



# Newsletter

March 2023

[www.wavertree.liverpool.sch.uk](http://www.wavertree.liverpool.sch.uk)

Tel: 733 1231

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'Belong

Believe

Achieve'

## Swimming

Classes 3 and 4 will have one final swimming lesson at the start of the summer term as only nine sessions have been completed to date. Please ensure that your child has their kit on the first Wednesday back after the break. There will be an opportunity for Y6 pupils to access some top up lessons later next term.



## Easter Service

It was wonderful to bring the community together for our Easter Service at Holy Trinity Parish Church yesterday. The children shared the Easter story with us through songs, readings and prayer. They did this with such enthusiasm and the joy on their faces was delightful.

Thank you to all parents who were able to attend. I hope that you enjoyed it as much as we did.



## Parent Magazine

Please find below the link to the Spring edition of All About Family Liverpool magazine. Inside, you will find advice on:  
Family Events in the area,  
New Children's Books,  
Fire Brigade Safety Advice,  
Keeping Kids Safe While Gaming,  
How to Keep Children Interested in Sport,  
Adult Education New Careers Advice.

[www.allabout-family.co.uk/liverpool](http://www.allabout-family.co.uk/liverpool)



## What's happening?

### March

31<sup>st</sup> Y5 Bridge Chapel

31<sup>st</sup> School Term ends

### April

17<sup>th</sup> School opens for all pupils

20<sup>th</sup> Y6 Author Event

### May

1<sup>st</sup> Bank Holiday

8<sup>th</sup> Bank Holiday

9<sup>th</sup> SATs Week for Y6

15<sup>th</sup> Art Exhibition at Hope University

25<sup>th</sup> School closes for all pupils

26<sup>th</sup> INSET

### June

5<sup>th</sup> INSET

6<sup>th</sup> Schools opens for all pupils.

8<sup>th</sup> Class Photograph Day

## Red Nose Day

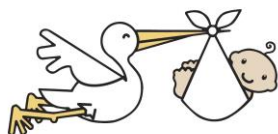
We raised an amazing £340 on Red Nose Day this year.

This will be divided between The BBC charity and our Compassion child, Richarde in Haiti.

**If you require a large print Newsletter, please enquire at the Welcome desk.**

### Staffing News

Miss Burns will be finishing this week to begin her maternity leave. We look forward to meeting the new member of her family in the Summer term.



### Crazy Hair Day

There have been some wonderful, creative responses to our crazy hair day! Thank you to those who participated. We have raised £31 for our school funds.



### Attendance and Punctuality

March 2023

Class	Attendance	Punctuality
EYFS	91.3	95.9
Class 1	90.3	92.1
Class 2	93.4	93.9
Class 3	94.3	91.7
Class 4	93.4	91.8
Class 5	91.7	91.8
Class 6	94.8	90.6
School Average	92.8	92.5

Our current attendance is 92.8%. Congratulations to the following children for achieving 100% attendance this term:

Jeremiah Anim, Andrew Bennett, Benjamin Burgess, Mason Cain, Jasmith Chandragantha, Kevin Chandragantha, Laila Cox, James Downey-Pagan, Fiyin Eniola, Daisey Foster, Zachary Gornell, George Howard, Mela Jonas Preston, Aaliyah Keating, Zunaira Khan, Amare-Paul King, Kyrie King, Bonnie Lai, Ava, Major-Gayter, Jake Major-Gayter, Layla Marshall, Eliana McCreadie, Ava Major-Gayter, David Nnebue, Excel Nnebue, Hedaya Omer, Zain Omer, Harley O'Neill, Josephine Owusu, Eleanor Price, Amelia Santander-Zavaleta, Muhammad Shahid, Amirah Stamper, Hamzah Tohamy, Joel Thompson, Anwen Rose Williams, John-Paul Williams, Zoe Wilson, Mellaher Yowhanes, Marta Yowhanes.

These children have just missed 100%:

Akala Al-Tairi, Mohamed Hagamed, Ireoluwa Adeyinka and Harry Rushton.

Thank you to those parents who are following our absence procedures. Where attendance is an early concern I will write to parents and offer support where possible. As concerns grow, the Education Welfare Officer will be asked to investigate further and implement actions as necessary.



### Friends of Wavertree

Our next PTA meeting will take place on Wednesday 19<sup>th</sup> April. We will be planning our Summer Fair which will take place on **Friday 30<sup>th</sup> June**.

It was great to see some new faces at our last meeting. Please come and join us and share your ideas!



### School Nurse

If you have any health queries and wish me to complete a referral to our school nurse, Beth Corlett, please do not hesitate to contact me.

If you wish to seek some advice yourself, feel free to talk to the nurse about any worries/concerns that you may have. Her telephone number is: 295 9700



### Summer Uniform

When we return after the Easter break children will be allowed to wear our Summer uniform. This is either yellow gingham dresses or grey shorts. Please ensure that your **child's name** is in all items of uniform so that we can return lost property when necessary.

Please note: White shoes are not school uniform.

Thank you.

### Extended Provision

#### Breakfast Club



Breakfast Club opens at 8.00am each day. Your children can choose a healthy breakfast and will be supervised until the start of the school day. A range of activities are available to keep the children entertained. The cost of this provision is £2.00 per day.

#### After School Club

After School Club provision is available via Kidz Place on Wavertree High Street.



### Winter Bingo

A number of families really enjoyed the winter bingo sessions last month. Thank you to everyone who attended and joined in the fun. Thank you also to those who donated prizes for the event.

We were able to raise £162 from the three evenings. This money will be used directly for the children's benefit.



We will be repeating the event in the Summer term with a session on Thursday 8<sup>th</sup> June. Put the date in your diary!

## CLUBS FOR NEXT HALF TERM

Day	Club	Who can go?	Time	Staff Responsible
Monday	School Council	School Council	3.15pm - 4.00pm	Mr Durie
	Cricket Club	Y3- Y6	3.15pm - 4.00pm	External Coaches
	Guitar Club	Y4 - Y6	3.15pm - 4.00pm	Mr Holland
Tuesday	Running Club	Y3 - Y6	3.15pm - 4.00pm	Mrs Hoare
	Homework Club	Y6	3.15pm - 4.00pm	Miss Vaughan
	Multi-Sports Club	Y1 - Y2	3.15pm - 4.00pm	Mr Woods
Thursday	Computing Club	Y4- Y5	3.15pm - 4.00pm	Mr Durie

Please ensure that your child is collected promptly at the end of each session.

### Inter School Competitions

Mr Holland has arranged a range of competitions with one our neighbouring schools, Our Lady of Good Help. These have included Boccia and Dodgeball. Here are some of the participating teams.



Other local schools will be joining our competitions next term.

Look out for more details soon.



# 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.

### 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.

### 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.

### 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.

### 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.

### 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.

