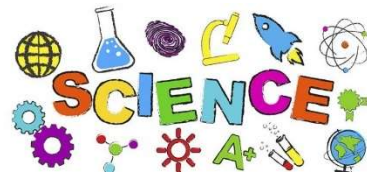


TRIPS

May we please remind parents that when you pay online/by paypoint for a trip, this is also your parental consent. This is important as without consent, we cannot allow children to go on a trip. If you are having difficulties, please contact the school office who are happy to help. Thank you for your cooperation.

SCIENCE WEEK

We would like to say a huge thank you to the PTFA for their kind donation towards our Science Week fund. After half term we have Bruce Robinson from Wonder Workshops coming to school to deliver some fun, practical experiences for our children! We can't wait!



STAFF LEAVERS

As you will be aware, Miss Moles and Mrs Maggie Graham will be leaving us on 24th May. Both have been a big part of the school for many years and will be greatly missed by all. We wish both the best of luck in their future endeavours.



HOLIDAY FORMS

As you will know, if you would like to request holiday during school time you must complete a holiday request form which can be obtained from the school office. Please note - forms must be completed and handed back at least 1 week before you intend on going, this allows us time to get it back to you. According to Local Authority Guidelines, time off will only be authorised should there be exceptional circumstances. Thank you.

TERM DATES

Fri 24th May
BREAK UP
27th - 31st May
HALF TERM
Mon 3rd June
BACK TO SCHOOL
Fri 19th July
BREAK UP FOR SUMMER



MESSAGE FROM MAGGIE

I would like to say thank you to all the parents/carers that have supported me and the school over many years, I will miss running the parenting groups and certainly the weekly Craft group. I will also miss Taiko, Nature Ninja's and the Service group. I wish you all good luck in the future.

HEADTEACHER INTERVIEWS

As you know, Mr Cording is due to retire in December. This week, governors have been very busy holding interviews to find the right person to fill the role of Headteacher when he leaves. We are delighted to inform you that one of the candidates, Mr Summerfield, has successfully secured the position. This week, Mr Summerfield has impressed parents, pupils, staff and governors alike. Currently, he is a Deputy Headteacher of a reasonably large school in Kent but is looking forward to relocating to Plymouth to lead our school and be closer to family. Whilst we will all be extremely sad to see Mr Cording leave, we are very confident that we have found a brilliant successor.

John Bale

Chair of Governors



E-SAFETY NEWS

Here is a quick guide for parents to empower young people to develop body positivity online.

Selfies, self-esteem and body image

Empowering children to develop positive body image

internet matters.org

Why is it important?

Using selfies as a comparison tool

Seeing constant streams of perfect bodies **can put unrealistic expectations** on young people to look a certain way which can lead to low 'body esteem'.

Pressure to post the perfect selfie

Wanting to be accepted by the in-crowd **can put pressure on young people** to share personal images simply to improve their social status.

Link between likes' and self-esteem

Young people may put more value in how others see them so, getting a negative comment or less likes on a post **can have a real negative impact on their self-esteem and mental health.**

Tips to support young people



Help children think critically about images they see online

Explain that when we look at idealised images - it's natural to compare ourselves. The way to deal with these images is to recognise that they are more like press releases, they showcase the best possible version of a face or body.

Encourage them to be selective about who they follow and images they see

Being bombarded by images of people with abs or a certain body type on their social feed can lead them to think that this is the norm. **Making them aware of a range of body types** can help them develop a balanced view of body image.

Empower them not to put all self-esteem eggs in the beauty basket

Remind children that they are more than what they see in the mirror. Encouraging them to put value in the range of talents and skills they have can help them develop a strong sense of self and improve self-esteem.

Talk positively about your own body image

Be aware of the language that you use to talk about your own body. Children pick up on this so it's best to try and **keep it positive to encourage them to stay positive** about their own body image.

Discuss what it really means to 'like' something on social media

Talk about the reasons behind why they are liking a picture, is it because others have liked it or because they've genuinely engaged with the photo? Getting them to think critically about this can help them developed a balanced view when it comes to seeking likes on social media.

Focus on positive images online

Encourage them to **celebrate what makes them unique,** rather than comparing themselves to others online. Posting images that empower and inspire others can be a great tool to encourage others to do the same.