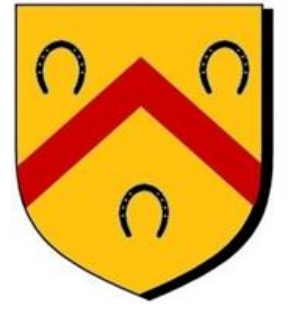




The Pochin School

Newsletter 29th September 2023



Dear Parents, Governors and Friends,

The children have been working hard preparing for Harvest Festival next week in the church which we are all looking forward to. It will be the first time this academic year where the school and community can come together to celebrate. The children have also been fortunate this week to have been able to witness the great amount of wildlife, especially butterflies and bees in our school garden. With the wild flowers that were sown in summer term producing a great variety of flowers and the juicy plums on the tree and around the butterflies have been feasting everyday. Today there were between 20-30 butterflies enjoying themselves in the sun eating the fruit from the tree. Please see page 2 to see if you can identify any of the wildlife seen in the garden this week.

Parents Evening 1st and 2nd November

Parents evening will be on Wednesday 1st and Thursday 2nd November. The Parents Evening letter will be sent out this evening with available timeslots. We will continue with the format from last year with a waiting room to allow parents to look through pupils books before their appointment. The parents evening booking form will go live at 8:30am on Saturday 30th September.

Harvest Festival Tuesday 3rd October

Thank you for all the donations for the Harvest Festival Service. Our Harvest Festival will be on Tuesday 3rd October in St Mary's church in Barkby. All pupils (not preschool) should be dropped off at the church by 8:45am. The service will start prompt at 9am. Those children who attend the Before School Club will be walked down. There will be no Kiss and Drive service this day.

Dress Down Day for a PTA donation

Reminder that on Friday 6th October children may wear their own clothes to school in exchange for an item to donate to the school tombola stall.

Whole school Poetry competition

We would like to inform you of the launch of our poetry competition for 7 to 12-year-olds called 'This is Me'. The children have been introduced to the competition in a school assembly this week. The children are encouraged to write a poem about themselves as part of the national Young Writers competition. The poem can take any form e.g. Kenning, Haiku, Riddle, Acrostic etc. Please see the specific email sent to parents today with resources to support the children, including video clips for inspiration and examples, as well as the entry form. The deadline for the competition is Friday 13th October 2023 and entries should be sent to the school office. Then the entries will be submitted to the national competition.

We can't wait to see some of the entries and hope that some of your children's entries will be published in a book.

Internet safety

Please see on the next page for some information and advice to help keep your child safe online.

Head Teacher Awards

The following children have worked extremely hard and this has been celebrated by the pupils receiving awards in front of their peers.

Ram, Ishaani, Louis, Ava, Emily and Grace



Diary Dates

October:

Tue 3rd - Harvest Festival Church service 9am
 Wed 4th - School Football team at WVA
 Fri 6th - Dress Down Day - Tombola Prize
 Sat 7th - PTA Autumn Fair 11-2pm
 Mon-Fri 9th-13th - Min Y Don Year 5 Residential
 Thu 12th - 13th - Beaumanor Year 4 Residential
 Thu 12th - Whole School Trip

Mon 16th - 20th - Half Term Holidays

23rd - STAYING SAFE WEEK
 24th - Warning Zone Class 5 trip
 26th - School Disco 6-7:30pm

November:

Wed 1st - Parents Evening
 Thu 2nd - Parents Evening
 Tue 7th - School Pictures
 Fri 10th - Diwali Celebration Day
 Tue 21st - Stirring the Pudding Service 9am

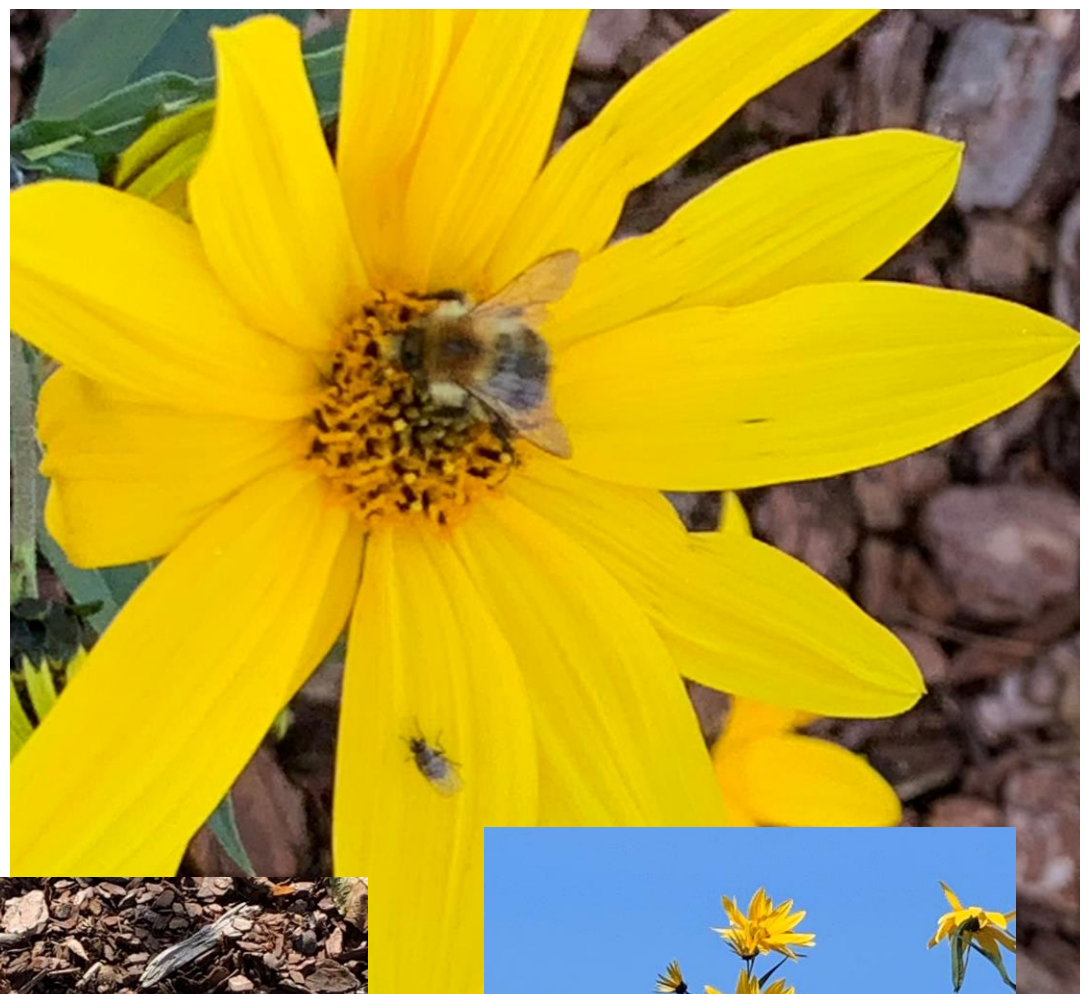
Next week School Dinners 2 main choices with sides, bread and dessert

Mon- Chinses Chicken/ vegetable Noodles
 Tue - Pasta Bake
 Wed - Roast of the Day
 Thur - Sausage/ veggie sausage with wedges
 Fri - Fish fingers/ Omelette with chips

Jacket potatoes available. (please email the office by 9am Monday to order for the week ahead stating which date and filling your child would like)

Cultures Celebrated within our School
 British Value of the Term
 Democracy
 Pochin Value of the Term
 Perseverance





Screen time

The time children spend online nearly doubles from 7 hours per week between the ages of 3 - 7 to 13 hours by the time they're 8.

Although most parents and children believe that they have a good balance of time on and offline, research from UK Safer Internet Centre found that there was a clear link between the amount of time children spend online and their exposure to upset, risk and issues related to well-being.

It's not just about time but also what they are doing online that matters. Assessing children's online activities to minimise risks and maximise the opportunities they bring is key at this stage.



Ages 3-7
hours spent
online



Ages 8+
hours spent
online

What can you do to help?

- Give them opportunities to **think about how what they do online** can affect their well-being, i.e. sleep, feelings, learning
- Talk about ways to combine what they love online, offline, i.e. using apps that **encourage you to move and play outdoors**
- **Put in place a family agreement** and agree an appropriate length of time that they can use their devices for
- **Use tech tools and parental controls** to help them to manage the time they spend online and the apps they use
- For younger children find ways to **combine touch screen use with creative and active play**
- **Get the whole family to unplug** and create 'screen free' zones at home

