

Term 4

Issue 3



Newsletter

HEAD OF SCHOOL MESSAGE



Well done everyone. Term 4 has been the best term yet. We have had so many exciting things happening.



Our science fair this year was the best ever. We had so many children enter a project and I am so very proud of their ambition and effort. Six of our children were lucky enough to be chosen to go onto to compete in the TILT Trust science fair at Minster. A fantastic experience had by all. Thank you to staff and parents also for your help in making this a memorable event for our children.

Our attendance this week was 90% which is improving and we have lots of children that achieved 100% attendance this term. Thank you to all for helping us to improve our attendance and our children's education.

Next term we have library visits planned, where all of our children will be visiting the local library and getting a library card. This way we can provide our children with further opportunities to become life-long readers and learners, giving them the tools to become independent.

We also have a maths open afternoon. We will be inviting parents into school so that the children can demonstrate their love of maths. I do hope to see as many parents as possible at this afternoon.

Finally, we have the KS2 SATs in Term 5. The children in Year 6 have been preparing for these important assessments and the pupils and the staff have been working hard so that they can be the best that they can be. We are so very proud of each and every one of them for the fantastic effort and progress that they have made. I know that you will join me in wishing them the best of luck.

I hope you have a wonderful Easter break. Make sure they read a little every day, practice their times tables daily and have lots of fun family time.

We all look forward to welcoming you all back on the Monday 17th April.

Mr Allen





Sunny Bank Primary News

SUPER SCIENTISTS!

STEM week included a science fair where children showcased their amazing science projects. Parents attended this event and showed their support.

Well done to all the children who worked hard on their projects at home! The winners were whisked over to Minster-in-Sheppey school to compete in the TILT science fair contest the next day!





ACTIVE SPEED STACKING FESTIVAL

A group of children from Juniper and Hawthorn class attended the Active Speed Stacking event at the Oasis Academy this week.

The children really worked hard and showed great determination, resilience and huge amounts of effort when stacking and doing various obstacles at the event!

The children had the chance to time themselves and see how quickly they could stack and de-stack cups whilst running and jumping over obstacles!

MRS STALLARD RETIRES

“Who would of thought that a 3 month contract would of come to an end 33 years later? I certainly had no idea when Mrs Bromley (head of Murston Infants) asked me to support a specific group of children. I had volunteered, supporting children's reading and playing math's games 2 years previous to that and over the years I have seen the introduction of Literacy & numeracy hour, the National Curriculum, Ofsted and computers! Many changes, but the one constant through it all is the amazing flow of dedicated , hard working staff and children. Although I'm happy to be retiring, I know I'm going to miss being a TA , the children and the great friends I have made.”



EASTER EGG COMPETITION

Be sure to decorate a hard boiled egg this Easter. There will be prizes for the best ones!



SCIENCE PROJECT WINNERS



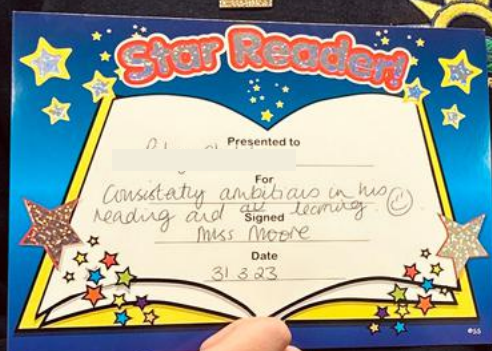
SUPER STARS OF THE WEEK!





*Vending
Machine Prizes!*

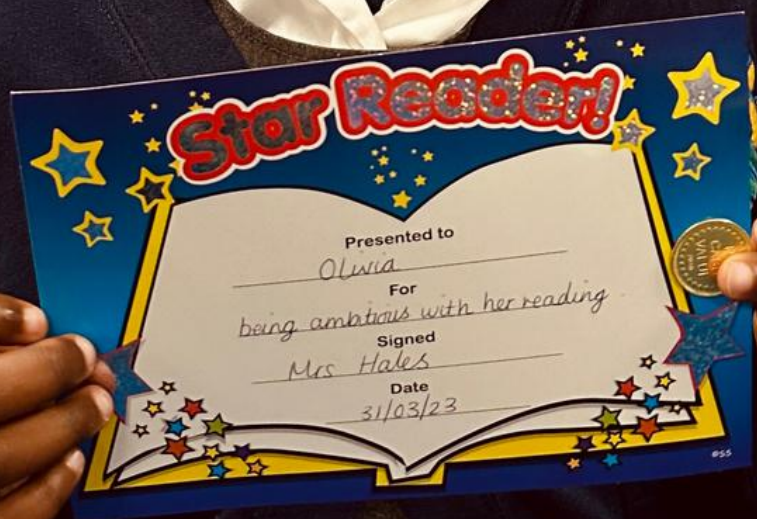
We love to read



THE DAY the CRAYONS QUIT

by Drew Daywalt

"He
it's m
We need
make m
than o
other



The book that I am reading



This book has 100 tempting chocolate recipes, from no bake recipes to chocolate chip ice cream.

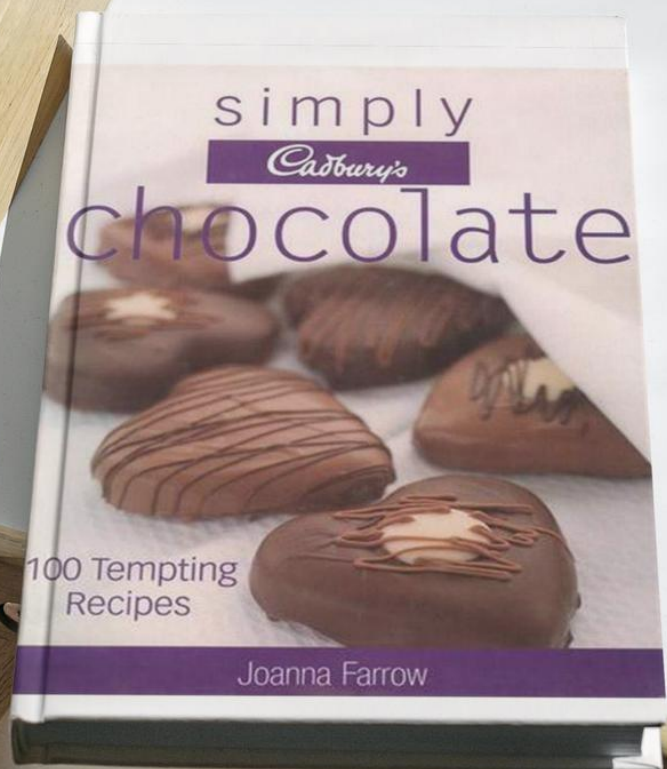
It also tells a little bit about the history of chocolate.

Did you know?

Chocolate was first discovered by the Maya, an ancient people from Central America, in the rainforests of the Amazon. The Maya used cocoa beans to make a drink called chocolati, but also as a form of currency which was passed to the Aztecs of Mexico.

A must for chocolate lovers !!

Mrs Conium

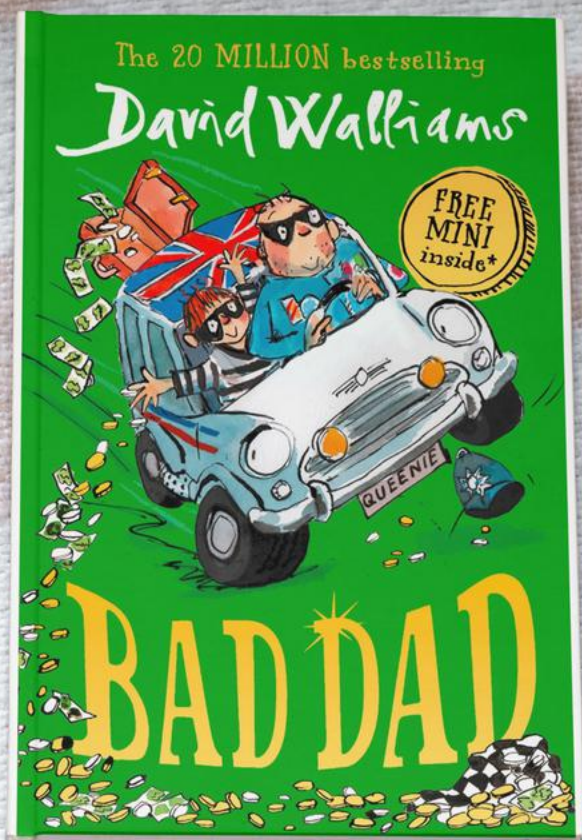


The book that I am reading



I'm currently reading Bad Dad with my son.
"Bad Dad is about a boy named Frank whose dad is thrown into prison for driving the getaway car in a bank robbery. Frank hatches a daring plan to break his father out of prison for the night so they can put the stolen money back. But will the evil crime boss Mr Big stop them?"

Miss Willing



MILLIONAIRE READERS



The Millionaire Reader badge!



Congratulations to David for becoming our latest Millionaire Reader!



You can reserve books and more at
www.readingcloud.net

your library barcode is your username and password!



THIS WEEK IN PICTURES



OAK CLASS MASK PAINTING







THIS WEEK IN PICTURES



**JUNIPER CLASS
SELF-PORTRAIT
BUSTS**



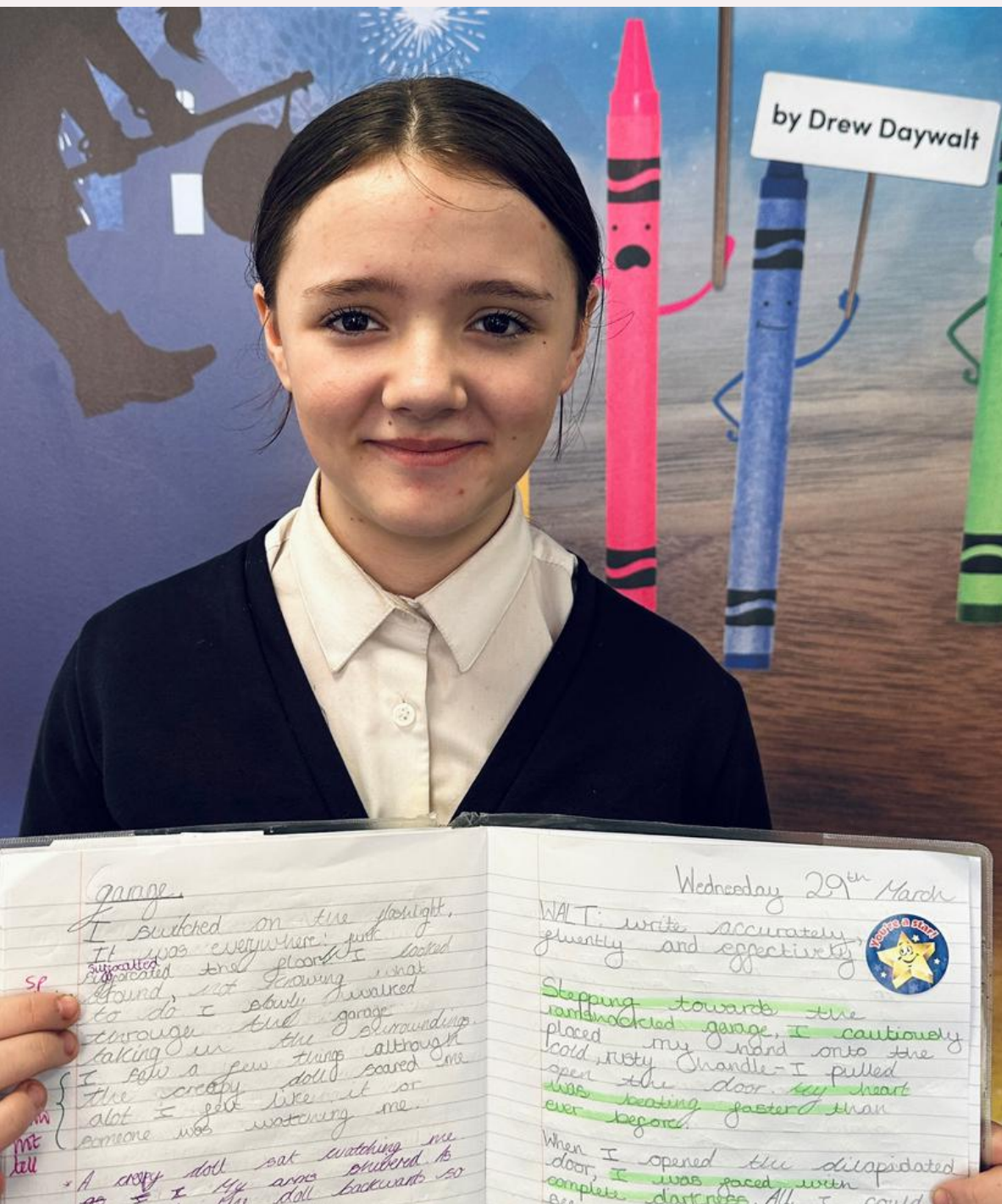
THIS WEEK IN PICTURES



HAWTHORN CLASS BISCUIT DUNKING TEST



THIS WEEK IN PICTURES



EXCELLENT WRITING
FROM TALLULAH-ROSE



THIS WEEK IN PICTURES

All aboard the team built
pirate ship! 



FOREST SCHOOL



X marks the spot 🏴‍☠️



A leaf eye patch 🏴‍☠️



Collecting treasure



A sinking ship in a muddy puddle 



Leaf eye patch



Captain Hook 



MEALS PRICE INCREASE

Please be advised that from **Monday 17th April 2023** there will be a price increase to the cost of the main school meals. The current price is £2.30 for a main meal and a dessert. This will now increase to **£2.45 per meal**.

The school has not implemented a price rise for a few years now, but due to the continued pressure on the cost of wholesale food we unfortunately cannot avoid the increase any longer.

It should be noted that our school meals are excellent value for money and are made with fresh ingredients to provide a healthy balanced diet. The children have a choice of a main meal, vegetarian meal or a jacket potato. There is always fresh salad available.

We ask for your understanding with these price increases and fully appreciate that times are tough.

If you have any questions, please don't hesitate to contact us.



The Island Learning Trust

ALL ★ SPORTS

ALL ★ ACTIVITIES

ALL ★ AWARDS



Community Sports Academy

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+44 7577 654731

www.communitysportsacademy.co.uk

SUNNYBANK ALL STARS!

THIS EASTER HALF TERM!

**Worldwide Sports!
Extra Enrichment Entertainment!
Professional Coaching!
Educational Activities!
Prizes & Giveaways!
Hot Food available!
Awards Ceremony!**

Contact us to BOOK NOW!



LET'S PLAY!



**DATES: Tuesday
11th- Friday 14th
April**

TIME: 9AM - 3PM

AGES: ALL AGES

5-12 WELCOME!

VENUE:

**Sunnybank
Primary School,
Murston,
Sittingbourne,**



Sunny Bank Primary

DATES FOR YOUR DIARY



**The Island
Learning Trust**



17TH APRIL

**BACK TO SCHOOL
TERM 5**



visit our website: www.sunnybank.kent.sch.uk

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



**National
Online
Safety**

#WakeUpWednesday

Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>