

PENNINGTON CHURCH OF ENGLAND SCHOOL
PENNINGTON
Nr. ULVERSTON
CUMBRIA LA12 ORR.

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Head Teacher: Mrs Helen Storey



Autumn Term Newsletter 05 - 14/10/2020

Dear Parents and Carers

Although Mrs Storey tested negative initially, she displayed some symptoms and took a further test which came back positive. We wish her a speedy recovery.

A student who works in Reception Class on Wednesdays and Thursdays has tested positive this morning. Her symptoms started on Monday so her contact with staff and children does not affect us as it was not within the 48-hour guidance - we also wish her well

We realise it becomes more of a concern when there are more local cases, especially when we know people who have contracted Coronavirus. This reminds us all of the importance of protecting ourselves.

Wash your hands with soap and water often for 20 seconds
Use sanitiser if soap and water are not available
Catch it, Bin it, Kill it, if you sneeze!

The most common symptoms are:
a new continuous cough
a high temperature
a loss of or change in your normal sense of taste and smell

If you or your child shows any of these symptoms, contact <https://www.nhs.uk/ask-for-acoronavirus-test> to arrange a test.

Please remember that for most people, Coronavirus will be a mild illness.

HelloYellow Day - Friday 9th October

Thank you to all those children who wore something yellow for HelloYellow Day - we raised £60 through parent pay which we will donate to Young Minds.

School Lunches

The hot school lunches have started this week successfully for Reception, Year 1 and Year 2 children. Please can we remind parents to check that they have chosen their child's meal and should your child be absent from school please can the meal be cancelled. Thank you.

CoolMilk

Free milk is available for all children under the age of 5 in school, funded by the UK Government. In our school, this milk is provided by Cool Milk, the UK's leading school milk supplier. We will register your child for their free school milk on your behalf by providing Cool Milk with your child's name and date of birth. When your child turns 5, you are able to pay a subsidised rate for your child to continue to receive milk. If you wish for your child to continue receiving milk from the age of 5, simply register with Cool Milk directly via their website, www.coolmilk.com Once registered the process takes about 7-10 days the milk delivery team receive instructions.

Ventilated Rooms

Please ensure your child is wearing a school jumper or cardigan for school as we keep our rooms well ventilated with windows and doors often open. If children are still cold we will allow them to wear the PE hoodie on top. This is not an alternative to the jumper or cardigan.

Data Collection Sheets

Data Collection Sheets were sent home last week. Thank you to all those parents who have returned them. To those still to return the form, please could you check the information contained on the sheet and make amendments where necessary. It is vital that you sign and return this form by Tuesday 21st October, even if you wish to make no changes to the sheet. Thank you for your cooperation.

Birthdays and Celebrations

Unfortunately, under current circumstances, we cannot allow children to bring in cakes or sweets to share with their classmates to celebrate their birthdays or other occasions - we will still celebrate their birthday in class.

Flu Immunisation

Just a reminder to return the green slip for the flu immunisation. The nurses are coming into school on **Tuesday 10th November**. We have some spare forms in the school office. Thank you.

After School Clubs

Emails will be sent out when we introduce new clubs. For those clubs that need payment a letter will be sent out to the whole year group the club is aimed at to enable parents to give permission and pay by Parentpay. If your child does not want to take part in a paid after school club, please can you email admin@penn.cumbria.sch.uk and the payment request will be removed from your Parentpay account.



After School Clubs - Autumn 1 2020

Day	Activity	Leader	Where?	Time
Tuesday	Year 6 Sports with Tom - <u>£14.00</u>	Tom	School Playing Field Hall when wet	3.00-4.00pm
Wednesday	Year 5 Sports with Tom - <u>£14.00</u>	Tom	School Playing Field Hall when wet	3.00-4.00pm

After School Club Attendance - To enable that we know your child is safe, please can you let school know if your child is not going to be able to attend their after-school club. Thank you.

Part of our Online Mental Health & Wellbeing Team



Brought to you by



www.nationalonlinesafety.com

What you need to know about...

PERSUASIVE DESIGN

What is it? 'Persuasive Design'

Social media can be really addictive, and sites want to keep users on their platforms for as long as possible. The more people scroll and consume there, the more money the social networks make from advertisers. Because of this, the platforms have invested heavily in designing themselves to be super addictive, persuading you to stay with them online. Have you ever noticed that you can seemingly scroll forever on Facebook or Instagram? That's because these platforms collect content from right across the internet so they can keep giving you, or your child, stuff to look at.

Know the Risks

Hard to disengage

The most powerful trick used by social media platforms is to show you things they know you're interested in. Most platforms use algorithms to work out what content they should show you. These equations are highly complicated and very effective and keep you engaged for long periods of time. They avoid showing you things you'll find boring.

Limitless scrolling

If you were reading a book, you'd put it down once it ended. It's the same with a newspaper, magazine, or television show. Social media has no natural end, so it's easy to keep on scrolling and lose track of time.

Notifications addiction risk

Whether you're using a social media app or website, notifications from the platform keep you coming back for more. Notifications and alerts are addictive. We generally keep them turned on because we don't want to miss out. They're usually red because red signals danger. Social networks want you to feel like you MUST check your notifications!

Plays on emotions

Social networks are great at reminding you of people's birthdays and past special occasions. This means that lots of meaningful memories and messages between friends and families are documented on social media. This creates an almost emotional bond with social networks, leading to people's reluctance to stop using them.

Safety Tips

Set non-phone times

Have some time in the day when no one uses their phone. A good starting point is meal times. This gives you the opportunity to make sure everyone is off social media and interacts in real life. Perhaps when you go for a walk, you could all leave your phones at home or set a phone-free day each week.

Use screen time controls

There are lots of apps that monitor how long someone is spending on their phone and on specific apps. You can also set phones to restrict when certain apps can be used. iPhones have a 'downtime' feature, which automatically shuts apps off between specific times and needs you to manually override the setting if you want to keep using them.

No phones at night

Keeping a phone in another room at night means there are no temptations to check social media or scroll while in bed. This will definitely help improve sleep patterns too. Phones emit blue light, which can trick people into thinking it's day time and keep them from feeling tired.

Turn off notifications

There's nothing you can do to change the design of social media platforms. However, if you're concerned that someone's spending too long on social media, turning off their notifications can help put an end to those alerts that can tempt you back into the platform and break the cycle of 'alert, check, scroll'.

Action & Support

Monitor the situation

See if you can link your child's mood with the time they spend on their phone. Do they start scrolling when they're feeling bored or sad? Is the link the other way around? Perhaps it's the scrolling that affects their mood in which case it's a good idea to intervene and talk to them about how they're feeling.

Practice what you preach

If you're always scrolling, your children will think it's normal that they do too. Look at limiting your own usage and following the same rules for your own social media consumption. If there does seem to be an unhelpful relationship with social media developing, this is probably made worse by spending longer there.

Our Expert Jodie Cook



Jodie Cook is a leading expert on social media. She is the Founder of JC Social Media, an award-winning team of social media managers and trainers, and was included in Forbes' 30 under 30 social entrepreneurs in Europe 2017. Jodie has appeared on ITV News and CNBC and has worked as a social media expert for The Telegraph, New York Post and Forbes Online.



As you will be aware we are becoming a cashless school and you will have received an activation email to enable you to use Parentpay - please can you set up your account to enable you to pay for future after school sports clubs, non-uniform fundraising, swimming, trips, residential etc.

What does ParentPay do?

- offers a highly secure payment site
- gives you a history of all the payments you have made
- allows you to create a single account login across all your children that attend a ParentPay school
- shows you all items available for payment relevant to each of your children
- emails a receipt of your payment to the email address you register
- offers you the ability to set automated email/SMS payment reminders.

How does ParentPay help you?

- gives you the freedom to make payments to school whenever and wherever you like
- stops you having to write cheques or search for cash to send to school
- gives you peace of mind that your payment has been made safely and securely
- helps with budgeting; payments are immediate, there is no waiting for cheques to clear
- payments for many of the larger trips can be made by instalments up to the due date
- you will never need miss a payment, or have insufficient credit, with automated email/SMS alerts
- ParentPay is quick and easy to use.

How does ParentPay help your school?

- reduces the administrative time spent on banking procedures
- keeps accurate records of payments made to every service for every student
- reduces paper 'waste'
- allows for easy and quick refunds to be made back to the Parent Account
- improves communication between the school and parents concerning payments
- offers a more efficient payment collection process, reducing the amount of money held on school premises
- helps us improve school-home communication with its integrated email/SMS messaging centre.



Public Health
England

Tuesday 10th November 2020

flu: 5 reasons to vaccinate your child



1. **Protect your child.** The vaccine will help protect your child against flu and serious complications such as bronchitis and pneumonia

2. **Protect you, your family and friends.** Vaccinating your child will help protect more vulnerable family and friends

3. **No injection needed.** The nasal spray is painless and easy to have

4. **It's better than having flu.** The nasal spray helps protect against flu, has been given to millions of children worldwide and has an excellent safety record

5. **Avoid costs.** If your child gets flu, you may have to take time off work or arrange alternative childcare

What should I do?

Contact your child's GP if your child was aged two or three years old (on the 31 August of the current flu season) and you haven't heard from them by early November.

If your child is at primary school, the school will send you a consent form. Please sign and return it. If your child has a health condition that puts them at greater risk from flu, they can get the flu vaccine from their GP.

For more information visit www.nhs.uk/child-flu

**HELP US
HELP YOU**

STAY WELL THIS WINTER

Flu mmunisation

Helping to protect children,
every winter



E-School Nurse Video Clinics



Twice weekly **online health support** and **advice** for **parents**, carers and professionals, **supporting children** and **young people aged 5-19** years old.

Tuesday and Thursday

You will be able to talk to the nurse over a live video link that is private, secure, confidential and convenient for you. In consultation with you, the nurse will assess the child or young person's health problem and provide you with the support and advice needed.

For more information on the **E-School Nurse video clinic**
Please read the information leaflet or visit:

www.cumbria.gov.uk/ph5to19

You can telephone for an appointment

0300 30 34 365



**If your child has:
a high temperature
a new, continuous cough, or
a loss of, or change in, sense of
smell or taste**

**This could be a sign of
coronavirus**

Book a test

**If your child has:
a runny nose, is sneezing or
feeling unwell
But they don't have:
a high temperature
a new, continuous cough, or
a loss of, or change in,
sense of smell or taste**

**These are
not normally symptoms of
coronavirus**

**Seek advice from a pharmacy, dial
111 or see your GP**