



"Pupils' personal development, behaviour and welfare is OUTSTANDING" (Ofsted, 2019)

Stanley Crook Primary School Weekly Newsletter

Friday 31st March 2023

Vol: 4 Issue: 5

Headteacher's Notices

Easter Break

A BIG well done to all of the children in school for their efforts and achievements this term! As always, the children at school have equipped themselves with positivity and determination across their learning and have had lots of FUN also!

A BIG thank you to my incredible staff team, as they prepare to enjoy a well-deserved break with family and friends. I hope that they do not work too hard over the Easter break and take some time to rest, relax and recharge!

School reopens for teaching on Monday 17th April.

National Champion!!!

Many, many congratulations to Jack G in Team Morpurgo on his outstanding achievement of becoming double national champion at Jujitsu. Jack fought off tough competition to become the well deserved champion in his category! Jack is now looking forward to the European championships in June and I am sure that everyone will join with me in not only sending our warmest congratulations to Jack but to also wish him well in his future competitions. Be proud!

Girls Football Tournament

Congratulations to our Girls School Football Team on an excellent display this morning, as they competed with other schools in a tournament hosted at Bishop Barrington School. The girls played very well, working as a team and demonstrating good sporting values. Well done everyone!

Team Cowell—Learning Showcase Assembly

Well done to children in Team Cowell for delivering an outstanding assembly to parents/ carers yesterday. The children in Team Cowell have all worked exceptionally well on planning and preparing their assembly and I have been extremely impressed with their attitudes and quality of work.

Thank you to parents/ carers for attending the showcase assembly and sharing in the achievements of the children in Team Cowell.

Weekly School Values—INTEGRITY

In school this week, we have been focusing on the value, INTEGRITY.

This week, it was the turn of Mr Teasdale to host our Monday morning 'Values Assembly' in which he provided the children with opportunities to explore the value of integrity, why this value is so important and how we can demonstrate it in our day-to-day lives. In each Team, one child received a nomination from their teachers. This nomination was based on a child who has best demonstrated this week's value in class and around school during the week. The overall School Values Champion for 'Integrity' was chosen as Lucy W!

Adam Bushnell—Author Visit

Children across all Teams enjoyed a visit this week from author Adam Bushnell. Adam is a regular visitor to our school and once again thoroughly enjoyed working with the children across a range of topics linked to their current History units.

Adam was particularly impressed with the children's knowledge and understanding of their units and paid tribute again to their outstanding behaviours and attitudes.

Spring term—Termly Progress Reports

Termly Progress Reports have been sent home to parents/ carers this afternoon. These reports detail information on your child's current school performance, including attainment and progress in Reading, Writing and Maths; attendance; and attitudes to learning.

To provide parents/ carers with sufficient opportunity to review and digest the contents of their child's Termly Progress Report, Spring term Teacher/ Parent Consultation meetings have been scheduled for after the Easter break. These meetings will again provide parents/ carers with the option of face-to-face or telephone appointments. Dates for consultations will be as follows:

- Face-to-face: Wednesday 19th April (2:00pm—5:00pm)

- Telephone: Monday 24th April (2:00pm—5:00pm)

The online booking system for appointments will go live this afternoon.

Thank you for your continued support and have a lovely EASTER!

Mr D Christie—Headteacher



For the most up to date information about what is going on in our school including dates for your diaries, parental information and school performance information, please visit our website at:

<https://www.stanleycrook.durham.sch.uk>

Please scan your smartphone device over the QR code to be taken straight to our school website!



Headteacher's T.E.A.M. of the Week

Team of the Week this week is...Team Cowell!

WOW! Well done, Team Cowell!

You can all be extremely proud of your individual and collective efforts in school this week, particularly your excellent Learning Showcase Assembly.

I have been extremely impressed with your positive attitudes to learning and wider engagement within your planning and preparation for the assembly. More specifically, your efforts with the homework project on plastic pollution have been outstanding!

It is wonderful to see your enthusiastic approach to your learning and how eager you all are to share your learning, meet your targets and support one another in your Team.

Well done, TEAM Cowell!

Be proud!

Mr C



Weekly T.E.A.M.

Attendance Champions

Team Donaldson	91%
Team Dahl	98%
Team Cowell	93%
Team Walliams	85%
Team Morpurgo	92%



Congratulations to

TEAM COWELL

This week's attendance trophy winners!



Children's Achievements in School!

Each week, one child is chosen as 'Headteacher's Star of the Week', 'School Values Champion' and 'Attendance Champion'. Staff also choose a pupil from each Team to be recognised for something special they have achieved during the week! This week's chosen children are:



Congratulations to all of our pupils for their outstanding effort and hard work in our school!

Together Everyone Achieves More'

DIARY DATES - SUMMER

As we prepare to head into the Summer term, please see below some important dates for your diary:

King Charles III Coronation Celebrations—Friday 5th May (All Day) All children

Year 6 SATs WEEK—Tuesday 9th to Friday 12th May (Y6 children)

SPORTS DAY 2023—Friday 7th July (1:00pm start) All children

Year 6 SATs RESULTS—Tuesday 11th July (Y6 children)

EYFS (Reception) Graduation Ceremony—Thursday 13th July (9:30am start) Parents/ Carers of Reception children

END OF YEAR 'FUN DAY' - Friday 14th July (All Day) All children

Year 6 Leavers Assembly—Tuesday 18th July (9:30am start) Parents/ Carers of children in Year 6

End of Year Awards Assembly—Wednesday 19th July (9:30am start) Parents/ carers of nominated children



SCHOOL
MEMBER



Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>

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