



Newsletter

February

"Spring is nature's
way of saying,
'Let's party!'"

WELCOME!

Dear Families,

We have two major themes in this month's newsletter that we feel are important for keeping your child safe, and for getting them ready for their lifelong learning journey – Being safe online and Reading support.

We would appreciate you spending time with your child discussing these areas as a joined-up approach between child, home and school we know has the greatest impact on the development of your child.

Being Safe Online

Following on from our Safer Internet Day which was celebrated around the world at the start of February, we have some important advice to share with you.

We know that the internet is essential in 21st century life for education, business and social interaction. As children move up through the school their access to various types of technology increases and it stands to reason that their exploration and curiosity increases too. The positives of the digital world overwhelmingly outweigh the negatives but children, schools and carers/ parents all need to be aware of various online risks.

Considering how protective we all are with our children in the physical world, we can have culture of letting children access the internet without too much support from adults. We are sure that you would never just let a child to cross a busy road to a new park without you being there, or to make a cup of tea for the first time without your

help, but we do hear of children being left to go off into the unsupervised world of the internet and social media without adult guidance. Our curriculum supports your child being safe online but it is at home where the main issues can arise. Carers/ parents can provide the best protection for their children and help reinforce the principles learned in the classroom.

How can parents help?

- Families should reach agreements about acceptable Internet activity and content when online, and know how to respond to Internet and online risks.
- Carers/Parents should talk to their children about safe and appropriate websites and activities.
- Children should be encouraged to report anything they feel uneasy about.
- The family should agree rules about what children can and cannot do while online.

Our eSafety Top Tips!



Monitoring is crucial.

- Carers/ Parents should know where their children go online, how long they stay there, and the warning signs that something is wrong.
- When your children first begin online, work closely with them and talk about online safety at an early age.
- Bookmark suitable sites and check back regularly to ensure the content of sites used has not changed.
- Filters are helpful but not fail proof.
- Try to keep up to date with different methods of monitoring Internet and online use.
- Remember that some sites have age restrictions that children may ignore or not realise.

Requests to Send Pictures

We are hearing that children sometimes are encouraged to send pictures of their pets/room/ cuddly toy by a person they believe to be another child online.

Whilst this this might seem quite an innocent request, a picture file once downloaded can hold so much information. Precise map location if often included, this is then used against the child, and they soon find themselves in a situation where they are being bullied or coerced.

Children are all told to find an adult when something goes wrong, but often,

especially around the use of online games/ social media, they do what we all do, we fail to alert anyone as a telling off, a possible sanction or the shame of letting you down, is too much.

Try and remind your child that making mistakes is a way of learning, try and not make any sanctions too harsh, as finding out what's the mistake now will help sort the issue, rather than the child feeling they need to try and cover things up.

Trust and honesty are to be encouraged, even when mistakes are made, and with adult support offered, your child will be better equipped next time to do the right thing.

How to Help

- Talk to your child about what they do online.
- Become familiar with the current online games/ social media, just like you would if you were visiting a new park or adventure playground.
- Work together and share how to keep safe and what to do if things go wrong.

We can only be successful in keeping children safe online if we work with you to ensure the message is consistent. It is important that you speak to your child about how they can keep safe and behave appropriately online.

Here are some websites that you can look at to help you keep your children safe online. Just click on the image.



NSPCC

Childnet



CEOP (The Child Exploitation and Online Protection Centre) delivers a multi-agency service dedicated to tackling the abuse and exploitation of children in the real and 'e' world



Interland is an adventure-packed online game that makes learning about digital safety and citizenship interactive and fun. It is a useful game for reinforcing rules taught in e-safety sessions at school and could be something that you could do with your child.

Reading

Studies show that reading for pleasure makes a big difference to children's educational performance. Evidence suggests that children who read for enjoyment every day not only perform better in reading tests than those who don't, but also develop a broader vocabulary, increased general knowledge and a better understanding of other cultures.

In fact, reading for pleasure is more likely to determine whether a child does well at school than their social or economic background.

What difference can I make as a parent?

You can make a huge difference! Parents are the most important educators in a child's life – even more important than their teachers – and it's never too early to start reading together.

Even before they're born, babies learn to recognise their parents' voices. Reading to your baby from birth, even for just a few minutes a day, gives them the comfort of hearing your voice and increases their exposure to language.

Children who read books often at age 10 and more than once a week at age 16 gain higher results in maths, vocabulary and spelling tests at age 16 than those who read less regularly.

Reading for pleasure is more important for children's cognitive development than their parents' level of education and

is a more powerful factor in life achievement than background. 16-year-olds who choose to read books for pleasure outside of school are more likely to secure managerial or professional jobs in later life.

Time is limited in school. Much as though we would love to sit with your child every day, listen to them read and discuss their book, the demands of the other areas of our curriculum offer limit the time we can give. We need your help!

What do I do if my child doesn't enjoy reading?

Make sure your child isn't tired, hungry or desperate to watch their favourite TV programme when you read to them. Sit with them for a short time every day and read a book with them on a subject that interests them. Don't expect them to read it for themselves. Just show them how interesting it is to be able to read so that they want to do it for themselves.

- For many children, especially boys as they get older, non-fiction books can be more interesting than fiction, so it may be as simple as changing the type of books you are reading together. Talk to us or a local children's librarian to see what books are available that match your child's interests.
- Give plenty of praise. Let your child know how pleased you are when he or she looks at a book. Show

interest in what they have chosen. Children really do develop at their own rates when it comes to reading.

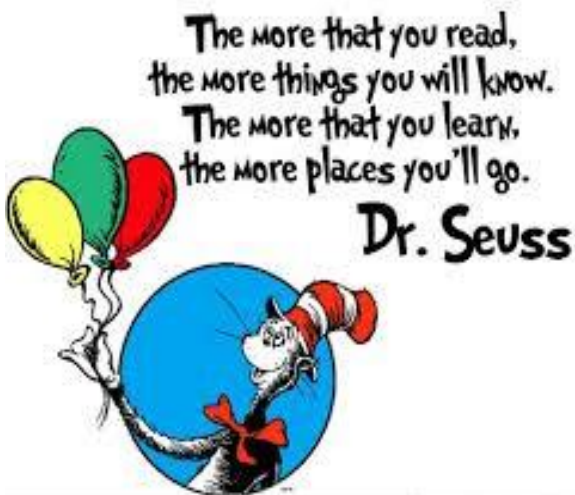
Reading Volunteers

Could you spare a small amount of time each week to become a regular reading volunteer at our school?

Helping children to become confident, independent readers is one of the most important thing - and it is an area of our work where parents, carers and other members of the community can make a big difference.

We used to have a small team of reading volunteers who came into our school regularly, and help the children with their reading by listening to them read, and talking to them about their books and reading choices.

We are always keen to hear from people who would be interested to help us again and supporting the teaching of reading by joining our volunteers



Attendance

The current school attendance is 93.04%.

CLASS	Number in class	Avg. attendance	% +/- compared to school avg.
A	25	92.82%	-0.22%
B	24	92.77%	-0.27%
C	25	93.0%	-0.04%
D	29	92.98%	-0.06%
E	29	94.08%	+1.05%
F	30	92.53%	-0.5%

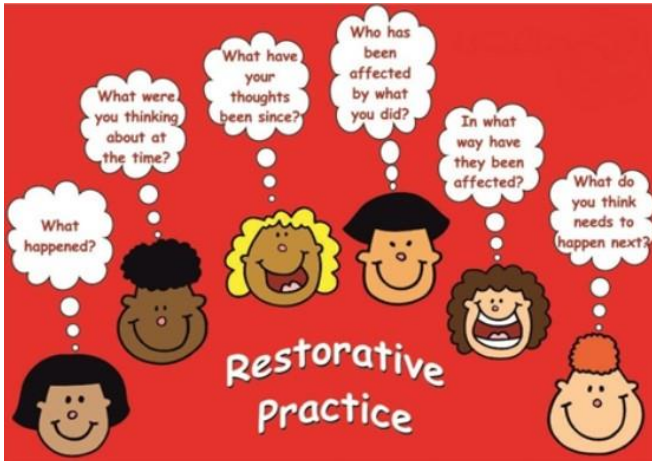
Well done Class E who are in the lead, they are regular winners of our weekly attendance award.

Valentine Disco



A big thank you from to the Friends of Exhall Juniors from the children who attended the Valentine disco, and to the Friends who organised it. An equally big thanks to all the carers/ parents who also supported the disco by bringing their children and allowing the purchase of the goodies.

Restorative Practice



Keeping to the three values of being **Safe, Ready and Respectful** has helped maintain a very calm atmosphere in school. That in turn, allows the learning to be focused and productive. When issues do arise, we use a restorative approach with your children to support our behaviour management strategies.

This is a term used to describe behaviours, interactions and approaches which help to build and maintain positive, healthy relationships, resolve difficulties and repair harm where there has been conflict.

When something has gone wrong in school, children will be asked to reflect on the incident, considering, amongst other things, what has happened, who has been affected and what they might do differently next time. It maybe that they are asked to record their thoughts on a reflection sheet which can be then shared.

If you have any questions about this approach please speak to us.

NSPCC Day with Power of 2!



We celebrated NSPCC Number day with two schools this year.

Mrs Kapadia, from Exhall Cedars Infant, Nursery and Pre-school, and Miss Spencer have been working together on the maths provision in both schools and arranged this joint day. It was lovely to invite Year 2 up Exhall Juniors for a morning of active maths based on the times table facts.



Knowing your times tables well, and how to use them, we know brings maths success, and Year 2 and 3 worked hard on activities to support this vital element of the curriculum.



A big thank to Miss Spencer and the Year 3/ staff for organising the day, and to the Year 6 helpers who particularly enjoyed working with the younger member of our Exhall community. There will be more joined up work between the schools through the year.



Wizard of Oz



The school was transformed into the Land of Oz for a morning of storytelling. The Wizard of Oz actors received rousing applause as they performed an adaptation of the 1939 American children's classic book about a young girl called Dorothy along with her dog Toto, who are swept away from their home of Kansas to a land of magical beings. Everything was put back in place before lunchtime; it was just our imaginations that were changed and stimulated to find out more. Thank you to Mrs. So for organising this for us all to enjoy.

Pink Day

In line with others around the world doing their bit to raise awareness about breast cancer, we held a tea/ coffee morning. From campaigning to help women get access to the breast cancer drugs they need, to sharing information women need to know about self-checking, our backing with the money raised will help charities to support those in need and to fund further research.



We all got involved in the “Wear it Pink” campaign, with teachers and students wearing an item of clothing that was pink/red/white to show support for the cause. Students, with help from Karen and Sandra in the kitchen who provided some amazing cupcakes, plus other baked donations, ran their own bake/cake sale, and combined with the donations from Wear It Pink we fundraised over £300.



Y6 SATs

SATS Information: change of test dates

Following the announcement of an additional bank holiday on 8 May 2023, the dates for KS2 tests scheduled for that week are changing. The new schedule will be: **Tuesday 9 May to Friday 12 May**. **ALL Y6 students are required to be in school on those days.**

Free School Meals

Did you know that just registering your child for Free School Meals means that the school gets extra money?

For every child registered at Exhall Juniors, the school will receive additional money.

With this money we can provide more interventions to accelerate children’s academic progress as well as interventions to develop self-esteem, self-confidence and social emotional skills. If your application is successful, not only will it mean your child will receive a free school meal but we can also help in these other areas as well.

Please follow the link to find out more or alternatively contact school and we will be willing to help with any issues or paperwork that needs to be completed. [Click here](#)

Toys

Children always like to bring in a toy from home, however, there are often issues when these get lost/ misplaced etc. I am sure you can understand the sharing and losing problems this creates for us if children bring in items from home.

Those children that do require support are given equipment by the school; fiddle toys are not to be brought in. Please encourage your child to leave any toys or items at home.



Dangerous and inconsiderate parking, particularly at collection times is an ongoing issue for most schools. Unsafe and illegal parking outside the school is one of the biggest concerns for carers/parents and local residents. Some of the most common concerns we are contacted about include:

- Parking on the yellow zig-zag markings
- Parking on a junction
- Blocking pavements and driveways

Research found that a massive 87% of parents with children have had to step into the road because of pavement parking. With traffic around school pickup and drop-off being hectic at the best of times this presents a huge potential risk. Parents with prams or pushchairs also face the same practical

difficulties – whilst dealing with the emotional effects of trying to go about their daily business with a small child or two in tow. Please think about this if you have to park your car near the school site. Do you need to bring your car, could you walk? Let's work together on this to make the local roads safer for everyone.

Any Donations?



Over half term we have been busy landscaping the areas around the playground. Large bays have been created so children can sit, chat or just take time out. Unfortunately, we had to remove all the shrubs so it's now is a little bare, if you have any shrubs too big for their containers, outdoor plants or bulbs going spare, please bring them in.

How can we help you?

Please let us know if have queries, issues or questions. If we've got something wrong, please let us know, it's important for us to help and support. Just call into the office or call tele 024 76313375

Mental Health in Schools Team (MHST)

Tips For Wellness:

8th March - International
Women's Day

RELAXATION

Relaxation is when our mind and body is free from stress and tension. When we are relaxed, endorphins (natural chemicals) are released, which can make us feel more positive and happy.

Research has found that when we are relaxed and we are able to think clearly, it also helps us to focus, concentrate, sleep better, feel more confident and even boost our immune system!

Our tips for relaxation:

- 1- Try some **breathing exercises**, such as finger breathing or bubble breathing. Breathing exercises are great as you can do them in any place, at any time! Follow the QR codes for video guides on these exercises.



Scan for
finger breathing!

- 2- Practice **mindfulness** by taking a break away from any screens and devices, pay attention to your surroundings and go on a walk outside to de-stress! Use your senses to help you relax too, e.g., squeeze a stress ball or smell calming smells, such as lavender.



Try bubble
breathing!

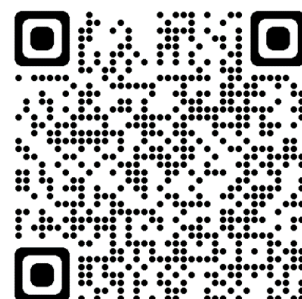
- 3- Listen to **music**! You could create a playlist with your favourite songs, or calming music, to listen to when you want to relax.

- 5- Create a **calming space** at home where you can take time to yourself, you may also want to add blankets and toys to make it more cosy!

Scan for finger breathing!



Try bubble breathing!



A quick guide to a healthy mouth in children

This factsheet gives a summary of the simple steps that parents, carers and children can take every day to protect and improve their oral health. The evidence based advice is from [Delivering Better Oral Health](#).

Brushing children's teeth

- start brushing as soon as the first tooth appears (usually at about 6 months of age), at least twice a day with fluoride toothpaste last thing at night and on at least one other occasion
- brushing at bedtime is important as it makes sure that the fluoride continues to protect the teeth while your child is asleep
- parents/carers should brush or help their child to brush their teeth until they are at least seven years old to make sure the teeth are cleaned properly, to supervise the amount of toothpaste used and to prevent licking or eating the toothpaste
- brush your child's teeth thoroughly, cleaning all surfaces of the teeth
- for older children disclosing tablets can help to show if any plaque is left on the teeth
- choose a toothbrush with a small head and medium-textured bristles, a manual or electric toothbrush can be used
- For the maximum prevention of tooth decay for children aged 0-6 years use toothpastes containing 1350-1500 parts per million (ppm) fluoride
- the amount of fluoride that is in the toothpaste can be found on the side of the tube or on the packaging
- for children under three years old use a smear of toothpaste containing no less than 1000 ppm fluoride (see Figure 1)
- children between three and six years old should use a pea-sized amount of toothpaste containing more than 1000 ppm fluoride (see Figure 2)
- encourage your child to spit out the toothpaste after brushing and do not let them rinse out with water as this will wash away the fluoride and reduces how well it works - spit don't rinse
- for children who may have difficulties brushing their teeth such as those with special needs, toothbrush adaptations are available.

Figure 1



smear for 0 – 3 year olds

Figure 2



pea-sized blob for 3–6 year olds

Exhall Cedars Infant School



Exhall Cedars is a **small, nurturing Infant School**, in the **heart** of the Exhall community, serving Exhall, Bedworth, Hawkesbury Village, Brindley Edge and the Warwickshire/Coventry border.

Cedars provides an **excellent educational experience** for children aged 2-7 years.

Ofsted March 2020:

*"Nurturing relationships exist between adults and children in the setting. Children get off to a good start." "Leaders have created a warm and welcoming environment for pupils and staff. Pupils like school and **they feel safe.**"*



Pre-school & Nursery

We provide sessional term time provision for 2-4yrs. We support 2Help and 3yr old NEF, including 30 hr provision for working parents.

Nursery 3-4yrs: am/pm or all day sessions

Pre-School 2-3yrs: Flexible to your needs.

Wraparound for 2-4yr olds is available, through school, at an additional cost

We accept Tax Free Childcare and Childcare Vouchers