St Michael's V.A. Junior School

allangels'primaryfederation
Clover Hill V.A. Infant & Nursery School
& St. Michael's V.A. Junior School,
Bowthorpe, Norwich

Week commencing 18th November 2024

HOPE ~ RESPECT ~ PERSEVERANCE ~ TRUST ~ SUCCESS

Monday	Tuesday	Wednesday	Thursday	Friday
PE Year 3	PE Year 4		PE Year 5	PE Year 6
Multi-Sports *finishes at 4.15pm*	Lego Year 5 & 6 *finishes at 4.30pm*	All Angels Active Club *finishes at 5pm*	Table Tennis *finishes at 4.15pm*	Football *finishes at 4.15pm*

DATES FOR YOUR DIARY

Wed 20 November - Year 3 children walk around Bowthorpe
Thurs 21 and Fri 22 November - Book Fair at the end of the school day
Mon 25 November - Year 3 Christmas Parent Cafe
Thurs 28 November - Whole school Dental Health screening & assembly

You can wear your Christmas jumpers every day in DECEMBER

Tue 3 December - Year 4 Christmas Parent Cafe
Wed 4 December - Lower School Disco
Thurs 5 December - Year 5 Christmas Parent Cafe
Thurs 5 Dec - Upper School Disco
Fri 6 December - Non uniform day, donation of chocolate for Xmas Fayre
Mon 9 December - Year 6 Crucial Crew trip
Tue 10 December - Christmas Fayre - pupils only in school time
Wed 11 December - Year 6 Christmas Parent Cafe 2.30pm to 3.20pm
Wed 11 December - Christmas dinner - book on ParentPay
Mon 16 December - Lower School Carol Service at the Church
Tue 17 December - Upper School Carol Service at the Church
Tues 17 December - 3R and 3T singing at the Meadows Residential home
Wed 18 December - Pantomime for Year 3 and 4 at Norwich Theatre Royal
Thurs 19 December - 3JW and 3G singing at the Meadows Residential home.
Fri 20 December - EARLY FINISH 1.15pm

SCHOOL LUNCH

Week commencing 18th November

WEEK 2

See website for full menu,



School menu click here

NATIONAL CHANGES TO SCHOOL ATTENDANCE

Planning a holiday?
Illness with no medical evidence?
Arriving Late after registers closed?
The Government has made changes to school attendance.

This could affect you!
If your child is absent for 5 days or more without permission or medical evidence you will face fines.

You can help yourself!
We can give you information, advice and guidance.
Speak to us for support.



Thank you for your kind donations so far.

We're supporting BBC Children in Need

The ParentPay link is still open if you would still like to donate

The children enjoyed Pudsey biscuits with their school dinner.

How to keep your child healthy - click here



DSL Designated Safeguarding Leads for St. Michael's VA Junior School

Designated Safeguarding Lead Mrs. McCarney, **Alternate Safeguarding Lead** Mrs Claflin & Mr Bennison
SENCO Mr Laband, Mrs Brabbin **Pastoral** Mrs Francis, Mr Stapleton, Ms Howard, Miss Armstrong
Year 3 Lead Mrs Reeve **Year 4 Lead** Mr Shailes **Year 5 Lead** Mr Watkins **Year 6 Lead** Mr Anstiss



CHRISTMAS LUNCH

WEDNESDAY 11 DECEMBER

BOOK NOW!

DEADLINE
FRIDAY 22 NOVEMBER

ORDER VIA PARENTPAY IN THE USUAL WAY



Applying to Become a School of Sanctuary

We are excited to announce that both St,Michael's and Clover Hill are in the process of applying to become a School of Sanctuary. This status is awarded to schools committed to creating a safe, welcoming, and inclusive environment for all students, especially those who are seeking sanctuary.

A School of Sanctuary is a place where:

· Every student feels safe, respected, and valued, regardless of their background.
· Diversity is celebrated, and students learn about different cultures, histories, and perspectives.
· Staff, students, and families work together to promote understanding, compassion, and empathy within the school and wider community.
· Refugee and asylum seeking students, along with their families, feel supported and understood as they settle into their new environment.

As part of our commitment, we will undertake activities and initiatives that promote inclusivity and understanding of the challenges faced by those seeking sanctuary. Our goal is to foster a culture of kindness, safety, and respect, ensuring that everyone who joins our community feels welcomed and empowered to thrive.

What is a School of Sanctuary?

The School of Sanctuary award is part of the national City of Sanctuary movement, which supports communities in creating safe and inclusive spaces for people forced to flee their homes. Schools of Sanctuary recognize the importance of understanding and empathy in building strong, cohesive communities. This program encourages schools to educate students on the importance of diversity, provide support to those in need, and take action to make a positive difference.

We look forward to sharing our progress as we work towards this important milestone. Further information on Schools of Sanctuary website: https://schools.cityofsanctuary.org/

Dental Health screening and assembly Thursday 28th November for all year groups.

A consent form will come out today to all children.

Please return by Friday 22nd November if you would like your child to take part.



What is Dental Screening?

Dental screening is an examination of children's teeth inside the school setting. Its purpose is to identify oral health concerns at an early stage and prompt parents and carers to seek treatment where required.

What happens at a school screening session?

The screening is completed by one of our dentists from John G Plummer & Associates Dental Surgeons. Sterile dental mirrors are used to move the cheek or tongue aside to check all the tooth surfaces for decay. Each screening takes approximately 3 minutes. Dental report forms are sent home with children to provide parents with information regarding their child's oral health.

What happens if my child has a dental problem?

If an **urgent** dental condition is detected in your child's mouth, you will also receive a follow up appointment for treatment. You will be contacted by telephone a few days after the screening date.

During the visit we will also reinforce the importance of good dental hygiene and a healthy diet with a fun and interactive session delivered by our award winning in-house oral health prevention team 'The Happy Smiles Club'.

Does this mean my child is registered?

No. Unfortunately, we are unable to offer NHS registration at present.

Does my child have to participate?

No. Participation in this dental screening program is completely optional.

Does my child have to be unregistered to participate?

No. Participation in this dental screening program is open to children that have an NHS dentist - although if treatment is required, we would suggest you share the report form with your own dentist to have attended.

How can I sign my child up?

Simply complete the consent form in full accompanying this leaflet and return to school.



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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

HOW TO COMBAT ONLINE BULLYING







Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screengrabs to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

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

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