



Dear Parents and Carers,

We hope this newsletter finds you well despite the very wet weather! It is a very busy time of year and we have a number of exciting events taking place over the next week.

Remembrance Day – Thank you to everyone for purchasing wristbands and poppies this week to raise money for the Royal British Legion. Remembrance Day is a time to reflect on the sacrifices made by military personnel, both in the past and present. The act of wearing a poppy can also help us instill important values such as respect, empathy, and remembrance.



Anti-Bullying Week: <https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying>

Anti-Bullying Week is approaching, and as a school, we are dedicated to promoting a safe and inclusive school environment. This year, the week will begin by celebrating "Odd Socks Day" on Monday 13th November. Children (and staff!) are encouraged to wear odd socks to embrace diversity and promote kindness

Positive Noticing Day: On Wednesday 15th November children and staff will be actively looking for and acknowledging acts of kindness, respect, and positive behaviour.

Parking Reminder – Seacourt Road: We kindly request that parents and guardians remain considerate of other motorists and local residents when collecting or dropping off their children along Seacourt Road. Inconsiderate parking can cause traffic congestion and block access to the road. Please use designated parking spaces to ensure the safety of our children and help us to maintain positive relations with the local community.



Thank you for your cooperation and understanding in these matters. We appreciate your support in fostering a positive and respectful school community.

If you have any questions or require further information about any of the events mentioned in this newsletter, please do not hesitate to contact our school office.

Best wishes,
Mrs Oldfield and the WBP Team



Pupils have been given the opportunity to apply for a digital leader role from Year 1 to Year 6. After completing their application forms, two pupils have been selected. Their responsibility as digital leaders will be:

- Trying out new apps and programs
- Demonstrating how to use technology and introduce new apps in computing lessons.
- Modelling the right behaviour when online
- An advocate for online safety lessons in the classroom and across the school

A big congratulations to our Digital Leaders for this academic year!

Year 1

In Year 1, we explored the book Digi Duck. We looked at Digi Duck and his friends and how to be responsible online and gave advice on how to stay safe online. Children were enthusiastic about the book and gave fantastic responses!



In computing we have been looking at photography. The children have asked lots of questions and have enjoyed becoming more proficient in taking photos. They are learning which picture requires different aspects, be it portrait or landscape.

We are looking forward to further modifying photos using our iPads.

Year 2



Year 3

During our computing lessons in Year 3, we have been looking at creating our own animations. We have been doing this by using the iMovie app to help us. Initially, we started creating our own animation by taking different photos of ourselves at different angles. After taking these photos, we combined them into a video to create our own animation. We also touched on e-Safety and how to be safe online.



Year 4

In Year 4 Computing the children dived into the world of audio editing as they recorded and re-recorded their voices, fine-tuning their skills to create captivating recordings. In a whirlwind of creativity, they mastered the art of removing those pesky long pauses and background sounds. Also in Year 4, the students are taking a proactive step towards online safety by creating eye-catching and informative online safety posters.





Year 5



In Year 5 classroom, students actively engaged in creating their own posters about online safety and learning about different cyberbullying scenarios.



OUR CORE VALUE FOR AUTUMN 2 IS INTEGRITY

Year 6

In year 6 children explored and navigated the layers of a website, from the visible surface to the intricate code hidden beneath. They explored the diverse range of media that can be integrated into websites, from captivating images and engaging videos to captivating sounds that enrich the user experience. They then annotated around a website to highlight its features.



Alongside their exploration of websites and their functionalities, Year 6 students delved into the crucial realm of e-safety, recognizing the importance of staying safe and secure while navigating the digital world. They learned about the various threats that can lurk within the online environment, from malware that can harm their devices to phishing attacks that aim to steal personal information



Year 5 had an incredible experience with a visit from Exotic Explorer team! Children were so excited to learn about different rainforest animals! 🌴🐾 EducationThroughNature



This Anti-Bullying Week, let's make a noise about bullying.

MAKE A NOISE ABOUT BULLYING

ANTI-BULLYING WEEK 2023
from Monday 13th to Friday 17th November

ODD SOCKS DAY 2023
Monday 13th November

#ANTIBULLYINGWEEK #OddSocksDay #MakeANoise

There is also a link to a video parents and children can watch: <https://www.youtube.com/watch?v=kfzr4e-shc8>



Don't forget that your child should be reading with you every day at home and sign in the diary when you have done so. It is helpful to write which page they have read up to and maybe even a short comment on how well they did with reading/answering questions. Adults will be checking reading records everyday.

EYFS and KS1 Parent Reading Morning
Every Thursday from 8:40-9:10am



All parents and carers welcome!

We are looking for Read with Me volunteers at Willow Bank! These volunteers will visit our EYFS, KS1 and KS2 classrooms and listen to our children read. If you are interested in volunteering with us for 30 minutes or an hour each week, then please pop into the office to express your interest and pick up our application pack.

Well done to:	Our target is over 96%
Magnolia - 95%	Yew - 90%
Hornbeam - 87%	Redwood - 92%
★ Laburnum - 97%	Almond - 91%
★ Hazel - 99%	Walnut - 94%
Larch - 92%	★ Sycamore - 98%



Well DONE

Next week:

Anti Bullying Week 13 - 17 November
Monday 13/11/23 - Odd Socks Day



Forthcoming dates:

Friday 17/11/23 - Sycamore assembly 9-9:20am
Friday 24/11/23 - Walnut assembly 9-9:20am
Tuesday 28/11/23 - Flu Immunisations

Parents Evenings:

Wednesday 29/11/23 - 3:45pm - 7:15pm
Thursday 30/11/23 - 3:45pm - 6:15pm
Wednesday 29/11/2023 - Bexley CAMHS Mental Health Support Team on site during Parents Evening.

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 the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to upsetting 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.

- FIND OUT WHAT YOUR CHILD KNOWS**
There are many ways that children are exposed to upsetting content in the news, both online and offline. Find out what they know and what they're interested in. Practice active listening and try to gauge how much your child has been impacted by what they've seen.
- RIGHT TIME, RIGHT PLACE**
Starting a conversation about upsetting content is best done when your child is calm. Studying for an exam or about to go to bed, checking the news, or when they're trying to get ready for school are not ideal times for these conversations. Make sure these conversations can become emotional, so choose something your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**
With younger children, try and keep the conversation more general and avoid reading headlines and complex details. For older children, designate news sites and try to find teaching design sites. Encourage your child to be more open about the realities and emotional impact of what they've seen, but again, do stay aware of their emotional state.
- EMPHASISE HOPE**
Highlighting positive news stories alongside bad news can help your child feel that there is still hope and strength related to the content you're discussing. Encourage your child to think about when they know they can do something to help, or encourage them to think about control through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**
All children react differently, of course, and young people might not always say that they're scared, angry, or worried, confused or uncomfortable. Encourage your child to be natural when discussing something topical, so take notice of their body language and feelings in non-judgmental ways and try to stay calm if you feel they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**
It's not only young people who find upsetting news stories to be a challenge. It's also adults with strong emotions in moments of stress. Children absorb and feel their parents' feelings, so around them, so staying on top of how you appear to be reacting to your emotions on the outside is important for supporting your child through tough times.
- SET LIMITS**
Managing screen-time and content can be difficult even in normal circumstances. At the start of the pandemic, for example, it's virtually impossible to keep your child away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of internet content and enforcing screen-time limits.
- 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 one about what they've seen, then to talk about how you feel about it. It's important to be healthy and to discuss what your child can talk to you about this type of issue in a calm way.
- ENCOURAGE QUESTIONS**
Online, including images, posts, videos and stories are shared across a multiple platforms, many of which your child might engage with. Even if the content is actually appropriate, encourage your child to discuss what they've seen instead of being angry or annoyed. Encourage your child to be more open about the realities and emotional impact of what they've seen, but again, do stay aware of their emotional state.
- FIND A BALANCE**
There's often a tremendous compulsion to stay up to date in the digital age. But news stories frequently send a push notification when you're not ready to read one or you're not ready to read it. It's essential to remind your child that it's important to take breaks and to focus on positive events in their lives. Encourage your child to take breaks and to focus on positive events in their lives. Encourage your child to take breaks and to focus on positive events in their lives.
- BUILD RESILIENCE**
News has never been more accessible. While our children might not always say that they're scared, angry, or worried, confused or uncomfortable. Encourage your child to be natural when discussing something topical, so take notice of their body language and feelings in non-judgmental ways and try to stay calm if you feel they might be feeling.
- IDENTIFY HELP**
It's hugely important that children know that they can talk to someone about their feelings. Encourage your child to talk to someone they trust, and make sure they're aware of what their trusted people 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
Cathy Jorgensen is the director of Focus4 South Africa, which is a leading mental health charity based in South Africa and committed to fighting bullying around the world. Cathy helps people to be resilient by encouraging them to speak up and get the help they need when they need it.

National Online Safety
#WakeUpWednesday

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Key Dates

Willow Bank Primary School

Tuesday 3rd October
Tuesday 7th November
Tuesday 5th December
Tuesday 9th January

10:00 - 10:30 am
Please confirm your attendance by calling or emailing the school office

0208 320 1900
wbpoffice@watschools.org.uk

We look forward to welcoming you on a tour of our school and meeting members of the Willow Bank team

Woodford Community School