negative emotions that they may be feeling.

**NSPCC**



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**Be Internet Legends.**



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# 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.



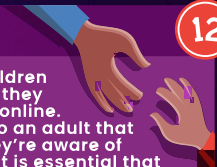
### 11 BUILD RESILIENCE

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.



National Online Safety®

#WakeUpWednesday

Sources: <https://www.bbc.com/news/round/6047806> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>

South Woodford's

# Summer festival

**Sunday 21st July**

**GEORGE LANE E18, 11AM TO 4PM**

**Family Friendly  
activities & market stalls**

**George Lane partially closed  
for pedestrians/safe play zone**

**Live music all day  
inc choir, Steel band  
& Dhol players!**

**Face painting & Crafts**

**Delicious food & drinks  
Pop up Pub**

**For more information  
or to get involved email  
[e18society@gmail.com](mailto:e18society@gmail.com)**

**All Welcome**

Supported by



PLEASE JOIN OUR OCCUPATIONAL THERAPY WEBINAR



# WHAT IS OCCUPATIONAL THERAPY?

## HOW CAN OT HELP AT SCHOOL?

DATE: 29<sup>TH</sup> AUGUST

TIME: 10AM OR 2PM

HOSTED BY: REDBRIDGE SCHOOL OCCUPATIONAL THERAPISTS

JOIN VIA LINK: 10 am: [Join the meeting now](#)

2pm: [Join the meeting now](#)

