

Weekly School News Roundup

**Withycombe Raleigh
C of E Primary School**



Date: 19th January 2024

Mrs Emma Jones, Headteacher
Withycombe Village Road
Exmouth, Devon, EX8 3BA

Please ring us on: (01395) 263397
email: admin@wrpschool.org
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News from your Headteacher

I hope your children have enjoyed their learning in school this week. I have had lots of children visit me to share their amazing learning. It has been wonderful to see the progress some of our children have made in reading and writing in such a short amount of time. I love to compare their work from the start of the year to now... the children love this too. As you are aware, reading is a key focus for us as a school this year and we are already seeing the positive impact of the Little Wandle Reading / Phonics scheme for those children using this. Parents often ask what more they can do to support their children's learning and reading is one of the main ways in which parents can make a massive difference to children's progress. Hearing children read regularly as well as reading stories to your children encourages their love of literature, develops their language and vocabulary as well as opening up a whole new world of opportunities. If you are able to read and share books (including the Little Wandle / Collins ebooks) with your children regularly, it does make such a difference.



If your child enjoys reading and books and you want to give them another exciting challenge, why not apply for a Blue Peter Reading Badge? I don't know about you, but I always wanted a Blue Peter Badge when I was a child!

Further details can be found here (we'll pop a link on the Home Connect page of the website too):

<https://www.bbc.co.uk/cbbc/findoutmore/blue-peter-apply-for-a-book-badge>

School Lunches

We're so fortunate to have a dedicated catering team who prepare wonderful meals for the children each day (I enjoy our school meals regularly too). All our lunches are prepared freshly each day using quality ingredients from local suppliers. Our menus fully comply with the Government's Food Standards, with the appropriate frequency and range of healthy foods included on the menu. To find out more about our school lunches, please take a look at our 'myth busters' on the school website: <https://www.wrpschool.org/parents>.

Please remember to make your child's meal choices via Parentpay. You can make the choices for the whole half term. If you're having difficulties managing the Parentpay system, please contact our school office who will be happy to support you.

If your child is entitled to Universal Infant School Meals you will be aware that we encourage all of our children to eat school-based lunches with their peers. This has proved a popular way of children trying new foods and having a sociable lunchtime with their peers.

Continued...



Growing

Happy

Caring

Hearts

and

Minds



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However, from time to time, children are either:

- not ready for a school-based meal
- have particular challenges around certain foods
- have a medical need or a very specific dietary need.

To support this, we have set up a number of Meal Time Champions who will spend time encouraging and supporting children who struggle with a school-based option. If your child struggles with school meals, even if it's simply that there is nothing they like on the menu on one specific day, please speak to your child's class teacher in the first instance so we can make a plan to support your child and ensure they get enough to eat at lunchtime.

Water Bottles

Our school policy with regard to keeping children hydrated in school has for many years been that children should only have water in their drinks bottle (unless we have had recommendations from a health professional that states otherwise). Children may have a yoghurt drink or carton of juice with their packed lunch but the bottle in class should contain water. We follow recommendations by the Public Health Team regarding both food and drinks in school. We have been made aware that some children are bringing in 'sports' drinks or similar which are not recommended for consumption by children. We ask that parents prevent children bringing in any drinks that may be deemed as 'fashionable' or which are designed to be consumed pre, or post-exercise.

Parents Evenings

Our Parents' Evenings will take place during the week commencing 5th February. These meetings will be 'in person' within your child's classroom, and no longer virtual! Next week you should receive an email from our school office containing a link for parents to book an appointment. When you book, please add your child's name to the booking as this helps staff to identify which parents have made an appointment.

Collective Worship



Our Collective Worship theme this week has been 'Respect' – the second of our school's GRACE values.

The Bible story we use to help children remember what respect means is the story of Daniel in the Lions' Den. This week children have discussed how they can show respect to others and that they should show respect to everyone. We discussed ways in which actions sometimes speak louder than words when it comes to showing respect.

Your child may have come home with a Respect sticker relating to this topic!

Have a lovely weekend
Mrs. E Jones

Contact us:

There are several ways you can contact us. You can email your child's class teacher using the class email account, which you can find on the school website under your Year Group (linked via the Home Connect page). Please be aware that teachers don't have the opportunity to check these emails during the school day, so if you have an urgent message please telephone the school office on 01395 263397. Our main office email account is: admin@wrpschool.org

- Website: www.wrpschool.org
 - Facebook: [OfficialWRPSchool](https://www.facebook.com/OfficialWRPSchool)
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Safeguarding: Netflix

I have been made aware of some recent concerns surrounding children sharing what they're viewing when it comes to content, including series or films on Netflix. In some cases this has caused distress to children, and in others it has become evident that they have been exposed to language and concepts that are far from being age-appropriate.

I have shared a parents' guide poster by 'National Online Safety' about how to keep children as safe as possible in respect to their viewing habits. It's also available to view/download on the Online Safety page of our school website.

I hope you find it useful. I recently spoke to a member of staff who is a parent about setting up a child's profile on the system which restricts content. We agreed that this feature is particularly useful as it reduces the need to debate about what they should, or should not be able to watch.

What Parents & Carers Need to Know about NETFLIX

Netflix is a subscription-based streaming service that allows users to watch TV shows and movies on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. The pandemic saw a surge in children consuming on-demand content as many families relaxed their screen-time rules. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience.

INAPPROPRIATE CONTENT
Netflix produces and curates an extensive catalogue of content that can provide hours of entertainment. If they share the same user account as an adult, this can potentially lead to children accidentally viewing all manner of inappropriate content, including nudity, profanity and extreme violence. This can happen easily on shared accounts, as Netflix cannot establish who's watching.

BINGE-WATCHING
Netflix allows users to view shows and movies quickly and easily without adverts or interruptions, making excessive screen time a concern. Binge-watching has become more common during the pandemic, due to Netflix's regularly updated content and algorithms which recommend content very similar to what's previously been enjoyed. Marathon viewing sessions can lead to children staying up late, affecting their mood and concentration the next day.

SCREEN ADDICTION
From TVs and phones to consoles and tablets, Netflix is available on almost any device with an internet connection – making it extremely difficult to manage a child's screen time. The service is now adding games to its mobile app, tempting users to spend more time on the platform. Screen addiction can distract children from important activities like schoolwork and socialising, and can impact their health by reducing their exercise and sleep.

HACKING ATTEMPTS
With millions of users worldwide, Netflix is often targeted by hackers who try to steal usernames and passwords to gain access to people's accounts. If successful, they can then steal payment details or try to sell stolen personal data on the dark web, providing other criminals with a profitable opportunity. Netflix also doesn't provide two-factor authentication, making the hackers' task that little bit easier.

CONTACT FROM STRANGERS
Netflix's Teleparty feature became popular during lockdown periods as it allows users from different households (friends and family, for example) to synchronise when they watch content. It requires an access link to be sent to the people you wish to invite; the link, however, can also be distributed to people you don't know. Text chat feature enables interaction with the other users in real-time, which represents a risk to children if a stranger gains access to the Teleparty.

Advice for Parents & Carers

KEEP ACCOUNTS SECURE
Netflix doesn't use two-factor authentication, so a strong password is vital. Your child's Netflix password should be unique (not one they've used elsewhere) and a minimum of eight characters with a mix of letters, numbers and symbols. Emphasise not to share their login details with anyone and remind them to always log out after using the app – so their accounts remain inaccessible, even if their device is lost or stolen.

SET UP PROFILE PINS
Netflix account holders can lock profiles using a four-digit PIN, being the only way your child from accessing the wrong account and viewing content that isn't appropriate for their age. Try setting a PIN for each account on your Netflix app – ideally avoiding numbers that would be easily guessed, such as the date of birth. Remember not to share these Pins with anyone, including family.

CHECK MATURITY RATING
Netflix warns about content that includes violence, sex, profanity and nudity. These warnings form part of the show or movie's 'maturity rating'. Users can restrict age ratings to avoid children viewing age-inappropriate content. On their profiles, open the Profile and Parental Control settings and choose the maturity level for the shows and movies you want to allow.

CREATE A KIDS' PROFILE
Setting up a Netflix Kids experience profile means your child can only access content which is suitable for children aged up to 12 years. All other content is automatically blocked. This rating can be further restricted via the child's profile settings. Setting up a Netflix Kids experience profile will help to prevent your child from viewing age-inappropriate content.

SWITCH OFF AUTO-PLAY
When a show or movie concludes, Netflix's algorithms select content with similar themes that it thinks your child will enjoy next. This new content starts automatically after a 10-second countdown. Disabling this auto-play feature reduces the possibility of your child being shown something inappropriate and provides a natural break to help prevent them becoming too immersed in Netflix.

CHECK VIEWING HABITS
Netflix has tools which enable parents and carers to monitor what their child has been watching. Selecting 'Viewing Activity' in each profile's account settings displays a list of what content has been viewed (and when). This can reassure parents that their child is watching age-appropriate content and can open avenues for discussing your child's favourite shows and movies, and why they like them.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

More about Netflix:

Netflix is a subscription-based streaming service that allows users to watch TV shows and films on any internet-enabled device that supports the software, such as smart TVs, phones and tablets. Netflix's diverse range of programming caters for all age groups – so it's important for parents to recognise the potential risks of children using the service and the measures to help their child enjoy a safe streaming experience. In this guide you will find tips on a number of potential risks such as screen addiction, inappropriate content, and hacking attempts.

How to create a profile for children:

You can create individual profiles with customised maturity ratings. Profiles can be added on devices made after 2013.

Go to your **Manage Profiles** page.

1. Choose **Add Profile**.
2. Name the profile: To use the Netflix Kids experience, select *For Kids*, *Kids Profile*, or *Kid*, depending on your device.
3. Select **Continue**. The new profile will show on the list of profiles on your account.
4. If you can't create a profile from your device, or when using a mobile browser, visit netflix.com on a computer and follow the steps above.

Complete your security by adding a PIN to your other (grown-up) accounts, and keep that secret, so your younger family members can't accidentally watch something which is not age-appropriate.

Please get in touch if you have any concerns of this nature or with the wider safeguarding of children.

Mr Smith

Designated Safeguarding Lead

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Sports and other achievements

If you have any news you'd like to share in our weekly newsletter, please email a photo and brief explanation to admin@wrpschool.org. We'll include as many as we can!

Congratulations to Rowan in Sycamore class who last Tuesday was awarded "Player of the Week" for great defending and tackling at after school football with L&F Multisports!

Rowan joined Withycombe Primary only 10 weeks ago, moving 3 hours away from his old school Waddesdon Village Primary in Buckinghamshire. Rowan is absolutely loving being part of Withycombe Primary and would like to thank all the staff, children and especially Sycamore class for making him feel so welcome!

What a great 8th birthday week!



Withycombe Girls Football Team secure a place in Devon's U11 Finals!

Below left: On a very chilly Tuesday, some of our Year 5 and 6 girls took part in a very competitive football tournament. They played **fantastic** football and showed superb sportsmanship towards the other teams they faced. They won 3 games out of 4 games, and for the second year in a row have secured a place in the Devon's U11's finals. **Incredible!** Well done Eliza, Flora, Hannah, Lola, Amelia, Tilly, Pearl and Poppy!



Olive in Year 1 Rabbit class got her Stage 2 swimming award!



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Willow Class have been enjoying tennis lessons with Miss Louis.



SHOUT
ECC'S PRIMARY TRANSITION CHOIR YEARS 5-8
WITH MRS K LEES
DO YOU LIKE TO HAVE FUN?
DO YOU LOVE TO SING?
WOULD YOU LIKE TO GET TO KNOW ECC?
TUESDAYS 3.30-4.30 PM
ECC MUSIC DEPT ROOM 254

SHOE BOX APPEAL
Bring joy this Christmas
77 boxes!
shooboxappeal.org
Thank you for filling shoe boxes
Withycombe Raleigh Primary Church of England
England
Transforming lives through Christian care

Display Board of the Week : Look at this fabulous artwork from the Foundation children!



The problem of Lost Property!

We would be grateful if you would name every – single – thing your child brings and wears to school, including their clothes, coats, hats, gloves, shoes, water bottles, lunch & snack boxes - and even musical instruments!

We've had a sort through the HUGE pile of lost property and we've returned all **named** items to their owner.

If items are not named this becomes very difficult! Sharpies are good if you don't have iron-on labels, and even a biro can last a while and is better than nothing!

We've moved the Lost Property box from the bike shed in the main playground and there will now be a lost property box in every year-group building, and in the school hall to help to manage this.

We do try to help reunite people with their belongings, but we can only do that for you if you add a **LABEL!**

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Wellbeing : Are you in need of help and support?

If you are in any doubt where to turn, please speak with us so we can help you to find the right support for your issues.

We are very fortunate to have a dedicated Wellbeing TA at Withycombe Raleigh Primary. We also have a web page with a wealth of resources for you to access at home. We have collated the contact details for many of the fantastic local and national organisations and charities who can provide you and your family with targeted support.

Please visit the Wellbeing Page to view the full list, along with a brief description of what the organisations can offer, and how to contact them - usually with a web link to take you right to them.

Local Organisations:				
Logo:	Organisation:	What do they offer:	Web link:	Tel No:
	Citizens Advice East Devon	A charity, part of the national Citizens Advice network, providing free, confidential & impartial advice.	https://citizensadviceeastdevon.org	01395 265070
	Exmouth Food Bank	To help individuals and families in crisis by providing free emergency food help.	https://www.exmouthfoodbank.org.uk	
	Pete's Dragons	Help people living through the suicide of a loved one. Headquarters in Exmouth.		
	Balloons Charity	Supports bereaved children & young people (aged 5-25) when someone significant in their lives dies. Work alongside families in Devon.		
	Edp - Exeter Drug & Alcohol Services	Supports individuals in Devon with substance misuse, mental ill health, and other harmful, addictive and offending behaviours.		
	Heads Up	A free service that works with children & young people promote understanding & awareness around mental health.		
	Esteem Team	Supports children, young people and families with bespoke support packages to meet individual needs. Email: esteemteamcic@gmail.com		
	Open Door	A Christian charity offering 'Haven' support group Children & Young People, and Parent support group for child behaviour, counselling, benefits. Church Street, Exmouth, EX8 1PE		
	Health Visitor & School Nursing	Deliver universal child & family health services & additional services for vulnerable children & families to safeguard children. Email: eastemphnhub@devon.gov.uk		
	Action for Children	East Devon Children's Centre provides targeted services to families with children (8 years & under). Moorfield Road, Exmouth, EX8 3QD		
	Talk Works	A free Devon NHS talking therapy service for young people. Self-referral.		
	Young Devon	Offers support on wellbeing, skills, & accommodation. Promotes the young person's voice & choice.		

National Organisations:				
Logo:	Organisation:	What do they offer?	Web link:	Phone No:
	Childline	To help anyone under 19 in the UK with any issue they're going through. Free and confidential. Trained counselors.	https://www.childline.org	0800 1111
	Kooth	Offers free, online, anonymous, emotional & mental health support & advice for children & young people aged 11-24.	https://www.kooth.com/	
	YoungMinds	YoungMinds are a mental health charity for children, young people (up to 25) and their parents.	https://www.youngminds.org.uk/	
	CAMHS (Child and adolescent mental health services)	Assessment & treatment of young people (up to 18) with emotional, behavioural or mental health difficulties.	https://childrenandfamilyhealthdevon.nhs.uk/camhs/	Text 1M to 85256 for free, 24/7 support.
	NHS Every mind matters	Advice and tips on how to look after your mental health and wellbeing.	https://www.nhs.uk/every-mind-matters/	0330 0245 321
	PAPYRUS	A UK charity dedicated to the prevention of suicide and the promotion of positive mental health & emotional wellbeing in young people. For under 35s. Email: pat@papyrus-uk.org	https://www.papyrus-uk.org/	0800 068 41 41 Text 07780 209697
	Stem4	Supports positive mental health in teenagers. Mental health information, apps and education.	https://www.stem4.org.uk/	07857 388295
	Shout	A free 24/7 text service for anyone in crisis.	https://giveusashout.org/	Text 85256
	Samaritans	Providing emotional support to anyone in emotional distress or crisis. Email: jo@samaritans.org	https://www.samaritans.org/	Phone: 116 123
	SaneLine	A UK charity providing emotional support and information to anyone affected by mental illness. Age 16+	https://www.sane.org.uk	0300 304 7000
	HappyMaps	Mental health resources for parents, carers, & young people.	https://www.happymaps.co.uk	
	Family Lives	Provides targeted early intervention and crisis support to families. Email: askus@familylives.org.uk	https://www.familylives.org.uk	0808 800 2222
	Splitz	Support service, providing support to people who have experienced separation, divorce or domestic abuse. Email: admin.devon@splitz.org	https://www.splitz.org	Tel: 0345 155 1074 (landline call rate)
	Refuge	Domestic abuse organisation	https://www.refuge.org.uk	0808 2000 247

As always, if you're worried about your own, or about someone else's safety, please contact the MASH Multi Agency Safeguarding Hub on 0345 155 1071 or email mashsecure@devon.gov.uk. If there is an emergency, please call 999.

If you have concerns about your child's mental health, please talk to your child's teacher as a first contact. If they think further support may help, our specialist TA Mrs Louise Jones supports specific children whose mental wellbeing is affecting their school experience and learning, and we have a referral process in place.