Churchfields Infants' School

Weekly Newsletter

Growing Together: Every Day In Every Way

Summer Term, Issue 36
26th June 2026

Value of the month
Respect

Year 1 Discovery Dome

The science dome visited our school this week, giving Year 1 an exciting and memorable learning experience. As part of the science curriculum, the children need to observe and describe weather associated with different seasons. Inside the dome we explored the fascinating world of weather and seasons, discovering how different types of weather happen and observing changes we see throughout the year. All of the children were all very well behaved, listened carefully, and thoroughly enjoyed this fun and interactive science experience.

Keeping Safe in Nursery

We are very proud of how well our youngest children have managed the very hot weather and the changes in routine that have resulted from it this week. They have been very sensible about all wearing hats, staying in the shade and keeping hydrated. We still managed to have fun with lots of water play, building shady shelters and by moving some of our favourite toys to cooler areas.

Philosophy Friday

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

Would you rather be slithered on by a slug or kissed by a snake?

Why?

DIARY DATES:

Inset Day
3rd July

Reports Out/Class Transition
7th July

Meet the Teacher
9th July- after school

Nursery Concert
7th July- 2.45pm
8th July- 11am

Reception Concert (am)
9th July & 10th July

Y1 Concert (am)
14th July & 15th July

Y2 Leavers Concert (pm)
14th July & 15th July

Big Dance
13th July

Last Day of Term
17th July

Concert Dates

Nursery
PM/Full Time- Tuesday 7th July- 2.45pm
AM/Full Time- Wednesday 8th July- 11.00am

Reception
Hedgehog/Ladybird- Thursday 9th July 9.15am
Butterfly/Squirrel- Friday 10th July 9.15am

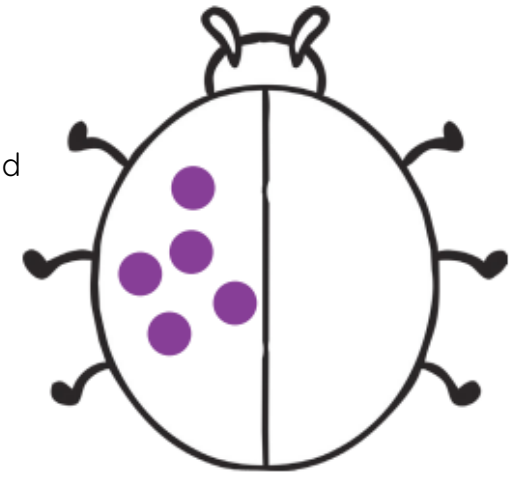
Year 1
Penguin/Starfish- Tuesday 14th July 9.15am
Octopus/Turtle- Wednesday 15th July 9.15am

Year 2
Giraffe/Jaguar- Tuesday 14th July 2.15pm
Koala/Panda- Wednesday 15th July 2.15pm

Weekly Maths Challenge

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

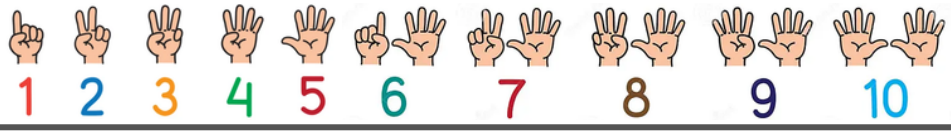
Can you have a go at creating some ladybird doubles like the example shown to the side?



Double 5 is _____

Years 1 and 2
Can you find the solutions to the challenge below?

Work out the value of each symbol.



E-Safety Tip of the Week!

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

NSPCC CEOP internet matters.org Be Internet Legends.

Phone: 0208 505 0386
Website: www.churchfieldsinfant.com
E-mail: admin@churchfieldsinfants.redbridge.sch.uk

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 nationalcollege.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 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.co.uk/newsround/60417806 | https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/ | https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war ...

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Churchfields Infants' School

Important Summer Dates

~~PTA Father's Day Sale~~ ✓	~~12th June (in school)~~
~~PTA Summer Fest~~ ✓	~~13th June 12-4pm~~
INSET Day	3rd July
Reports Out (YR, Y1, Y2)	7th July
Meet the Teacher (New Y1 & Y2)	9th July - 3:30-4:45pm

Concerts

Nursery

7th July - 2:45pm

8th July - 11:00am

Reception

9th July - 9:15am
Hedgehog & Ladybird

10th July - 9:15am
Butterfly & Squirrel

Year 1

14th July - 9:15am
Penguin & Starfish

15th July - 9:15am
Octopus & Turtle

Year 2

14th July - 2:15pm
Giraffe & Jaguar

15th July - 2:15pm
Koala & Panda

Big Dance (P.E. Kits for YR, Y1 & Y2)	13th July (in school)
Last Day of Term	17th July