



# Frodsham Primary Academy



## Newsletter 38

14<sup>th</sup> July 2023

We have had so many wonderful things going on in school this week.

The week started with all children visiting their new teachers and spending 2 days with their new classes. Teachers were amazed at how settled the children were and each class completed activities that will be readily on display when they start in September.

Our EYFS children then went on a trip to Chester Zoo. This was such a fantastic experience for all of the youngest children, including our 2-year-olds. Children saw all of the different animals and enjoyed exploring the zoo. I think it was unanimous, the favourite animals were the monkeys!

On Thursday, we started the day by each class having a workshop with the Dogs Trust. It is here the children learnt very important messages about how to stay safe and protect themselves around dogs. We felt this particularly important with the summer holiday upon us, where many children will spend additional time outdoors and in public places.

Thursday afternoon was a huge success. We had our first careers fair in school. We were lucky enough to have the support of; An English Tutor, Games designer, Fire Fighters, Police, Nurse, Football Coach, Football Player, Forensic Scientist, Geoscientist, Security Officers, Catering Managers and Accountants. Our children had the opportunity to ask lots of questions and find out more about possible careers of the future.

Finally, I would like to say a HUGE thank you to all that came to support our school Summer Fayre on Saturday. All monies raised will go back on resources for the children. Thank you to all of the staff for giving up their Saturday, thank you to our PTA who are always a great support and thank you to our wonderful parents and children who came to take part. It was a wonderful way to end what has been a very successful year for our school.

We are now into our final week. School reports will go home on Monday and it is class drop in on Tuesday after school for you to come and look at children's books. School closes for summer at 1.15 on Thursday.

See you all on Monday

Mrs Callaghan

# School celebrations



We achieved the School Games Gold award for the second year running for our commitment to sport and physical activity.



We were awarded the 'Outstanding Conservation Initiative' award at the Chester Zoo awards ceremony for our commitment to supporting the illegal wildlife trade and conservation.



We received a 5\* food hygiene rating after our food inspection for the kitchen and breakfast and afterschool club.

# Uniform – September 2023



<https://myschoolstyle.com/>

## SCHOOL UNIFORM GUIDE

The following have been selected by Frodsham Primary Academy as approved uniform. All items should be labelled with the child's name.

### Uniform

- ▣ Navy VNeck sweatshirt or cardigan with school emblem.
- ▣ White shirt or blouse with school tie.
- ▣ Plain dark grey or black trousers, skirt or pinafore.
- ▣ Black shoes.
- ▣ Navy fleece or reversible waterproof/ fleece school coat with school emblem (optional).

### Summer Uniform

- ▣ Optional blue Gingham checked dress.
- ▣ Optional short trousers.

### PE Kit

- ▣ White T shirt with school emblem.
- ▣ Navy shorts.

## September PE

In September, our PE day will be changing to a Friday. Children will be asked to come to school dressed ready for PE. Children must be in FULL PE uniform and no sports logos or variations please. Children can remain in their PE kit all day. (unless they wish to change back into uniform)

- White PE T-shirt
- Navy-blue shorts OR plain navy-blue joggers ( no sports logo)
- School Jumper OR navy blue hooded top / Jacket (no sports logo)
- Trainers or black pumps



Frodsham Primary Academy  
V-Neck Sweatshirt

From £11.49

[More information](#)



Frodsham Primary Academy  
Cardigan

From £12.99

[More information](#)



Frodsham Primary Academy Tie

From £3.99

[More information](#)



Frodsham Primary Academy P.E.  
T-Shirt

From £4.99

[More information](#)



Frodsham Primary Academy P.E.  
Shorts

From £4.49

[More information](#)



Black Velcro PE Pumps

£5.49

[More information](#)



Frodsham Primary Academy Book  
Bag

£4.99

[Add to basket](#)



Frodsham Primary Academy  
Expandable Book Bag

£5.99

[Add to basket](#)



Frodsham Primary Academy PE/  
Pump Bag

£4.99

[Add to basket](#)

What an exciting, jam-packed week we have had in Early years! We started off by spending two days with our new teachers for September, Miss Sands and Mrs Hindle. The children came back feeling very grown up after being in their new classroom with lots of things to tell us. Then on Wednesday both Nursery and Reception visited Chester Zoo to complete our topic. We were very excited about going on a coach and were all super sensible as we walked around the enclosures, seeing lions, monkeys, snakes, sloths and many other animals. (Only a couple of us fell asleep on the way back!) Then on Thursday we had an assembly from the Dogs Trust, got to sit in a fire engine and found out about lots of other careers as part of the school's careers day 2023. And we still have the Summer fayre to go on Saturday!

Don't forget parents and carers are invited to our stay and play on Tuesday, 2:00pm to watch the children perform some songs, look back on memories from over the years and enjoy a picnic together. We hope to see you there

Miss Curtis

What a busy week we have had this week! Our week began with 2 days of transition into our new classes. All children showed great bravery and resilience with their new teacher and showed off how amazing they all are! They all came back excited to start in September! Well done everyone! We then had our careers fair on Thursday. The children came back inspired by their future opportunities and had many questions about different careers. In Science we explored how we can change different objects/materials by bending, squashing, stretching, and twisting. In Computing we continued to explore scratch and started to use more actions and motions. One more week to go! Keep up the hard work!

Miss Sands

We have had an amazing week this week. We started the week with two days transition with our new classroom team and in our classrooms for September. On Thursday, the children went to our first ever careers fair where they had the opportunity to find out about different careers. We had a fantastic range of visitors, and we had different things we could try out. A few children went home in bandages! It was a great day and has really inspired the children into thinking about what they want to be when they are older. We also had a visit from the Dogs Trust this week. The children learnt about dog breeds and how training a dog is vital. They learnt how to approach dogs and when to be wary and give dogs space. The children had several scenarios to work through and they were a lot of misconceptions addressed around certain dog breeds. We then finished the week with writing up a science experiment about where food travels when it is digested. This was demonstrated using food mixed with fresh orange juice acting as stomach acid. It was all then passed through a pair of tights which represented the intestines before the left over was passed through an opening at the end of the tights!

Mrs Price

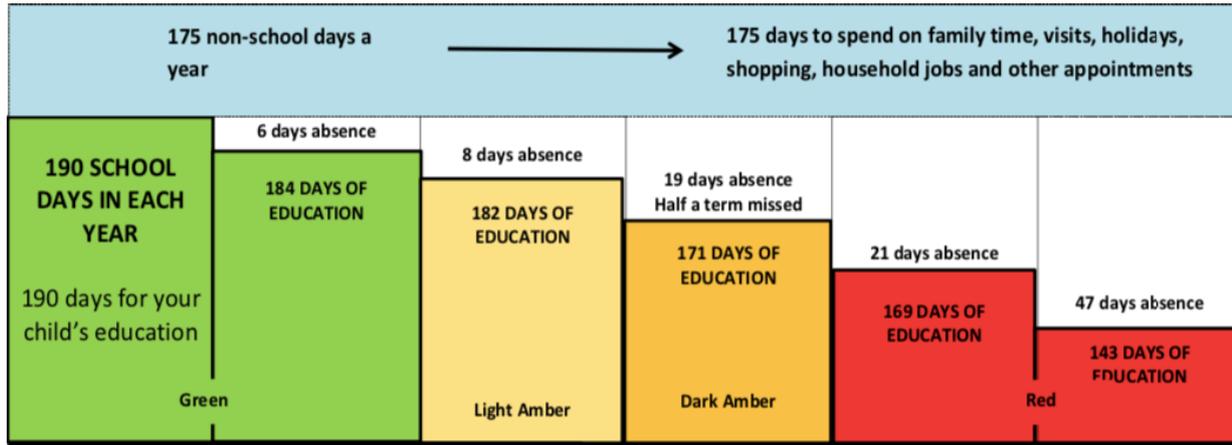
Year 5 really enjoyed their two transition days with Mrs Price and are looking forward to being our new Year 6 group. Lots of the children have already been expressing their interest in various different roles and responsibilities in Year 6. On Wednesday we worked on our Local History project, in preparation for our trip up to Frodsham Hill on Friday. The children learned about the pleasure grounds or 'Mersey View' that were on the top of the hill from 1908, and explored various different leisure pursuits from the Edwardian era. They then wrote postcards to describe a day out in Frodsham from the point of view of an Edwardian child. We then looked at the gates to Frodsham War Memorial and discussed the Latin words inscribed on the gates- 'Pax' and 'Bellum' or 'Peace and War.' Children then sketched pictures of the gates and war memorial as a mixed media sketch. We also started a 3D modelling task in Computing using a programme called Tinkercad. On Thursday we had two different activities- a workshop run by the Dog's Trust looking at how to be safe around dogs. The children then looked at a range of careers at the Career's fair and enjoyed discussing career paths with several parents. Our walk to Frodsham Hill and our visit to the Forest Hills Hotel were really enjoyed by us all- it was a lovely way to bring history to life and a great way to celebrate the end of the school year.'

Mrs Hayes

This week, Tawny Owls have met their teachers for next year. All the children have spent a little bit of time meeting their new mainstream class, and introducing themselves to their new friends, and teachers. They have also begun some work for our September display that is all about them. Children had to remember their hair colour, skin colour, eye colour and where all their facial features go. They then had to write about things they like and don't like. They had to recall some facts such as how old they are, their favourite colours and things about their families. They all did so well. We also had the careers day this week, children thought up some wonderful questions to ask the professionals.

Miss Pemberton

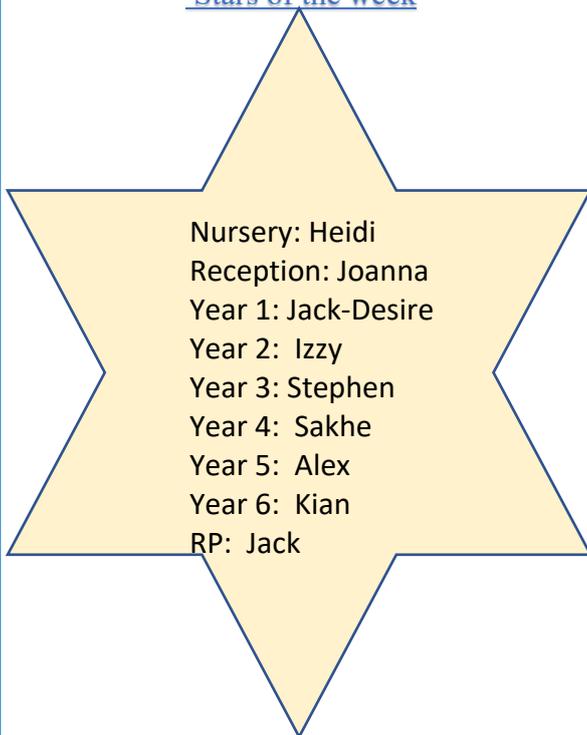
## Attendance News



80% attendance over 5 years = 1 whole year of education lost.

Research suggests that pupils who have an average of 20 days absent per school year see negative effects throughout their educational journey – resulting in a whole GCSE grade deficit by the time they leave secondary education.

### Stars of the week



### Dojo Champions

Nursery: Veronika  
 Reception: Thea  
 Year 1: Ayden  
 Year 2: Zach  
 Year 3: Jeff-James  
 Year 4: Sante-Rose  
 Year 5: Thomas  
 Year 6:  
 RP: Praveesh



### Birthdays this week and last

★ HAPPY ★  
 BIRTHDAY!

## Events for Summer

No coffee morning this week due to Y6 leavers assembly. These will be back up and running in September.

Monday 5 <sup>th</sup> June	School reopens
Wednesday 7 <sup>th</sup> June	Class Photographs in school.
Monday 12 <sup>th</sup> June	Y6 transition days to Helsby High School
Thursday 22 <sup>nd</sup> June	Selection of Y3/4 children Helsby Sports competition
Tuesday 27 <sup>th</sup> June	District sports event 6.00-8.00pm CANCELLED
Friday 30 <sup>th</sup> June	SCHOOL CLOSED TEACHER INSET DAY
Tuesday 4 <sup>th</sup> and Wednesday 5 <sup>th</sup> July	Year 6 Helsby High open evening or parents and students
Thursday 6 <sup>th</sup> July	School Nurse into school to speak to Y6 children
Thursday 6 <sup>th</sup> July	Y1/2 local area trip to Frodsham Market
Friday 7 <sup>th</sup> July	Year 5/6 Young Enterprise Day
Friday 7 <sup>th</sup> July	Year 3/4 Greek day
Friday 7 <sup>th</sup> July	Resource Provision trip to the farm
Monday and Tuesday 10 <sup>th</sup> and 11 <sup>th</sup> July	Year 6 Helsby Transition Day Rest of school 2-day transition day into new classes
Monday 10 <sup>th</sup> July	Information about new classes 2.30
Wednesday 12 <sup>th</sup>	Information about new classes 9.00am
Wednesday 12 <sup>th</sup> July	EYFS trip to Chester Zoo
Thursday 13 <sup>th</sup> July	Whole school Careers Day
Friday 14 <sup>th</sup> July	Year 5/6 Frodsham Hill Walk
Saturday 15 <sup>th</sup> July	Whole School summer fair
Monday 17 <sup>th</sup> July	End of year reports go home
Tuesday 18 <sup>th</sup> July	EYFS Stay and Play 2-3pm
Tuesday 18 <sup>th</sup> July	Class drop-in session 3.30-4.30 pm
Tuesday 18 <sup>th</sup> July	Y6 Leavers night out- Mrs Hayes has sent information
Wednesday 19 <sup>th</sup> July	Y6 Leavers assembly followed by mini tea party in class.
Wednesday 19 <sup>th</sup> July	Whole school walk to finish our year for active travel with Sam from Sustrans
Wednesday 19 <sup>th</sup> July	School Disco EYFS 2-3pm School Disco Year 1-6 4.00-5.15
Thursday 20 <sup>th</sup> July	School closes for summer at 1.15pm



Interested in becoming a  
**TRUSTEE** or **SCHOOL**  
**GOVERNOR**



We are looking for governors to join our multi-academy trust.

For further information, please contact our Trust Governance Co-ordinator

**Ashley Babbs**

email - [ababbs@wpat.uk](mailto:ababbs@wpat.uk) or tel - 01925 202256





# OPEN WATER: DON'T TAKE THE RISK



Swimming in or playing near rivers and canals may seem like a great idea, particularly on a warm day, but it could all end in tragedy. **DON'T take the risk.**

## THE WATER IS COLD...

...even on very warm days, rivers and canals contain water barely above 10 degrees. Sudden immersion can lead to **cold water shock**, which can cause gasping and intake of water.

**This can be deadly in a matter of seconds.**

## DID YOU KNOW?

Even the narrowest of rivers can be considerably deep. Rivers are subject to strong flow and **hidden currents** which can trouble even the strongest of swimmers.

## WHAT LIES BENEATH?



**The water is untreated and can make you ill.**

Canals and rivers contain pollutants, sewage and often unseen underwater obstructions and snag hazards.

Debris under the water such as shopping trolleys, broken glass and cans can cause **injury** or **trap** you.



Remember, there are **no lifeguards to help you** at your local river, lake, canal or dam.



Rivers can be very difficult to climb out of, especially with steep or slimy banks. **Stay clear of rivers with steep or unguarded banks.**



**IN AN EMERGENCY...NEVER** enter the water to try and help a person or animal. You could get into difficulty yourself. Instead, dial 999 and use any water rescue equipment that is available.

**If you fall into the water unexpectedly, fight your instinct to thrash around. Instead, lean back, extend your arms and legs & float.**



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FIRE & RESCUE  
SERVICE

[www.merseyfire.gov.uk](http://www.merseyfire.gov.uk)

## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE 6 WEEKS SUMMER HOLIDAYS 2022



COURTESY OF MONEY SAVING CENTRAL

### **ASDA CAFE**

Kids eat for £1 all day, every day with no adult spend from 25th July - 4th Sept 2022

### **FUTURE INNS**

Under 12's eat for free with any adult meal during the school holidays

### **TABLE TABLE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **YO! SUSHI**

Kid's eat free from 3pm-5.30pm, Monday to Thursday until 1st September 2022

### **THE REAL GREEK**

Kids eat FREE every Sunday for every £10 spent by an adult

### **SIZZLING PUBS**

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### **BEEFEATER & BREWERS FAYRE**

Two children under 16 can get a free breakfast every day with one paying adult!

### **PAUSA CAFE @ DUNELM**

From June 27th kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend

### **MARKS & SPENCER CAFE**

Likely But Not Yet Announced

### **WHITBREAD INNS**

Two kids under 16 eat for FREE with every adult breakfast purchased

### **MORRISONS**

Spend £4.99 after 3pm daily & get one free kids meal (usually all day during half term)

### **HUNGRY HORSE**

Kids eat breakfast free with every adult breakfast, daily from 9am - 12pm.

### **BELLA ITALIA**

Children eat for £1 with any adult main. The offer is valid 4-6pm Monday to Thursday

### **CAFE ROUGE**

Kids eat for £1 when you order one adult's main meal. Excludes Saturdays

### **SA BRAINS PUBS**

Children can eat for £1 with any adult main. Only valid Wednesdays but on all day

### **ANGUS STEAKHOUSE**

One free children's meal per paid adult meal 12-5pm daily throughout the holidays

### **PRETO**

Kids up to age 10 eat free all day, every day with paying adults at Preto

### **FARMHOUSE INNS**

Likely But Not Yet Announced

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# BEACH SAFETY: KNOW THE DANGERS

## MUD AND QUICKSAND

Large areas of the coast can have mud and quicksand which can cause you to get trapped and risk drowning.



### REDUCE THE RISK

Check tide times

Follow warning sign advice

Avoid crossing estuaries and mud where there can be hidden channels or fast water

If trapped, **sit back and spread your weight evenly across the surface**

Stop others from trying to help you as they may get stuck

Call **999** immediately and ask for the **Coastguard**



Strong currents can sweep inflatables and people out to sea

## FOLLOW THE FLAGS



There are lifeguards in the area. Swim between the two flags.



Do not enter the water. There could be unseen dangers such as currents.



No swimming in this area. There may be non-powered watercraft such as surfboards, kayaks, etc. in this area.

## IF YOU SEE SOMEONE STRUGGLING:



**CALL** 999  
**TELL** the struggling person to float on their back  
**THROW** them something that floats

**TOP TIP**  
ALWAYS GO TO A BEACH WITH A LIFEGUARD



## What Parents & Carers Need to Know about

# RUMBLE

AGE RESTRICTION  
**12+**

on the App Store  
Get it on Google Play

A video-sharing platform designed as an alternative to YouTube, Rumble is the epitome of a 'slow burner' in digital circles: it was initially launched in 2013, but it's only in the last two or three years that it's begun to gain serious traction. Much of Rumble's recent growth has stemmed from its association with Truth Social, the platform founded by former US President Donald Trump. Rumble's content frequently reflects some intense political viewpoints; this can often affect the way it approaches topics and has occasionally caused the platform to venture into controversial territory.

### WHAT ARE THE RISKS?

#### POLITICAL AFFILIATIONS

The company which developed Rumble is also responsible for hosting Truth Social, the often controversial news and social network founded by Donald Trump. Indeed, Rumble's content often reflects the ideas of one group of US voters, who have embraced it as an alternative to more mainstream social media. Many parents may feel that such an overtly political platform isn't suitable for young people.

#### PROVOCATIVE CONTENT

Rumble prides itself on championing free speech, with its CEO declaring the platform "immune to cancel culture". Many of Rumble's highest-profile content creators – such as Andrew Tate and Russell Brand – are well known for sharing opinions which are often described as extreme. While adults might be equipped to treat this content objectively, much of it may not be appropriate for a young audience.

#### INAPPROPRIATE MATERIAL

In very simple terms, Rumble works a little like YouTube but with far fewer censors and restrictions being applied to its content. If age-inappropriate material or potentially harmful misinformation is trending on the platform and being shared among more mature users, there's a distinct possibility that Rumble's algorithm may also recommend that content to a child.

#### CONTROVERSIAL FIGURES

Many of Rumble's best-known accounts are owned by individuals who have previously been banned from other social media platforms. There could, of course, be a variety of reasons behind this – but it almost certainly increases the chances of your child coming across content on Rumble which probably wouldn't be deemed acceptable on other similar platforms.

#### SENSITIVE TOPICS

In recent months, some prominent Rumble influencers have expressed uncompromising views on sensitive subjects such as gun control, abortion, LGBTQ issues and more. With many Rumble accounts tending to display a noticeable political bias, the concern would be that young people using the platform may not always be presented with an impartial perspective on these important and complex topics.

#### THE ALTERNATIVE VIEW

## Advice for Parents & Carers

#### TALK ABOUT POLITICS

Rumble does have a team of moderators, but the nature of the platform means that some permitted content is likely to be controversial and highly subjective. That possibility might make many parents uncomfortable – but if your child does view (or hear about) something provocative on Rumble, it can still provide a useful opportunity to discuss politics at home in a safe, relaxed environment.

#### CHECK UP REGULARLY

Like any video-sharing platform, there's a chance that Rumble might suggest inappropriate content for your child. There may be an algorithm issue – or it could be that the recommendations are based on videos they've previously viewed. If your child uses Rumble, you might consider a chat with them about which accounts they follow and what type of content is suitable for their age.

#### RESEARCH ALTERNATIVES

No video-sharing platform is totally free from potentially harmful content, of course – but the number of prominent account holders on Rumble whose output has previously been banned from similar services is certainly a cause for concern. If your child is becoming interested in influencer culture or politics specifically, you could perhaps research more family-friendly platforms together.

#### DISCUSS IMPARTIALITY

Many prominent Rumble accounts wear their political leanings firmly on their sleeves. As a result, it can be tricky for impressionable young people to appreciate both sides of any given debate. If your child is old enough to use Rumble, you may feel that a discussion of some things they've seen might be prudent – if so, be prepared for some complex (and possibly lengthy) conversations.

### Meet Our Expert

Stephanie is a digital inclusion and expert in digital and social media. She has worked in the charity sector for several years. A regular contributor to the digital inclusion sector, she has also presented at several national and international events and conferences.



NOS  
National Online Safety  
#WakeUpWednesday

Source: <https://www.pewresearch.org/january-2023/summary/young-adults-are-less-likely-to-use-social-media-than-older-adults/>



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@national\_online\_safety

Views of this guide do not represent those of National Online Safety. Content as of the date of release: 05.07.2023

# 10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH

WWW.BELIEVEPERFORM.COM



@BELIEVEPHQ



## ROLE MODEL

Be a positive mental health role model. Demonstrate positive behaviours which your child can learn from you



## TALKING

Support your child to talk about their problems and how they are feeling

## COPING SKILLS

Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging

## SLEEP

Support your child to build positive sleep habits. Develop a good sleep environment with your child



## WELLBEING

Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety

## PLAY

Promote play and creativity among your child. Allow them to explore



## SELF CARE

Make sure your child has time and space to look after themselves. Involve yourself in their hobbies



## AUTONOMY

Allow your child to make their own decisions. This will help to build resilience

## RELAXATION

Help your child to relax. Teach them relaxation skills such as deep breathing



## RELATIONSHIPS

Support your child to build positive relationships with friends and family

