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# Moreland Primary School

Reaching higher than I dreamed, becoming the person that I want to be,  
doing the best I can for the world and for me.

## 10th February 2023

### Headteacher's News

This week we have celebrated two important events at school: Children's Mental Health Week and Safer Internet Day. Both of these highlight very important issues affecting children and young people. Two of our student leadership groups (The Wellbeing Team and Digital Leaders) have also been busy supporting with this.

#### Children's Mental Health Week

The theme for Children's Mental Health Week this year was "Let's Connect". This is about making meaningful connections. People thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections - to family, friends and others - this can support our mental health and our sense of wellbeing. For Children's Mental Health Week 2023, we have been encouraging people to connect with others in healthy, rewarding and meaningful ways. All the children have taken part in additional class activities around this theme.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to. It is important that as adults we model good relationships with other people and show tolerance even when we don't necessarily agree with someone else or have had a disagreement. We work hard with children at school to develop their interpersonal skills and to help them build relationships but what happens outside school is even more important.

I have included with the newsletter the "Tips for Parents and Carers" leaflet from the Children's Mental Health Week website (<https://www.childrensmentalhealthweek.org.uk/families/>). There are also some fun activities to do together with your children on the website.

#### Safer Internet Day

Safer Internet Day took place on Tuesday, with celebrations and learning based around the theme 'Want to talk about it? Making space for conversations about life online'. The aim of the day is to promote the safe, responsible and positive use of digital technology for children and young people. Children in KS1 and EYFS participated in class activities and children in KS2 had an online workshop which hopefully some parents also attended.

The National Online Safety organisation has a free short online course for parents. This short course provides you with an important insight into how children aged 7 to 11 are typically engaging with the online world. It will highlight the common areas where young children's consumption habits start to change as they gain more independence and what steps parents should consider around smartphone usage, family controls and starting to have open conversations with your children. I would strongly urge you to watch these videos as this issue is very important in keeping children safe.

<https://nationalonlinesafety.com/courses/online-safety-klass-for-parents-and-carers-ages-7-11>

We also have a page on the school website that has lots of useful information and links about keeping children safe online.

There is a strong link between healthy behaviour online and good mental health. Please make sure you are aware of what your child is accessing online and monitor their online viewing and conversations through social media. We see many children who are upset with comments made on social media and children often do not think about the effect their words are having. Online bullying is very serious and can have devastating effects.

#### Attendance

A reminder about the importance of good attendance:-

Please make sure your child is in school on time every day unless they are too unwell to come to school. A minor cold or cough shouldn't prevent them coming in and we will always call you if we feel your child is too unwell to stay in school. Good attendance is vital for children to make progress in their learning and we really see the impact on this when children miss days at school. Dom leads on attendance and he is always available to talk with you about what can support you to have your child in school every day. If you are experiencing difficulties speak to Dom or any member of staff for help. Teachers will provide you with an update on your child's attendance at parents evening. We will be giving you this information in a slightly different way so that it is easier to understand. Instead of a percentage we will give you the number of days your child has missed.

It is important that you do not take your child out of school in term time. Term time holidays are the biggest cause of low attendance and will not be authorised except in cases of genuine family emergency.





### The Science of Learning and Metacognition

In the last newsletter I explained about our whole school focus on metacognition. Staff have been learning about and trying out new approaches this half term on supporting children's memory and learning. As I outlined last time, there are key things that you as parents and carers can do at home to help children have optimal brain development and support their ability to learn.

Three key things are:

- Sleep
- A Healthy Diet
- Exercise

Last time we looked at the importance of sleep and this month we will look at a healthy diet.

### The Importance of a Healthy Diet

We all know that the food we eat can impact our health but did you know there is a direct relationship between the foods we eat and the functioning of our brains? What you eat can have negative effects on the most complex organ in your body: your brain. Amazingly, the food you eat affects neurons, which are the major cells of the brain. In the brain, an unhealthy diet that is rich in fats and sugars causes inflammation of neurons and inhibits the formation of new neurons. This can affect the way the brain works and contribute to brain disorders like depression. On the other hand, a diet that contains healthy nutrients, such as omega-3 fatty acids, is beneficial for brain health. Such a diet improves the formation of neurons and leads to improved thinking, attention, and memory. In sum, a healthy diet makes the brain happy, so we should all pay attention to what we eat.

There are lots of ways that you can make your child's diet healthier and the "Better Health: Healthier Families" website has loads of really easy ideas to try out. <https://www.nhs.uk/healthier-families/>

Here are some healthy snack swaps to try over half term.



**Fruit kebabs**



**Cucumber caterpillars**



**Grilled tinned pineapple**



**Carrot, pepper and celery sticks**



**Cherry tomatoes**



**Watermelon "fruit lollies"**





**Muffins with cream cheese and cucumber sticks**



**Yoghurt with mandarin segments**



**Toasted malt loaf with strawberries**



**Sugar snap peas with low-fat hummus**



**Sliced fruit with yoghurt**



**Homemade popcorn**



**Toasted pitta with tuna, mayo and yoghurt dip**



**Mashed avocado and boiled egg**



**Cheesy oatcakes with tomatoes**

#### Help for communities in Turkey and Syria

We know that many of our school community have family and friends affected by the earthquakes in Syria and Turkey. CBBC Newsround has age appropriate reporting on the disaster that explains it in a child friendly way.

[https://www.bbc.co.uk/newsround/news/watch\\_newsround](https://www.bbc.co.uk/newsround/news/watch_newsround)

There are also some useful resources available to support children if they are worried or upset by what they see and hear on the news.

<https://www.bbc.co.uk/newsround/13865002>

As a school we are all keen to do what we can to help those affected by these terrible earthquakes. We have been fundraising today and the total that was donated is £1095.78! Thank you so much to everyone that donated.

If you have ideas of anything else we can do to support these communities please do let us know.

I hope everyone has a restful and pleasant half term

I wish everyone a wonderful weekend.

Best Wishes

Catherine Lawrence





### **FREE SCHOOL MEALS**

Islington Council offers free school meals to all Nursery and primary age pupils in local schools.

For your child to receive free school meals you must register just go to:

[www.islington.gov.uk/freeschoolmeals](http://www.islington.gov.uk/freeschoolmeals)

You may also be entitled to food vouchers in the holidays - £15 per week per child

**Vouchers will be emailed on Monday 13th February to all parent entitled.**

### **Would you make a good Family for Life Community Champion?**

We're looking for volunteers to encourage families in Islington to get active and eat well. The Families for Life programme offers free healthy eating and active play activities for families with children aged 2 to 11.

You should be an Islington resident committed to improving the health of your community and available to volunteer two to three hours a week.

Families for Life is a programme to help families with children aged 2 - 11 years to feel good and live well. The deadline for application is Friday 17 February 2023.

For more info and to apply: Families for Life community champion

Community champions will benefit from:

- ✦ Free training
- ✦ Ongoing support
- ✦ Meeting new people
- ✦ Improving their communication skills
- ✦ Boosting their confidence
- ✦ Increasing their employability



If you have any questions please do let me know.

Best wishes,

Natasha Miller, Families for Life Project Officer, School Improvement Service

People Directorate

Islington Council

222 Upper Street, London, N1 1XR

Telephone: +442075272304

Alternative contact: Marjon Willers 020 7527 5866 or [marjon.willers@islington.gov.uk](mailto:marjon.willers@islington.gov.uk)

**Disclaimer - Any advertisements that are on this newsletter are independent of the school and therefore we do not accept responsibility for any description, services or goods.**





Dear parents/carers,

Please make sure your child attends school every day and on time. See below the attendance figures we ask parents to aim for, if you have any problems regarding attendance or punctuality please talk to Dom. Remember the school does not authorise any leave in term time all holidays should be taken in the school holidays only. Holiday dates for 2022-2023 are on our website.

Thank You

The attendance figures below are Government guidelines that we have to follow

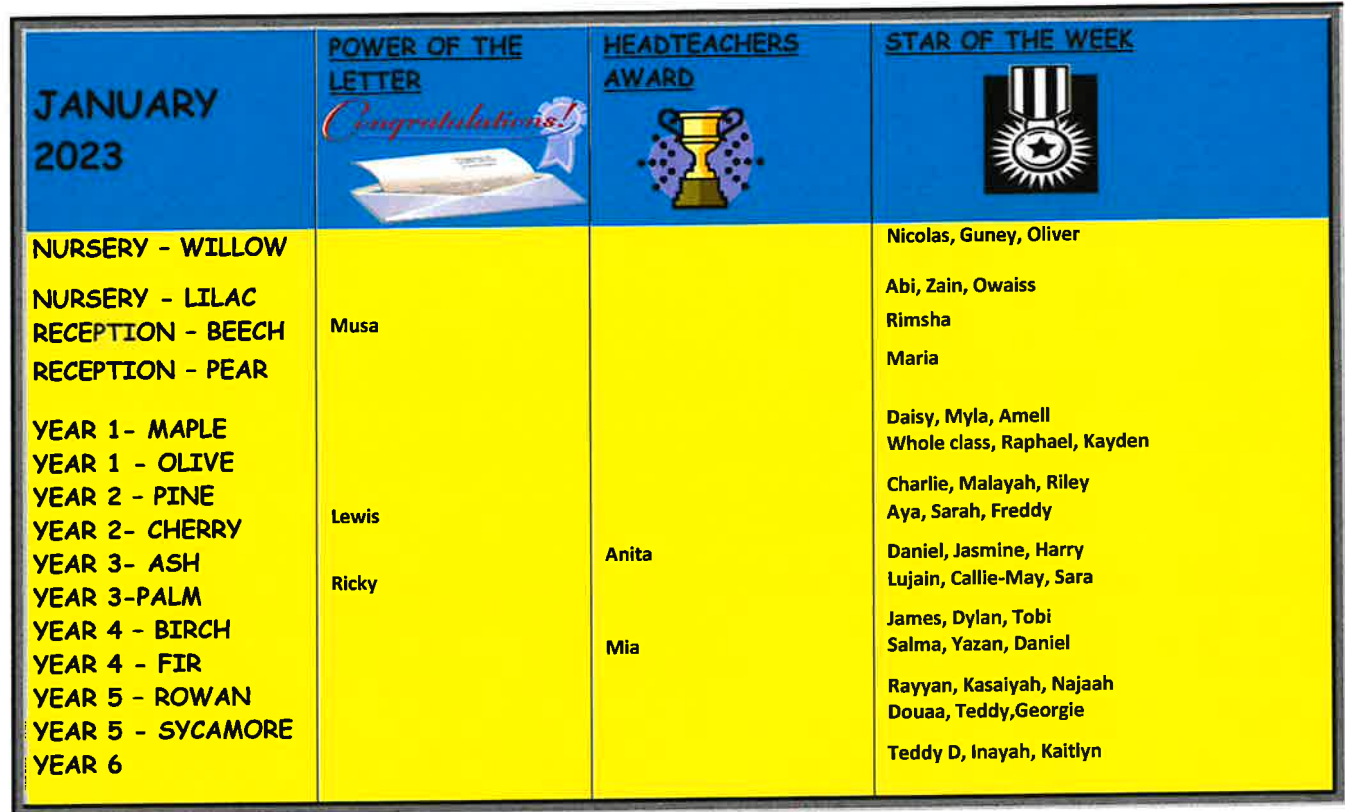


## JANUARY 2023



CLASS	ATTENDANCE	LATES
Rec - Pear	88%	16
Rec - Beech	83%	34
Year 1 - Maple	85%	5
Year 1 - Olive	89%	17
Year 2 - Cherry	92%	13
Year 2 - Pine	94%	19
Year 3 - Ash	90%	3
Year 3 - Palm	95%	20
Year 4 - Fir	93%	12
Year 4 - Birch	91%	9
Year 5 - Rowan	95%	6
Year 5 - Sycamore	95%	2
Year 6 - Cedar	95%	1





Please feel free to go and visit the chickens, rabbits and guinea pigs in

Yazan	Minar	Morad
Hadjer	Khanh	Rapahael
Quyuum	Anthony	Rian
Farid	Salma	Kaitlyn
Zakiya	Lily	Hajir
Yusuf	Daniel	Douaa
Noah	Aya	
Tosin	Oliver	

We just ask that children are reminded to be quiet and gentle with them and wash their hands if they touch them.

Every child should have a book bag from September.



FOR MORE INFORMATION ON WHAT IS HAPPENING IN OUR SCHOOL OR TO VIEW OTHER NEWSLETTERS.



# Head of School Notice Board – Important Dates



PLEASE TAKE A  
LOOK AT OUR  
WEBSITE

Remember to check this board as we may add or cancel certain events.  
You can also check our website for up to date information

FEBRUARY 2023	
Monday 13th - 17th	Half Term school is closed
MARCH 2023	
Wednesday 1st	Year 6 parents will get an email this evening with the secondary school offers
Thursday 2nd	World book day
Wednesday 15th	Deadline to accept secondary school offers
Friday 17th	Comic Relief - Red nose day

Please make sure your child is wearing full school uniform every day.  
Teachers will be handing out letters to all children that are not.

You can order school uniform on parent mail and pay by card.  
If you are having problems registering on Parent Mail please see Danielle.  
We do not take cash in the office everything is done through Parent Mail.

Unfortunately we have had to increase the prices of school uniform as the company we order from - Brigade has increased their prices.

Dear Parents and Carers,

We will be running a coffee morning on Thursday 23rd of February. This is primarily for parents of children who have a Special Educational Need and disability (SEND) or have questions about SEND.

We have arranged for two members of Islington SEND Community Support Service to attend.

The Service provides free, legally based, impartial, confidential and accessible information, advice and support on all matters relating to special educational needs and disabilities (SEND).

There will be a presentation, followed by an opportunity for parents to talk to each other and the guest speakers.

The morning will take place from 8.45 till 10am in the eco pod. Tea, coffee and biscuits will be provided. We look forward to seeing lots of you there.

Regards

Richard Morse

Assistant Head / SENDCo





## Some lovely things that have been happening in our class recently.....

<b>Nursery</b> Willow / Lilac	We have been increasing our speech, gaining new vocabulary and having lots of fun working with the story "George and the Dragon". In maths we have been exploring differences in size and length.
<b>Reception</b> Pear and Beech	We have been busy in Reception experimenting making bath bombs and exploring Chinese New Year. We particularly enjoyed making and trying our own stir-fry. To end the term, we have been writing messages in bottles and burying them for Pirate Perry to find, he even left some treasure as he was so impressed with their writing! In our maths learning, we have been practising number bonds to 5 and making repeating patterns.
<b>Year 1</b> Maple Olive	In Year 1 we had a wonderful time at the Natural History museum where we took part in the Sophie stegosaurus workshop, this really helped us to consolidate our work around fossils and dinosaurs which we have been learning about in class. The children completed their diary writing from the perspective of Mary Anning and used key features of a diary. In Maths we are learning about numbers to 40, place value and comparing and ordering numbers.
<b>Year 2</b> Cherry	In literacy we have just finished writing our fairy tale stories including all the features. In Maths we have been learning about multiplication using skip counting. This term in topic we looked at Castles, Queens and Kings. The children went to Tower of London to learn more about Castles and to The Chaterhouse where Queen Elizabeth 1 showed us many items from her typical meal. Then we went on a tour of The Chaterhouse.
<b>Pine</b>	This term we have been learning about Fairytales. The children have identified the key elements in a fairytale and have now written their very own fairytales. In maths we have focussed on Multiplication and Division, and the related number facts between the two. In Topic we have learned all about Castles and their defences and what life was like in a medieval castle.
<b>Year 3</b> Palm and Ash	This week the students have been working hard on their volcano stories, the adventures the students have come up with have been fantastic! Linked to this we have been looking at volcanoes and mountains in geography with a wonderful trip to the Natural History Museum. In Maths we have been hard at work mastering two step word problems!
<b>Year 4</b> Birch Fir	In Birch class we have been learning how to write newspaper articles in English. In maths we have learnt how to convert fractions to decimals and also used our rounding knowledge to round to the nearest whole number, including rounding to one decimal place. In topic we have been learning about ancient Egypt and also looking at the physical geography of the country.
<b>Year 5</b> Rowan / Sycamore	In year 5 we have been studying about the Vikings and Anglo Saxons. We have learnt where they came from and their impact on England, including how the name England came the old name Angle's land. In Maths, we have continued in developing our understanding of fractions. Also in English we have been writing our own legends based off Beowulf.
<b>Year 6</b> Cedar	In Year 6, the children have been learning all about Global Trade and reading the book 'Kick' by Mitch Johnson. We have visited the Cutty Sark to learn about the tea trade, made posters about Fair Trade and learnt about the imports and exports to the UK. In English, we have written persuasive letters demanding fairer pay in sweat shops and have written formal newspaper reports linked to events that have happened in 'Kick'.



It's an easy, convenient way to receive school messages



To register contact the school office for more details

### Change of contact numbers / Address

If you have changed your contact numbers or address please let us know as soon as possible so we can update our system.



# LET'S CONNECT



## TIPS FOR PARENTS AND CARERS

Dear parents and carers,

**6 - 12 February 2023 is Children's Mental Health Week.** The week is run by children's mental health charity Place2Be to raise awareness of the importance of children and young people's mental health. This year's theme is Let's Connect.

### WHAT'S IT ALL ABOUT?

**Let's Connect** is about making meaningful connections, and for Children's Mental Health Week 2023, Place2Be is encouraging people to connect with others in healthy, rewarding and meaningful ways.

As parents and carers, you are an important role model to your child. How you connect with friends and family will influence your child, and how they develop their own friendships and relationships. For example, how you greet people and maintain friendships, but also how you forgive people or say sorry when you need to.

### WHAT CAN YOU DO?

Here are a few simple ways you can connect with your child and help them to make meaningful connections.

#### 1. Connect with your child in everyday ways

Moments of connection (and re-connection) are really important in child-caregiver relationships. For example, when you pick them up from school, or come in from work, try to give them your full attention and see if this helps you feel better connected as you hug, talk, smile and hear about their day. Watching your child play and joining in is really important to them – so put your phone away and have a bit of fun – being playful is good for adults, too!

With your older child, you may find times such as car journeys a good time to talk, or to re-connect by playing music you both like. It is important to be accessible to a teenager when they need to talk. You may have to be there 'on their terms' and be ready to listen.

#### 2. Talk to your child about important connections

This could include talking about family members, friends, neighbours, childminders, people in the local community and others in your faith group (if you have one). Remember it's ok to talk about people they miss, for example, family members who live in a different country or people who have died.

Children learn a lot from their parents about how to express their feelings, including the joy that comes with feeling connected to others and the sadness that comes with missing others.

#### 3. Talk to your child about their friends

As children become teenagers, their friendship groups become increasingly important to them. Be open to hearing about their friendships and try to listen without judgement.

#ChildrensMentalHealthWeek

# LET'S CONNECT



Ask them about their life in real life and online. You may not think online friends are 'real friends', but your child may feel differently. Losing friends, feeling left out or being bullied is very painful and your child needs to know you will support them through these difficult times.

#### 4. Connect by taking an interest in your child's world

As adults we can sometimes be dismissive of the things that our children and teenagers are interested in, e.g. their music, fashion, what they watch etc. If you do take an interest in these things, however, you may feel better connected to your child and the important things in their world. This can lead to other conversations about other things in their lives that matter to them.

#### 5. Find time to connect as a family

Family life can become busy and stressful, so it's important to find some time where you connect together. This could include simple things like cooking, watching a film, playing a game, going to the park or even doing the family shop together.

#### 6. Try to resolve conflict and re-connect after arguments

Arguments and moments of disconnection are bound to happen in families - between your children, between yourself and your children and between yourself and your partner, if you have one. It is important that children learn how to disagree in appropriate ways, how to say sorry and how to make amends when they have done something wrong. They will learn a lot about how to do these things from you - so try to model the behaviour you want to see in your children. Talk to them about how to re-connect with friends after arguments including what they can do to help repair relationships.

### Video activities from Place2Be

**Puzzle Pieces** – aimed at 4-7 year olds, this activity is presented by CBBC's Art Ninja, Ricky Martin, and will show children how we are all connected. Why not take part as a family? [childrensmentalhealthweek.org.uk/puzzlepieces](https://childrensmentalhealthweek.org.uk/puzzlepieces)

**Connecting Paperchains** – developed by Place2Be's Art Room team for 7-11 year olds, this activity helps children think about the people, things and activities they feel connected to. [childrensmentalhealthweek.org.uk/paperchains](https://childrensmentalhealthweek.org.uk/paperchains)

**Exchanging Postcards** – developed by Place2Be's Art Room team for 11-14 year olds, this activity encourages young people to explore what connection means to them. [childrensmentalhealthweek.org.uk/postcards](https://childrensmentalhealthweek.org.uk/postcards)

### Looking for free practical advice to help you support your child?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. [parentingsmart.org.uk](https://parentingsmart.org.uk)

**Let your child know that if they are worried about something, they should always talk to an adult they trust. It could be you, someone in your family, a teacher or someone else in their school.**

If you're worried about your child's mental health you can talk to your GP or someone at your child's school.

You can also find a list of organisations that provide support and advice on our website: [place2be.org.uk/help](https://place2be.org.uk/help)

# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSHE curriculum.



**National Online Safety**

#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

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