Moulton Primary School Newsletter

Friday 13th December 2024

Dear Parents, Carers and Children,

I would like to extend an enormous thank you to all the grandparents who joined us for our "Tasty Treats" events this week. We hosted over 800 grandparents across 10 sessions - a whirlwind! Your presence added a special warmth to our gathering, and it was wonderful to see so many of you enjoying time with your grandchildren.

Our School Council also welcomed some residents from Ashurst Mews earlier in the week, where they enjoyed connecting with our local community.

I also want to express my gratitude to all the parents and carers who attended our year group Christmas assemblies (more to come!) and the EYFS nativities. Your involvement and enthusiasm truly enhance our school community, and it was a joy to witness the children showcasing their talents and festive spirit.

A gentle reminder that on the day of the pantomime trips next week, full school uniform is to be worn.

Thank you for your continued support, and I wish you all a wonderful weekend.

Miss Jones

Headteacher

The Classroom News

Year 1

Year 1 have been learning how to write instructions in English for the past couple of weeks. The instructions have been based on recipes from the recipe book Gruffalo Crumble. The children have been looking at recipes such as Gruffalo Crumble and Terrible Tusks to learn about features of instructions. The children even got to test if the instructions were good enough by following the Terrible Tusks recipe using lots of different fruit. The children have also searched the school grounds for the best ingredients to make a Gruffalo Cake. They have found that a mix of big leaves, small leaves, sticks and mud work best! Mmmm delicious!

Year 3

Year 3 have been thoroughly enjoying their DT topic this week. We have been looking at food and nutrition and linking this to our recent science learning on what we mean by a balanced diet. This has involved exploring seasonal foods and how this affects the products we have access to, as well as how we can preserve foods to prevent them from decaying. Following this, we have been busy exploring and cooking healthier versions of some foods, such as a variety of flavoured popcorns and homemade potato chips!

Dates in the Diary

DATE	YEAR GROUP	EVENT	TIME
15th December	Year 5 /6	Open Air Carol Concert	3.45pm
17th December	EYFS, Y1 & Y2	Royal & Derngate Panto	Normal School Hours
17th December	Year 3	Christmas Assembly	9am
18th December	Y3, 4, 5 & 6	Royal& Derngate Panto	Normal School Hours
18th December	Year 2	Christmas Assembly	2.45pm
19th December	Year 1	Christmas Assembly	9am
20th December	Year 6	Christmas Assembly	9am
20th December	Whole School	Mufti Day	Normal School Hours
8th January	New Perspectives 2025	School tour	10am
13th January	Year 2	Storytelling Session	2.45 - 3pm
17th January	Young Voices Choir	Young Voices Concert	
20th January	Year 1	Storytelling Session	2.45 - 3pm
29th January	EYFS	Storytelling Session	2.45 - 3pm
1st May	Year 5	School Trip - National Space Centre	Normal School Hours
12th May	Year 2	Storytelling Session	2.45 - 3pm

12th - 14th May	Year 4	Residential	TBC
14th May	EYFS	Storytelling Session	2.45 - 3pm
2nd June - 6th June	Year 6	PGL	TBC
5th June	Year 1	Storytelling Session	2.45 - 3pm
12th June	Year 5	Workshop - Past Productions	Normal School Hours

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or **Childline**, who can be contacted by calling **0800 1111**.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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.

#WakeUpWednesday

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/mental-health-apps

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