

Newsletter



Friday 4th November 2022

Dear Parents/Carers,

Welcome back to a new half-term. I hope that you had a restful half-term. It has been wonderful to see so many children return with such optimism this week and it is super to see children wearing their full Place Farm uniform consisting of ties, white collared shirts and/or jumpers and cardigans. Please can we also ensure that children are wearing the correct footwear consistently so that all children look professional at all times.

One particular highlight from this week has been the singing practise in the school hall in preparation for Carols on the Playground at the end of the autumn term. We will be sharing information in due course with the date and time for this event. We hope that you can all join us for some festive cheer.

A quick reminder that the children have their individual photographs on **Wednesday 9th November**.

Have a wonderful weekend.

Jane Sendall
Headteacher

CALENDAR

November

Wednesday 9th November - Children's Individual Photographs

Monday 14th and Tuesday 15th November - Parents' Evenings

Wednesday 23rd November - Flu Vaccine (Pick up for previously absent pupils session)

December

Tuesday 13th December - Castle Manor, Burton End and Place Farm Carol service at St Mary's Church - Haverhill

Friday 16th December - Last day of autumn term

January

Tuesday 3rd January - PD Day (School closed to pupils)

Wednesday 4th January - First day of spring term

Being Safe!

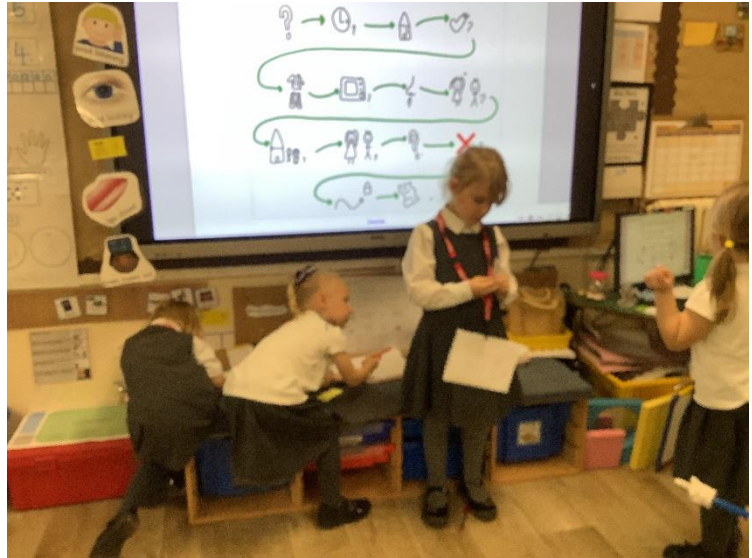
Please can we remind parents when driving on the roads around school, even if it is late and outside of school hours, to drive with care and caution. With the evenings growing darker, it is becoming increasingly difficult to see children or hazards on the roads until it is too late.

Thank you for your support with this.

Mr Wade

Foundation

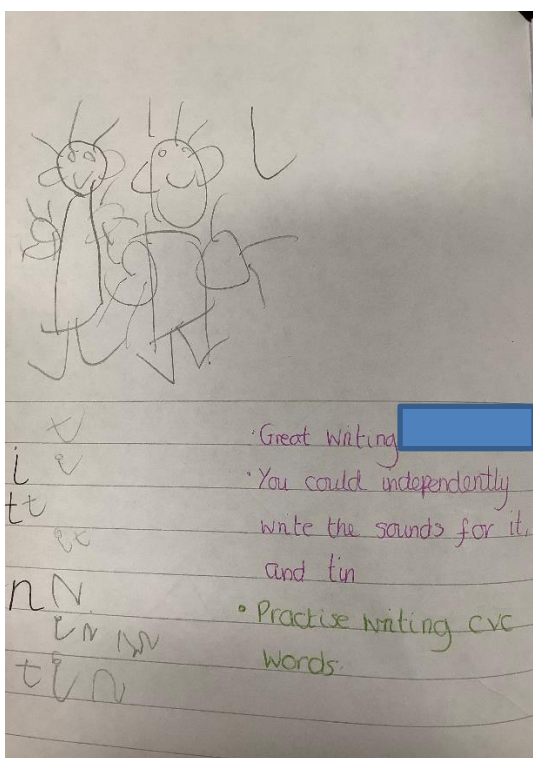
Our theme this half term is 'People who help us'. This week we have been learning all about teachers. The children have been enjoying role playing teachers. They have been creating lanyards, making registers and checking that everyone is following the Golden Rules. Some children were really shocked to discover that teachers do not live at school!



This week we have also started Dough Gym. The children are having great fun using playdough to music, with the aim of developing and improving our fine motor skills, hand strength and hand-eye co-ordination.



We have also started practising our hand writing in our Writing Books. The children are learning that their marks have meaning. We are encouraging and modelling to them to hold a pencil correctly and form the letter starting in the right place and moving in the right direction.



Please note that the School Crossing Patrol officer Steve Carter, will not be on duty on the afternoon of Tuesday 8th November 2022

Please be mindful that the patrol point will be unsupervised during this absence

Poppy Appeal

Dear Parents/Carers,

Next week children will have the opportunity to purchase a poppy keepsake, ranging from paper poppies (any donation is welcome) to specifically priced keepsakes from 50p-£1.50. Please send your child in with loose change if you would like them to have the opportunity to purchase something.



Zip pull - **Suggested** Donation: 50p



Reflector - **Suggested** Donation: 50p



Silicon wristband - **Suggested** Donation: £1.00



Snap band - **Suggested** Donation: £1.50



Working together
for better mental health

Supporting young people's mental health Parent/Carer workshops November - December 2022

These free virtual workshops (Zoom) are designed to provide up to date advice and guidance on how parents and ~~carers~~ can support the young people in their life. The workshops are live and 60 minutes long.

Top Tips for Managing Exam Stress for Young People and Parents

A workshop for parents and young people to provide guidance around exam season|

14 November – 13:00 [Book a place](#)

14 November – 18:00 [Book a place](#)

Supporting our Young People with Self-Harm

This workshop aims to develop parents' understanding of self-harm and will cover: "What is self-harm?", "Why does self-harm happen?", and "What can I do to help?".

15 November – 18:00 [Book a place](#)

Supporting our Young People with Anxiety

For parents to understand anxiety and how to support their child with worry

15 November – 19:15 [Book a place](#)

Supporting our Children and Adolescents who have experienced Trauma

This workshop is for parents and ~~carers~~ of young people who have experienced trauma.

12 December – 13:00 [Book a place](#)

12 December – 18:00 [Book a place](#)

Supporting our Young People with Eating Difficulties/Disorders

A workshop for parents to help them look out for and understand what to do if their child is struggling with eating

13 December – 18:00 [Book a place](#)

Scan the QR code to find out more and book a place on a workshop or visit www.eventbrite.co.uk and search for Psychology in Schools Team - NSFT



FREE Gaming and Gambling Awareness Workshops

Free Gaming and Gambling Awareness Sessions for Parents – Come and Join our FREE online information session to enable you to have conversations with your children about potential harms.

Topics covered include:

- Gambling: exploring the influences on children
- Gaming: discussing the benefits and concerns
- The blurred lines between gaming and gambling
- How to spot the signs of harm
- Useful tips to create a healthy gaming balance
- Where to get help and support

Online Workshop Dates: • Tuesday 25th October, 6:00pm – 7:15pm •
Monday 21st November, 7:00pm – 8:15pm

To book your place visit: <https://parents.ygam.org/workshops/> or contact:
Claire Prosser, Claire.Prosser@suffolk.gov.uk

Hello everyone,

Please enjoy this little story or poem ©

Miss Jenkins

Shark Puncher

by
JESSICA TOWNSEND

There was a girl in the ocean, waiting for a wave to surf. She'd been paddling for ages, when a very large shark leaped up and bared its very sharp teeth.

'My mum's a shark puncher!' the girl shouted, squeezing her eyes shut and waiting to be chomped.

Improbably, the shark paused. 'Your mum's a what?'

The girl blinked and felt a little strange, because a very large shark was talking to her.

'Shark puncher,' she repeated, trembling. 'She punches sharks. Professionally. She'll punch you to death if you hurt me.'

'Oh.' The shark bobbed in the water. 'That's mean.'

'Not as mean as trying to eat someone!'

He swam around her once, twice. She watched the fin and waited for teeth, pulling her legs in close.

The shark emerged again. 'Look. I was hungry. But you're right. If I don't want people to punch me, I shouldn't try to eat them.'

She thought he might leave then but he stayed, swimming in circles.

'What's your name?' she asked.

He glanced sideways. 'Sorry?'

'What should I call you?'

The shark's face didn't change, or not in any way she could decipher. 'Dunno what you're saying.'

She rolled her eyes. 'I mean—'

'Oh, like – OK, I get what you mean. I do have a – a thing, what'd you call it?'

'Name.'

'Right. I have one, but I don't think you could pronounce it.'

'Try me.'

The shark gave a strangled, guttural, gurgling roar.

The girl tried to copy him. She sounded like an upset donkey.

'Nah, it's more like –' The shark made the noise again. 'It sort of comes from the back of your – like this.'

He made the noise again.

The girl tried again. She sounded like an indignant walrus.

'Maybe I should leave it.'

'Yeah.'

He looked as disappointed as it was possible for a shark to look. 'It's probably just, like ... a shark thing. You might not have the right mouth or whatever.'

They were silent awhile, listening to the distant cry of seagulls, each worrying the other had grown bored.

'You could give me a different name,' he suggested. 'I don't mind.'

'Really?' She sat up eagerly. 'How about ... Leonard?'

'Leonard the shark?' He didn't sound impressed.

'Don't you like it? It was my uncle's name. I can choose something different.'

'No - no, it's fine. Your uncle's name. That's nice.'

'Yeah.' She dangled one leg in the water. 'I never met him, but my dad says he was a good bloke.'

'What's a good bloke?'

'Um. Just, like ... a decent person. Someone you like.'

The shark seemed pleased. 'Do you like me?'

The girl smiled, showing her teeth. She thought he might understand the language of teeth. 'You did feel bad about trying to eat me.'

'I wasn't really - I wasn't going to eat you. Probably.' He paused. 'No, I was, I should be honest. I was fully going to eat you.'

'But you didn't.'

'No.'

'My mum's not really a shark puncher,' she admitted. 'No such job.'

Leonard expelled water from his nostrils. 'That's a relief.'

'Sorry I said that.'

'No, completely understandable.'

And Leonard swam for a bit, and the girl paddled, until a wave washed her ashore and they parted as friends, sort of, or at least neither eaten nor punched.

6 Ways to Fit in Read-Aloud Time With Your Child on Busy Days:

1. Look for moments outside of bedtime in your family routine, like during breakfast or bath time.
2. Take 5 minutes before you start your day for a special morning snuggle with a read-aloud.
3. Share interesting magazine articles or news stories at the dinner table to spark conversations with older kids.
4. Carry a book with you or keep a small collection in the car so you can always take advantage of waiting times, like at a restaurant or the doctor's office.
5. Invite an older sibling to read to your younger ones to foster a connection between them.
6. Play an oral word game while you're driving to school to engage your kids with letters and words.

5 Ways to Keep Children Safe Whilst Gaming

Gaming continues to be one of many children's - and parents! - favourite pastimes. However, many parents have concerns over how to keep their child safe while gaming. Here at Ineqe Safeguarding Group, we've been busy testing consoles and games to identify areas of risk to promote a safer gaming experience for children.

Video games are fun and remain popular among young and old users alike.

Research by Ofcom showed that approximately

62% of adults in the UK

were reported to have played video games in 2020, propelled by the COVID-19 pandemic and the stay-at-home restrictions.



With all this fun, it's important to remember that playing video games comes with risks.

Our online safety experts have compiled the following top tips to promote a safer gaming experience for children.



Some have **in-game purchasing** while others contain age-inappropriate content. These risks can significantly increase when a child is playing and interacting with other gamers online.

1 Choose the right child-friendly game

Choosing the right game for the child in your care can be difficult. Some parents and carers feel pressured to buy a game which might not be age-appropriate.

12 To help you make the choice, we have explored the PEGI age rating system and highlight the designated ratings of the most popular games around.

You can use the PEGI (Pan European Game Information) labels found on **all major games** to help inform your decision. PEGI is the video game content classification system used for evaluating games based on their themes. It is broken down into the following levels:

3	Suitable for all ages.
7	Includes content with scenes and sounds which might frighten younger children.
12	Slightly graphic violence which is non-realistic/fantasy.
16	Violence included which is similar to real life, bad language, and the use of drugs, tobacco, and alcohol.
18	Includes mature and gross violence, the glamorisation of drugs, and explicit sexual activity.

The PEGI rating system also includes content descriptors which are symbols that signify key themes included in a game. Categories include:



For help with teaching children about PEGI ratings, see our free lesson plan on [our website](https://www.ineqe.co.uk) [ineqe.co.uk](https://www.ineqe.co.uk).

PEGI Ratings for some of the most Popular Games around:

- Minecraft - PEGI 7
- Among Us - PEGI 7
- FIFA 22 - PEGI 3
- Call of Duty Black Ops: Vanguard - PEGI 18
- Spiderman: Miles Morales - PEGI 12
- Fortnite: Battle Royale - PEGI 12
- Mario Kart Live: Home Circuit - PEGI 3
- Call of Duty: Warzone - PEGI 18
- Minecraft - PEGI 7

Always remember, PEGI ratings focus on in-game content and not communication between players in online games. Children and young people in your care may be exposed to offensive or inappropriate language from other players via their headset and the chat functions in many games.

Using PEGI ratings and online safety advice can help promote safer gaming for children and young people in your care.

4 Know when to take a break from gaming



Many of the top games this Christmas such as Fortnite are created to engage their players. One of our online safety experts refers to this as the 'Pringle Effect' - I once you see you just can't stop.

Encourage the gamers in your care to take a break or use our resources to set a time limit on gameplay.

2 Begin the conversation about gaming safety settings and in-game purchases

Whether the children and young people in your care are new to gaming or are experienced gamers, it's important to have conversations regarding the risks and benefits of gaming. This is also the perfect time to talk to them about safety and privacy settings.

You might be met with **Opposition** but talking about why primary and safety settings are important can help keep the gamers in your care safe. You might want to talk about what might happen if these aren't enabled.

Find time to use the top tips in this article to help guide your conversations.

The gaming world and its risks evolve all the time, and naturally so will your conversations about keeping safe while gaming.

It's important not to feel like this is a thankless task or pointless conversation when exploring the importance of safety and privacy while gaming. Enabling these settings is something you and the gamer in your care can do together.

Explaining why safety and privacy are important will help support a child or young person's understanding and respect for these decisions.

It can help to focus on how restrictions on games will change as they grow older. This will give you a perfect opportunity to encourage the gamers in your care to continue talking to you about safety and privacy online.

Check out our Console guides on [ineqe.co.uk](https://www.ineqe.co.uk)



Last Boxes have been compared to gambling. This is because gamers pay for items with real-life currency and in-game currency without a full understanding of the risk and reward of these purchases.

Games now provide warnings on their labels if they include in-game purchases.

- Games that have in-game purchases include:
- Fortnite
 - Grand Theft Auto 5 (GTA5)
 - Minecraft: Spider-Man: Miles Morales
 - Warzone 2.0
 - Call of Duty: Black Ops: Cold War
 - Call of Duty: Warzone
 - FIFA 21
 - Roblox
 - Among Us

Remember, if a child or young person in your care wants to play online, they must have to pay for it in their own name, if possible, or they must have to pay for it in your name, if they cannot.

3 Usernames: Keep it random to keep kids safe online

When using consoles and games, users are required to create a username, which is sometimes called a 'Gamer Handle'.

This is the name you are identified by in your online games, where they might be exposed to age-inappropriate content, or experiences bullying and harassment.

When the children in your care create a username, they should avoid using any personal information, such as full or partial names, location, school names, or other names.

If the gamers in your care create a username, they should avoid using any personal information, such as full or partial names, location, school names, or other names.

5 Make sure the child in your care knows where to go for help with gaming

Counting to ten and calm have real benefits for children and young people. But it's not without risks, as highlighted above.

Games may interact with their in-game currency and in-game currency without a full understanding of the risk and reward of these purchases.

Make sure the gamers in your care know where to go for help if they need it. This can be you or any other trusted adult.

It's important that they have someone to talk to if they have any interaction which makes them feel uncomfortable while playing games.

To help the children and young people in your care have a safe and fun gaming experience, visit [ineqe.co.uk](https://www.ineqe.co.uk) to find more resources and useful information. By doing this together, you can be part of their gaming journey, positioning yourself as someone who they can go to for help.