



Friday 7<sup>th</sup> February 2025

St Nicholas CE Primary Academy

# Weekly Newsletter

Headteacher: Christopher Dale

Email: [headteacher@st-nicholas-newromney.kent.sch.uk](mailto:headteacher@st-nicholas-newromney.kent.sch.uk)

Dear Parents and Carers,

I'm delighted to share some exciting news with our school community. Last week, we underwent our IQM assessment, and I'm thrilled to report that the outcome was overwhelmingly positive. As soon as the official report becomes available, I'll be eager to share its contents with you all.

Looking ahead next week marks our participation in the annual Internet Safety Awareness Day. We've planned a series of activities that will span the entire school week, emphasising the critical importance of online safety for our pupils.

In recent years, I've noticed an uptake in parents approaching me about online incidents occurring outside of school hours. While I'm always here to offer support, it's crucial to understand that many of the platforms our children use, are designed for much older audiences. This mismatch often leads to challenging situations.

Over the past few years, I've had to address distressing issues ranging from online abuse and bullying to the sharing of inappropriate images and even cases of sexting & sextortion! These aren't just distant problems we hear about in the news; they're happening right here in our community!

I urge **all** parents and carers to take a moment to review our school's advice on online safety. It's vital that we work together to protect our children from these very real dangers. The digital world offers incredible opportunities, but it also presents risks that we must navigate carefully.

By staying informed and vigilant, we can help ensure that our pupils enjoy the benefits of the internet while staying safe from its potential pitfalls. Let's use this upcoming awareness week as a springboard for ongoing conversations about online safety in our homes and school community.

Read the articles published in our newsletter - together, we can create a safer online environment for all our pupils.

Yours sincerely

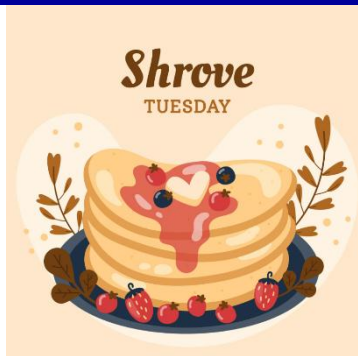
*Christopher Dale*

**Headteacher**

## Shrove Tuesday Dinner

We are offering a themed lunch to all children in the school on **Tuesday 4th March 2025** to celebrate Shrove Tuesday. Please follow the link for more information and to let us know if your child will or will not be having a school lunch on the day – Thank you.

<https://forms.office.com/e/NeT1ZQ8w1V>



## Dates for your diary

### February

Fri 7<sup>th</sup>

- **KS2 art exhibition**  
3:30 – 5pm

Mon 10<sup>th</sup>

- Year 1 to 5 assessment week
- Start of Internet Safety week
- **KS1 Parent Teacher Consultations** 3:30 – 6pm

Wed 12<sup>th</sup>

- Local Authority Attendance Officer visiting

Thurs 13<sup>th</sup>

- **PTA meeting** at 2:00pm – **ALL** welcome
- **KS2 Parent / Teacher Consultations** 3:30 – 6pm

Fri 14<sup>th</sup>

- **End of term**

Mon 24<sup>th</sup>

- Children return to school
- KIC Theatre Day
- **KS2 Parent Teacher Consultations**

Thurs 27<sup>th</sup>

- **KS1 Parent Teacher Consultations**



**“Learning, loving and encouraging through Christ.”**



**“St Nicholas CE Primary Academy, a place where pupils always come first.” - OFSTED**

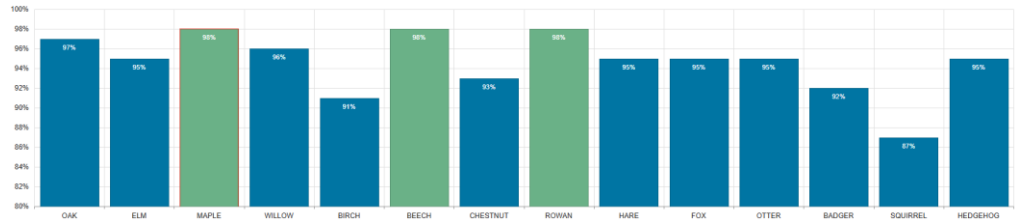


## Attendance every day counts.

It is essential that your child comes to school *on time* every day. Learning starts when the class doors open at 8:30am with SODA (Start of Day Activities), some interventions start at this time and this **WILL include your child** at some point!

**MOMENTS MATTER,  
ATTENDANCE COUNTS.**

Top attenders are:		
Year	Class	%
5	Maple	98
4	Beech	98
4	Rowan	98
6	Oak	97
5	Willow	96



*Congratulations to all the classes above with their super attendance*

**Thank you for realising the importance of sending your child to school every day.**

## Star of the Week Awards went to:



**Squirrel:** Harper V, **Badger:** Shiloh F,  
**Fox:** Annaleiss T, **Chestnut:** Jerona J,  
**Birch:** Jacob H, **Willow:** Olivia-Jay D,  
**Elm:** Arthur M



### This week's birthdays:

Sam J, Harper V and Bella C – many happy returns to you all!



This term's worship focus is on our value:

**AMBITION**

**Romans 15:2**

*"We should help others do what is right and build them up in the Lord."*

## Next week's Suave words?

A *suave word* is our fun name for a sophisticated or ambitious vocabulary. We use **SAUVE** words to give our children a greater exposure to some ambitious vocabulary and enrich their word power. This week's word is:

### **SUAVE** WORD OF THE WEEK

**endure**

**DEFINITION** Suffer or survive something through difficulty.

**EXAMPLE** We must endure a night in the storm.

**ACTIVITY** Look up words of similar meaning in a thesaurus or online.

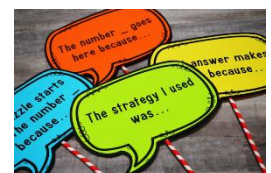
Having a varied bank of vocabulary is crucial for pupils to express themselves.

## Year R and 1 Parents

On Thursday 13<sup>th</sup> February at 2:45pm we have arranged for a special 30-minute Maths meeting for parents in Year R & 1.

We are delighted to announce that we will be joined by renowned school's mathematician **GARETH METCALFE** join us to speak and work with parents on this date.

As a school we will share and give out resources to support maths learning at home. Find out more about how we teach your child at school. How we use the resources you will receive to support their mathematical learning.



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Please help us each week by promoting our Suave words.

(What are Suave words by Ros Wilson – Top tips for teaching)

Develop your knowledge of what we mean by STEM Sentences.

## Safeguarding update - Children's Mental Health Week 3rd-9th February. 'Know Yourself, Grow Yourself'



The week of 3rd to 9th February, marks Children's Mental Health Week, and this year's theme is 'Know Yourself, Grow Yourself.'

At St Nicholas we visit themes of mental health every term through our 6 Way to Well being days and not just once a year. This year's theme is a wonderful opportunity for parents and carers to open up conversations with their children about mental health and well-being.

### What does 'Know Yourself, Grow Yourself' mean for our children?

As children grow, they face new challenges, responsibilities and opportunities to discover who they are. The theme 'Know Yourself, Grow Yourself' encourages self-awareness and personal growth, two essential building blocks for mental health and well-being.

### Why self-awareness matters

Self-awareness is the ability to recognise and understand your emotions, strengths, weaknesses, and values. For children, this skill is crucial as they navigate friendships, academic pressures, and personal identity. When children are self-aware, they can:

- Manage their emotions: recognise when they're feeling stressed, anxious, or overwhelmed and take steps to cope.
- Make better decisions: understand their values and priorities, which helps them avoid peer pressure.
- Build stronger relationships: communicate more effectively and empathise with others.

### How personal growth builds resilience and confidence

Personal growth happens when young people challenge themselves to learn, improve, and step out of their comfort zones. It's about progress, not perfection. Through personal growth, young people can:

- Develop resilience: learn to bounce back from setbacks and see failure as a stepping stone to success.
- Build confidence: gain a sense of achievement by setting and reaching goals.
- Adopt a growth mindset: believe that abilities and intelligence can improve with effort and persistence.
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## HOW CAN PARENTS AND CARERS SUPPORT THIS AT HOME?

PARENTS/CARERS PLAY A VITAL ROLE IN NURTURING SELF-AWARENESS AND PERSONAL GROWTH IN THEIR CHILDREN. HERE ARE A FEW WAYS YOU CAN HELP:

- 01.**  
Encourage open conversations:  
Talk about emotion. Model self-awareness by sharing your own feelings and how you handle challenges.
- 02.**  
Celebrate effort, not just results:  
Praise your child for trying their best, even if things don't go perfectly.
- 03.**  
Create opportunities for growth:  
Let your child take on age-appropriate responsibilities, try new activities, and solve problems independently.



## Online safety updates for parents – PLEASE TAKE THE TIME TO READ

### Online Safety Update

This week we have **online gaming** and **YouTube** in the spotlight, with two short videos for you to watch and numerous useful links.

#### Online Gaming (Video length: 12 minutes)

In this third video in our online safety series, Alan discusses the topic of **online gaming** and emphasises that whilst to some, gaming just means playing games, to children it is quite different and there are 2 main reasons for this:

- A large number of children of all ages play games to socialise with their friendship groups.
- A small number of children play games to escape something that is, or has, gone wrong in their lives. In other words, they use games as a coping mechanism.

Please click here for the video (or copy/paste the link into your browser):

<https://vimeo.com/1005105680/d220a5cef8?share=copy>

#### Useful Links

##### Gaming – the benefits

<https://www.internetmatters.org/resources/online-gaming-advice/online-gaming-the-benefits/>

##### Gaming Hub

Lots of useful information here: gaming age guides, what you need to know, choosing the best games, setting limits and more...

<https://www.internetmatters.org/resources/online-gaming-advice/>

##### Common Sense Media

If your child is asking you about a game and you're not sure, it's worth having a look on the Common Sense Media website where you can find advice and opinion about thousands of games.

<https://www.commonsensemedia.org/game-reviews>

##### Taming Gaming

This is a brilliant resource for parents, with lots of useful information.

<https://www.taminggaming.com/features/Curated+Lists+of+Amazing+Video+Games+that+Parents+Love>

##### Ask About Games

A great site to get lots of useful information and tips. <https://askaboutgames.com>

#### YouTube (Video length: 10 minutes)

In the fourth video, we look at one of the most popular activities for children, **YouTube**. Alan discusses what types of content are most popular with children and some of the risks and issues.

**YouTube was originally designed for persons 13 years and over.** If you're not aware, there is another version of YouTube which is specifically for younger children, called YouTube Kids. I like YouTube Kids, there are some great parental controls that can be used. However, the content on YouTube Kids is for very young children, so it's not a surprise to see older children using the main YouTube service.

Please click here for the video (or copy/paste the link into your browser):

<https://vimeo.com/1005105808/9b9f26861b?share=copy>

#### Useful Links

In the video, Alan mentions some features on YouTube which can help you as a parent. These are **Supervised Experience** (in the main YouTube app) and **Parent Allowlisting** (in the YouTube Kids app).

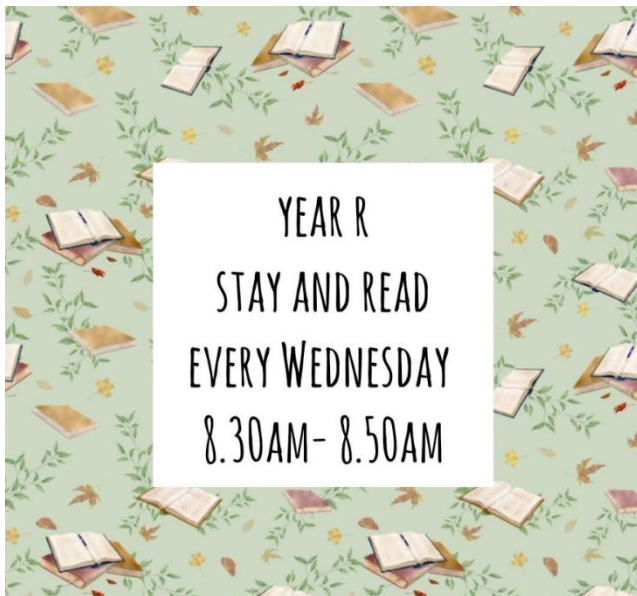
Please click here for 5 short videos explaining what these are and how to set them up: <https://www.esafety-adviser.com/youtube-parental-restrictions/>



Google Family Link app, which includes how to set up a Google (plus YouTube) account for children under 13

<https://families.google/familylink/faq/#:~:text=Parents%20can%20also%20create%20a,device%20with%20their%20new%20account>

KS1 Parents - Come and support your child's learning, we would love to see you.



## COMMUNITY NOTICES

Visit **New Romney Youth Space** – every **Thursday** 3:30pm to 5:00pm with the explorer's session taking place at 5:00pm to 5:30pm

**NEW ROMNEY YOUTH SPACE**

**GAMES**  
COMPETITIONS  
FUN  
MAKE NEW FRIENDS  
**POOL**  
SNACKS  
QUIET SPACE  
FREE

**Romney Marsh Youth Space**  
ROMNEY MARSH COMMUNITY CHURCH  
THE CENTRE  
NORTH STREET  
EMAIL: newromneyyouthproject@yahoo.com

**WEEKLY**  
(TERM TIME ONLY)  
DOORS OPEN 3.30  
SESSION ENDS 5.00  
**EXPLORERS**  
5.00 - 5.30

16<sup>th</sup> January 2025  
REGISTER  
MEET THE TEAM  
YRS & YR6

A colorful promotional poster for the New Romney Youth Space. It features a dark blue background with stars and a central blue banner. The text is arranged in several boxes, detailing activities like games, pool, and snacks, as well as the location and contact information. A specific event is highlighted for January 16th, 2025.

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THE DINING ROOM PROUDLY PRESENTS...



*Beauty And The Beast  
of the Marsh*



Performed by Marsh Community Theatre

**Thursday 20th Feb - 7PM**

**Friday 21st Feb - 7PM**

**Saturday 22nd Feb - 1:30PM & 7PM**

**At The Lydd Community Hall**

**Licensed bar | Concessions | Raffle**

Tickets on sale from 6th December at Lyon's  
Outfitters, Coronation Square, Lydd (cash only)

or contact [MarshTheatreLydd@gmail.com](mailto:MarshTheatreLydd@gmail.com)

**NEW ROMNEY  
U7'S**

**SCHOOL YEAR 2**

**ALL ABILITIES  
WELCOME**

*Our U7 team are looking for  
players to join the fun of  
football at our family  
friendly football club*

**JOIN US!**

**PLEASE CONTACT ALEX FERRIS  
ON: 07481849005**



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# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's a concerningly common for young people to spend hours 'doomscrolling', trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, or well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screen time; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screen time can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screen time, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of a screen time and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screen time reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screen time is important, set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

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