



Hello Everyone,

This week year 5 visited a Mosque as part of their RE curriculum and year 4 visited the Clenchwarton Church for their RE lesson. A number of our MITI students took part in a music workshop at St Clements high school and performed in a concert.

The children are busy rehearsing for the Nativity and Carol concert. If you have not yet requested tickets please follow the links.

KS1 Nativity <https://forms.gle/ESE46pyvWyE5VLvu5>

KS2 Carol Concert <https://forms.gle/UuUV2Y6wnZMpGbBU7>

From Tuesday morning any spare tickets for the KS1 Nativity will be available at the school office on a first come first serve basis.

From Wednesday morning any spare tickets for the KS2 Carol Concert will be available at the school office on a first come first serve basis.

On Friday 13th December it is the Christmas Lunch, meals must have been pre-booked and there are no sandwich or jacket potato options. We will also be holding Christmas Jumper day this day. We are asking for a donations of £1 for Save the Children (Charity) this will be available on ParentPay next week.

As always, we want to ensure that your experience at Clenchwarton Primary is a positive one and we will keep you informed of your child's progress or any other incidents which happen in school. If you have any concerns, in the first instance, please telephone or email the school office.

Best wishes

Ms J Borley
 (Executive Headteacher)

Attendance

Reception:	93%	Year 4:	92%
Year 1:	90%	Year 5:	97%
Year 2:	98%	Year 6:	98%
Year 3:	95%		

Congratulations to * Year 2 and 6 *



P.T.A.

Upcoming Events

Christmas Fair— Friday 6th December 3.30-5.30pm

Next Meeting—Monday 13th January 6:00pm

The PTA are looking for new members please come and join us.
If you have any queries, please speak to Miss Kelly Childerhouse (Chair).



Lunchtime Co

Please see the school website for the menu. (please note this can be subject to change). If your child has any dietary requirements that we are not aware of, please inform the school office. **All Bookings should be made via ParentPay, by**



Healthy Snacks

Pupils can bring in a healthy snack to eat at playtime. E.g. fruit, cereal bars (**no nuts**), raisins, vegetable sticks, etc.

Crisps and chocolate are not allowed as a snack but can be put in your child's lunch box for lunchtime. We are encouraging a healthy lifestyle!



Meet The Safeguarding Team

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play. At our school we have a designated safeguarding team who are trained professionals in safeguarding, however all our staff are trained in safeguarding if you want to discuss any concerns with them.

The Safeguarding team.

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team.

Mrs Maddison

Mrs Howells

Miss Hewitt

Mrs Williams

Miss Webb

Executive Deputy Head

Assistant Headteacher

Teacher

Teacher

Teacher



Head lice

Please check your child's hair as soon as possible and treat, if necessary. Thank you. For more advice visit

<https://www.justonenorfolk.nhs.uk/childhood-illnesses/head-lice/>

ParentPay

Lunches

Please book school lunches via ParentPay before midnight **on a Sunday**. Even if your child receives Free meals booking is still required. Thank you.



Attendance & Pastoral Support

Gail Scott is our Attendance and Pastoral support officer for Clenchwarton Primary School.

Mrs Scott can be contacted by emailing:-

g.scott@westnorfolkacademiestrust.co.uk





Diary Dates

***Please be aware that dates are for guidance only and are subject to change.**

Please note that the West Norfolk Academies Trust school calendar for 2024/2025 can be located from the school's website. School holiday dates are slightly different to NCC.

Monday 9th December 2024	PTA Panto - Cinderella
Wednesday 11th December 2024	Community Christmas Service St Nicolas Chapel 5:00pm —Choir Year 6 Class Assembly at 2:45pm—Parents of Year 6 Invited
Thursday 12th December 2024	NHS Flu vaccination programme —Follow up session
Friday 13th December 2024	Christmas Lunch Christmas Jumper Day—£1 donation Reception and KS1 Christmas Craft Evening 3:30-5:00pm Year 6 Visit to Clenchwarton Church
Monday 16th December 2024	KS2 Carol Concert 2:15pm—Tickets Required Nativity Dress Rehearsal
Tuesday 17th December 2024	KS1 Nativity 9:15am— Tickets Required
Wednesday 18th December 2024	Used Uniform Sale Year 1 Christmas Singalong
Thursday 19th December 2024	KS1 Nativity 2:00pm—Tickets Required
Friday 20th December 2024	Last Day of Term
Tuesday 7th January 2025	New Term Begins
Monday 13th January 2025	PTA Meeting 6:00-7:00pm
Monday 27th January 2025	Active Kids—Selected KS1 pupils

CHRISTMAS LUNCH



Friday 13th December

**West Norfolk Academy Trust
offer a FREE Christmas Lunch for all pupils to enjoy!**

**Our Traditional Festive Roast or
Quorn Roast (v)**

**Served with Mini Sausage, Roast Potatoes,
Roasted Carrots, Peas & Brussels Sprouts,
Yorkshire Pudding and Gravy**

**Followed By
Choice of Christmas Festive Desserts
or Fresh Fruit**

LUNCHTIME CO[®]

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go, let them take it from here", it's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

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Year 5 Trip to the Mosque



"I really enjoyed learning about the different ways Muslims pray. I also really liked learning about the 5 pillars of Islam" Harper

"It was very interesting learning about how Muslims pray" Daniel



"The trip was good because we got to see what we have learnt in prospective" Huey

"I liked learning about how Muslims Pray" Olivia

