



Frodsham Primary Academy

Newsletter 22

3rd March 2023

Welcome back to this half term. All children have settled back into a very busy half term and have worked incredibly hard right across the school this week.

We had a full day behaviour audit in school this week. Our auditor observed in lessons throughout the full day, observed children at playtime and lunch time and spoke with children about how they feel whilst in school. We received some very positive feedback.

- *The school is very calm*
- *Staff have lovely relationships with children*
- *Interactions between staff and children are positive*
- *Transitions in lessons and around school are smooth*
- *Behaviour was good at both play time and lunch time and no negative behaviours were observed.*
- *Children said they could see the difference in the improvements of the school*

Although all children were following the rules and behaving well, we are going to make our school rules more visible around the school and our star of the week certificates are going to be linked to our school rules and school values. If as parents, you can think of any ways in which we can improve our school even further, please do let us know. We welcome any feedback.

This week, our year 4 and 5 children took part in a dodgeball competition and for the first time our children were asked to lead the competition. They represented the school exceptionally well and followed the rules of dodgeball and led the competition. We are so proud!

Thursday was a fabulous day in school. All children and staff came dressed in their Pyjamas with blankets and teddy bears ready to enjoy a day of storytelling across the school for World Book Day. Thank you to all the parents who joined us for hot chocolate and storytelling at the end of the day. Our children thoroughly enjoyed their day and enjoyed sharing stories with their peers.

Finally, I would like to welcome our new children to Frodsham Academy. We have 5 new children that joined us on Monday and have had a fantastic first week with us and completed their first challenge of making LOTS of friends. Also, welcome to Mrs Wainright our new early years apprentice, we hope she will be very happy at Frodsham Academy.

Have a great week

Mrs Callaghan

Uniform reminders

Here is a reminder of correct school uniform. If parents have any uniform that is now too small, we would like to start a uniform bank within school. If any items of uniform are too small, please wash them and send them into school and I will keep a running record of what we have available should there be any families in need.

Item of clothing	School agreed standard
Shirt	White buttoned cotton shirt
Bottoms	Mid or dark grey (not black) Trousers/skirt/shorts/pinafore dress Summer Term options: Shorts/light blue checked summer dress
Jumper	Navy blue with logo V Neck Jumper or cardigan
Tie	Navy and white diagonal striped Elasticated
Shoes	Sensible black flat school shoes or plain black trainers with no other colour/logo
Socks	White/grey/black Grey tights
Nursery	White polo top and grey or navy-blue joggers/leggings with Navy Blue school jumper or cardigan with Logo
PE	White plain t-shirt Navy blue shorts Black plimsolls Outdoor kit- Plain navy tracksuit bottoms/jumper and trainers.

Please note that trainers are permitted under our uniform policy, but these must be plain black. **PE kits should be in school every Wednesday** as all children will have PE on this day.

Learning this week...

We have had a lovely first week back in school and have been very busy preparing for Spring. After reading 'Oliver's Vegetables', we looked at what we needed to do to plant our own. The children had a look through the variety of seed packets and selected which ones to plant. We must water them each week and will keep you updated on their progress. Fingers crossed! In Maths, Nursery have been recognising numerals to 5, whilst Reception have been learning their number bonds to 5. We have also enjoyed World Book Day, particularly coming into school in our pyjamas for our bed time story theme. The children shared books with their friends from Years 3 and 4, had a hot chocolate and snuggled under blankets to listen to the stories. We have also welcomed Mrs. Wainwright to our EYFS team, she will be working in class with the children each morning. Please make her feel welcome when you see her.

Miss Curtis

Snowy Owls have had a fantastic first week back! On Monday we found a mysterious creature and lots of clues on our playground and have been writing all about it this week. We have started our new maths topic on money and children have been having fun exploring different coins and making different amounts. In Science we have been thinking about how we can group materials we have been learning about into natural and man-made. The children explored what this means and started to think about where materials come from. Yesterday we had an exciting day for World Book Day with children bringing in their favourite stories, blankets and teddies for our 'bedtime stories' theme. We enjoyed sharing stories with Year 5 and 6 and our parents at the end of the day too. Well done everyone! Keep up the hard work!

Miss Sands

Hawk Owls have had a great first week back. They have started looking at their new vehicle text 'Into the Forest' and they have linked this to popular fairy tales. The children are excited to write their own lost narrative so watch out on Twitter for more updates. In maths we have continued with multiplication and have been using different methods for multiplying single digits by two or three digit numbers. The highlight of the week has to be World Book Day! The children had an amazing day in their pjs, and they worked so hard in maths and English I think pjs should be worn more often! In the afternoon, the children read with EYFS children, listened to some audiobooks, and completed some book related challenges and quizzes. Year 3 also created some of their own audiobooks using iMovie and these will be made into QR codes so EYFS can listen to some stories read by the children.

. Mrs Price

Year 5 and 6 have had a lovely first week back in school, and have enjoyed welcoming our new classmate, Miley, into our group. We have also welcomed Year 1 and 2 into our classroom to share stories for World Book Day; all of the children thoroughly enjoyed reading books together. I think some of our Year 5 and 6 children are budding primary school teachers! We also enjoyed working in teams with Year 3 and 4 to complete a book quiz, including a book emoji challenge. In English we were very fortunate to have a visiting author in class on Monday afternoon, delivering a writing workshop as part of the Weaver Words festival. The children enjoyed meeting him and especially liked his rapping and singing! We have been reading a fantastic story called 'The wolves in the walls.' and have used it to extend our descriptive writing. In Maths we have started a topic on fractions and have shown a really good understanding of equivalent fractions. In RE, we have been looking at ways in which we can support each other if we are struggling. Music this week introduced us to an orchestral piece called 'Peter and the Wolf' by Prokofiev, and challenged us to guess different musical instruments and characters. In PE we learned the rules of dodgeball, ready for the festival on Thursday. A super week back after half term, well done everyone.

Mrs Hayes

This week tawny owls have begun opening our eyes to the world of science. We have explored a variety of space, plants, and magnets. The younger children have enjoyed exploring the magnets and have begun to show brilliant understanding of what types of materials are magnetic, through trial and error. We spent time sketching some daffodils this week in art, we produced some beautiful artwork and started to think about the different parts of a plant, so we dissected one to see! We were then able to label each part of the plant.

In music, we have enjoyed learning songs all about the planets in space as well as our music lessons with the djembe drums.

Miss Pemberton

Attendance News

This week's school attendance is: **95%**
Overall school attendance for full Year 92.49%

Class attendance

Reception: 95.7

Year 1: 94.5%

Year 2: 94.8%

Year 3: 100%- Winning class

Year 4: 91.7%

Year 5: 95.3%

Year 6: 91%



A little reminder that holidays in term time will not be authorised.

Please check holiday dates on the website to ensure holidays coincide with school holidays there are 12 weeks holiday each year.

Stars of the week

Nursery: Logan
Reception: Amelia-Jayde
Year 1: Evie-May
Year 2: Rowan
Year 3: Vinnie
Year 4: Lilo
Year 5: Rocco
Year 6: Miley
RP: Praveesh

Dojo Champions

Nursery: Isla-May
Reception: Jaxon
Year 1: Roary
Year 2: Aria
Year 3: Ruby
Year 4: Jacob
Year 5: Jayden
Year 6: Kasey-Leigh
RP: Eva



Birthdays this week

Owen (5) Izzy (7) Luke (11) Hosea (6) Casey (9)

★ **HAPPY** ★
BIRTHDAY!

Healthy breaks for schools

A guide for pupils and parents



HSC Public Health Agency

school food

Fruit and vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

What is included in healthy breaks for schools?

Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



Bread-based snacks

Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes; or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

Not suitable: Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.

No cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.



Events for Spring 1 Term

Thursday March 2 nd	World Book Day- Bedtime stories Pyjamas and dressing gowns
Thursday 9 th March	Y1 Mini Kickers competition
Friday 24 th March	KS2 cross country event at Delamere Forest
Wednesday 29 th March	LKS2 Rackets festival
Friday 31 st March	School closes for Easter for two weeks
Monday 17 th April	Return to school
Monday 24 th April	SEND coffee morning

All 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.

What Parents & Carers Need to Know about

NGL



WHAT ARE THE RISKS?

NGL (which stands for 'Not Gonna Lie') is an app through which users share a link to their Instagram story or Twitter account, inviting their followers to give anonymous feedback. The app includes some prewritten questions (such as 'if you could change anything about me, what would it be?'), plus the option to ask followers to simply 'send me anonymous messages'. All replies go into the user's NGL inbox, with the sender remaining anonymous – although subscribers to the app can receive hints about who each message was from.

ANONYMITY AND OVERSHARING

Anonymous messaging gives rise to the 'online disinhibition effect', which causes users to feel detached from their words and actions in the digital world. This can make young people in particular (as they tend to act more impulsively online) far more likely to disclose personal information on the internet, as well as making ill-advised confessions or revealing their fears and insecurities.

PROTECTION FOR BULLIES

Having their identity hidden makes bullies feel safe from repercussions, so anonymous chat sites are a major avenue for cyberbullying. NGL claims to use AI to filter out insulting terms, but our expert sent a range of such phrases (starting with 'cow' and 'ugly', and becoming progressively more offensive) to a 'dummy' account. All of these trial messages were delivered to the recipient's inbox.

COSTLY SUBSCRIPTIONS

NGL offers a subscription where – for a weekly fee – users can unlock hints about who's been messaging them, including the sender's approximate location and which device they used. Young people will naturally be extremely curious about who sent which message (especially if they have a lot of Instagram or Twitter followers) and may be unable to resist spending money to find out.

INFLATED ENGAGEMENT



In June 2022, NGL had to revise its terms of service, informing users if a message was sent by the app's developers as opposed to genuine followers. It emerged that, previously, NGL's makers had attempted to boost engagement with the app (as well as enticing users to pay for subscriptions) by sending fake anonymous messages from bots. This update was rolled out very quietly by the team.

QUESTIONABLE SUPPORT

NGL does have a 'report this message' button for users to flag upsetting content. After sending a message, however, an automated reply arrives stating "... NGL is 100% anonymous and we have no way of knowing the identity of the user and would not be able to find out, even if we tried." This did not fill our expert with confidence that the app can address bad behaviour adequately.

ACCIDENTALLY GOING VIRAL

The messages on NGL itself are anonymous, but users can share these messages via their Instagram story or Twitter feed – notifying all their followers (or anyone, if their accounts are set to 'public') to see them. If a young person has disclosed something embarrassing or identifiable on NGL without realising, this information has the potential to be re-shared very quickly to a far wider audience.

Advice for Parents & Carers

DEALING WITH NEGATIVITY

Blocking another user on NGL will prevent them sending anonymous messages to your child in the short term – although a determined abuser could get around that obstacle simply by setting up a new Instagram account. If your child continually receives negative messages that upset them, it might be worth encouraging them to consider whether they really need to use the app at all.

BLOCK IN-APP PURCHASES

To avoid your child running up an eye-watering bill through an NGL subscription (or indeed any kind of costly in-app purchases), go into the settings on whatever devices they use to go online and either disable the ability to make purchases or protect that function with a password. If those options aren't available, it's prudent to ensure there aren't any payment methods linked to their account.

EXPLAIN ANONYMOUS APPS

We understand that a conversation with your child about the risks of anonymous messaging may seem difficult to initiate (especially if you aren't that comfortable with using social media yourself). It is vital, however, that young people understand that, for some people, having their identity obscured online can make them feel more powerful and less accountable for their actions.

THINK BEFORE SENDING

Regardless of whether a messaging app is anonymous or not, it's a good idea to regularly talk to your child about how it's wise to think through what they're sharing before they post it. Emphasise that nothing is truly private once it's online. If the post is something your child might hesitate to say to someone face to face, then it's probably not the sort of thing they should be writing online either.

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 content our research for the Australian government concerning internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: <https://ngl.me/#what-is-ngl>

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