

NEWSLETTER



The Forest Family

Have a great weekend.

Awards

18th March 2022

ALL SAINTS

Class 1: **Sebastian B & Maisie P** Class 2: **All of Class 2** Class 3: **Archie F** Class 4 **Lucy W**

Badges:  **Jacob D (Silver Cup)**

Headteacher awards: **Thomas D, Elizabeth T, Seth S, Harry F, Oliver S, Oliver N, Bonnie B**

NEEDWOOD

Class 1: **Morgan M** Class 2: **Bella C** Class 3 **Jack B**

Badges: ★ **Paige (Green Star)** ★ **Afeni W, Finn J (Silver Star)**

Headteacher awards: **Noah P, Sebastian S, Tiffany R, Destiny G, Orla N, Oscar C, Annabel C**

Dear Parents,

I would like to say well done to everyone for their fundraising efforts today for Comic Relief. The children have really enjoyed Red Nose Day today and the different activities in each school. It has been fantastic to see the children working and having fun together. As well as being an important fundraiser, it has also been a fantastic enrichment day for the children. Thank you for your support.

Next Friday we have our Mother's Day services for both schools. At All Saints we will be starting at 9.30am, and at Needwood we will be starting at 2.30pm. We will also give out our usual Friday rewards and certificates at the services. It will be wonderful to be back in Church, and to be able to invite parents back into our services. I really hope you can join us.

Have a great weekend,
Best wishes,

Mr Baxter

DIARY - ALL SAINTS

25.3.22 9.30 am	MOTHERS DAY SERVICE DETAILS
29.3.22	CLASS 3 PIZZA EXPRESS TRIP
30.3.22	YEAR 6 LEAVERS PHOTOGRAPHS
6.4.22	EASTER SERVICE DETAILS TBC
7.4.22	LAST DAY OF TERM
8.4.22	EXTRA INSET DAY
25.4.22	RETURN AFTER EASTER HOLIDAY

DIARY - NEEDWOOD

25.3.22 2.30 pm	MOTHERS DAY SERVICE DETAILS
29.3.22	YEAR 6 LEAVERS PHOTOGRAPHS
6.4.22	EASTER SERVICE DETAILS TBC
7.4.22	LAST DAY OF TERM
8.4.22	EXTRA INSET DAY
25.4.22	RETURN AFTER EASTER HOLIDAY

IMPORTANT INFORMATION

WELL DONE EVERYONE

ATTENDANCE

ALL SAINTS

CLASS 1 - 93.88%

CLASS 2 - 94.79%

CLASS 3 - 97.97%

CLASS 4 - 95.62%

NEEDWOOD

CLASS 1 - 98.47%

CLASS 2 - 88.89%

CLASS 3 - 95.40%

The school day starts at 8.55am at Rangemore and 9am at Needwood.

LUNCH MENU WILL BE WEEK 3

NEEDWOOD

On Monday we have a new cook starting with us. Adelle, from Tower View Primary School, will be joining the Needwood Team and we look forward to welcoming Adelle.

RED NOSE DAY - 18TH MARCH 2022

Suggested donation of £1.00. Donations can be made using the following Just Giving pages we have set up for each school:

All Saints Primary School - <https://www.justgiving.com/fundraising/allsaintsprimaryschoolrangemore>



[All Saints Primary School - Rangemore](https://www.justgiving.com/fundraising/allsaintsprimaryschoolrangemore)

Help Hannah Kendall raise money to support Comic Relief

www.justgiving.com

Needwood Primary School - <https://www.justgiving.com/fundraising/needwoodprimaryschool>



[Needwood Primary School - Newborough](https://www.justgiving.com/fundraising/needwoodprimaryschool)

Help Hannah Kendall raise money to support Comic Relief

www.justgiving.com

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 www.nationalonlinesafety.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 the continuing impact of COVID-19 to the war in Ukraine, 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 have 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 is happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared. 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 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 screentime and content can be difficult at the best of times, 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 and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime 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.



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#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-547836> | <https://www.bbc.com/news/health-547836> | <https://www.bbc.com/news/health-547836> | <https://www.bbc.com/news/health-547836>



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Awesome Acorns



We have been busy again this week.

Children have enjoyed timing each other on activities and we've seen lots of team work, where the children have created an obstacle course, using different equipment. They have also started their Mother's day activity and enjoyed planting sunflower seeds.

Thank you to all the children who have washed/dried up this week. You all do a super job.

Next week is 'Science week'. The children will be involved in lots of activities where they will work together and have fun.

Thank you for the empty 2 litre plastic pop bottles so far. We still need these so if you could pass them on to Acorn's staff, we would really appreciate it, thank you.

Thank you for your continued support.

Mrs Slater and the Awesome Acorns team

Hello Everyone

We hope you are all enjoying the sunshine. This week we have been starting our day by exercising to Jumpstart Jonny and getting outside in the fresh air when we can. We have been busy making Easter decorations for our display board in the hall.

Next week will be timetable one:-

Mon - Board games
Tues - Tech
Wed - indoor den building
Thurs- Craft
Fri - Lego

The following weeks are:-

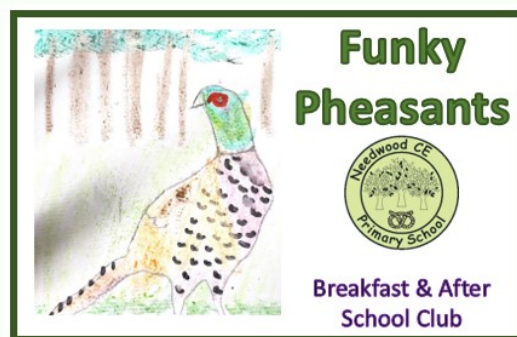
Mon - Games table
Tues - Craft
Wed - Dressing up
Thurs - Tech
Fri - Freeplay

Mon - Mindfulness activities
Tues - Tech
Wed - Role play
Thurs- Craft
Fri - Inset day

* Craft will be available every afternoon for the children to add to their display. We have decided to postpone our movie night until after the Easter break as there are already lots of 'eggstra' activities in school at this time. We will still be going ahead with our Easter Bake.

We hope everyone enjoys a warm and sunny weekend.

Mrs Goring and Mrs Cooper.



COMMUNITY

One of our parents at Needwood is helping to arrange donations via her work place to support the crisis developing in Ukraine.

If any parents/family/friends have any items from the list below, and they would like to donate, please can you drop them into school by Thursday 24th March, 2022.

Thank you.

EASTER BIG BOUNCE

EASTER BIG BOUNCE
Giant Indoor Inflatable Play Event

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Ideal for 4 - 13 year olds

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Under 5's Zone - Speed Game - Disco Dome
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Helter Skelter - Wrecking Ball - Bungee

+++EasterEggHunt+++

3x 90minute Sessions

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www.thebestfun.co.uk

We Support **TEENAGE CANCER TRUST** **OVER £5000 RAISED SO FAR**

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UKRAINE CRISIS. How we can all help.



Dear Neighbour,

With the dreadful events unfolding in Ukraine, CTR Group (based on the Marchington Industrial Estate) has decided that they have to try to help.

They are putting together a fleet of vans, filling them with much-needed donations, and their drivers will deliver them to the Poland / Ukraine border area in the coming weeks.

They have already established contact with the Polish Red Cross – who will ensure that what we bring is properly distributed to wherever the need is greatest – and are now looking to collect as much as they can in the following few days.

Specifically they are looking to contribute brand new items that the Polish Red Cross have advised are urgent.

These are:

- Medicines (painkillers, antiseptic creams etc.)
- Bandages, plasters etc.
- Rescue stretchers
- Gloves
- Tents
- Sleeping bags
- Pillows and duvets
- Camping beds
- Warm blankets
- Torches
- Batteries
- Lighters
- Warm socks
- Warm shoes (size 10+)
- Sanitary pads
- Diapers

- Formula milk for children
- Wet wipes
- Generators
- Canned food

If you are able to make a donation of any sort, please contact Renata Pierscinska at CTR Group, you can reach her by email on renata@ctrgroup.co.uk or directly to her mobile on +44 7588 504468.

Many thanks, CTR Group



For more information -

www.BigBounceEvents.co.uk/Tickets



2 Corinthians 5:7 ESV / 172 helpful votes Helpful Not Helpful
For we walk by faith, not by sight.

Disclaimer: We are proud to have a newsletter which shares information with you for our parish, village, WI, social club, Rascals and our local communities. We do try to vet all items which go into

School information can be provided in different languages, large print, simple text only or Braille.
Please speak to Mr Baxter if you have a particular requirement.

