



# Manland Primary School Newsletter

Friday 21<sup>st</sup> January 2022



Dear Parents and Carers,

It has been another busy week here at Manland. We had a few days out of outbreak and it was lovely to see all the children playing together again.

Unfortunately, Year 2 have gone in to a Covid outbreak today. We are in contact with Herts Public Health and will update parents/carers on additional measures. Please be assured that we remain extremely cautious and continue to follow Government and Public Health guidance in relation to Covid 19. We continue to monitor our Covid numbers every day; please continue to inform the office if a pupil receives a positive LFD or PCR.

I would like to take this opportunity to remind all parents and carers of the importance of being on time when arriving at school in the morning. Soft start is between 8.40am and 8.50am, with learning starting promptly at 8.50am. Please endeavour to ensure your child is in school, and ready to learn, by 8.50am every morning.

*Mrs. Wicks, Headteacher*

## Diary Dates

04.02.22	Reception height/ weight/ sight screening Year 6 Nurse health check visit
07.02.22	Year 5 Bikeability Week
09.02.22	Coffee morning with Mrs Kemp for Children with additional needs
11.02.22	House Learning Day
14.02.22-18.02.22	Half term



### Attendance

Our whole school attendance for this week is 97.5%



## Manland Value Award

This weeks value award goes to Lily in Year 5 for her **inspirational** achievements in Squash. Lily has played in various competitions and matches. She is Herts County number 1 in the under 11 girls. Last Sunday, she travelled to Loughborough representing Hertfordshire and their team of 3 won the National Plate competition, a prestigious title to win. Lily beat the English ranked no.12 player which is an amazing achievement – well done Lily!





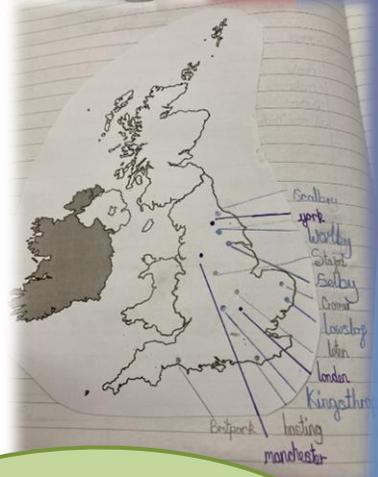
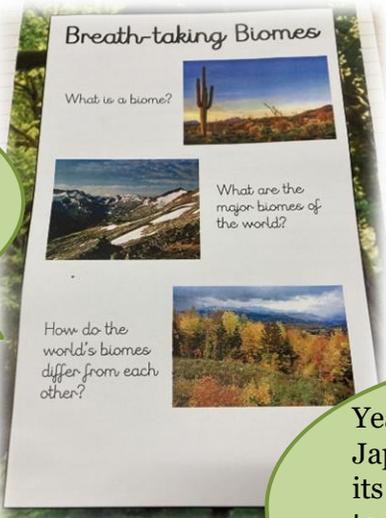
# Spotlight on Geography



Year 5 "We have been working on our map reading skills and exploring different climates including Greece and the UK. Greece has a much hotter climate."

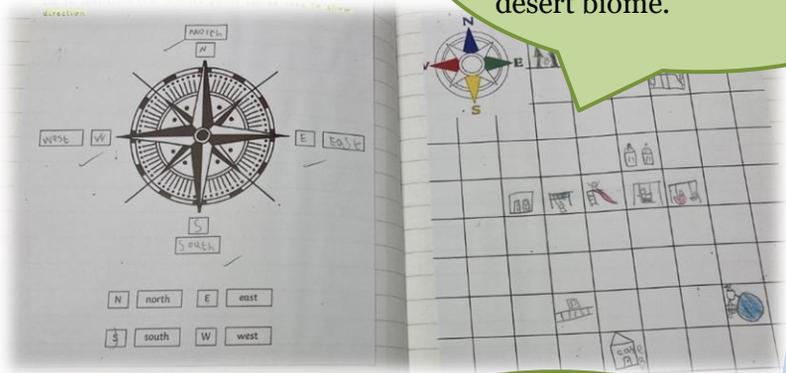


Year 4 "In geography we were learning about settlements. I enjoyed learning about why they had certain names."

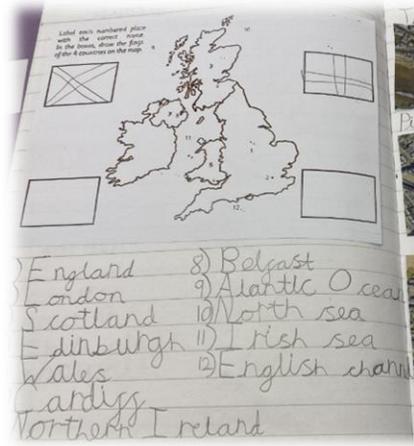


Year 1 "We have been learning to draw maps and finding out where Harpenden is on the map."

Year 6 "We wrote a letter about Japan to our family, to describe its physical geography and its temperate biome; then compared it to a country with a desert biome."



Year 3 "Learning about the UK was really interesting. I liked using the iPad to research the counties and learn new facts."





## Five steps to help with children's wellbeing

**In a society where children are feeling more under pressure than ever, helping children with their emotional wellbeing is a concern for many parents and teachers alike. But how can we help?**

Clinical psychologist and special guest for BBC Teach's [The Growth Mindset and Wellbeing Lesson](#), **Dr Hazel Harrison**, has put together five easy steps to promote children's wellbeing - as well as our own.

### Step 1: "Be yourself"

Helping children to recognise their character strengths is a great way to build their confidence and appreciate the uniqueness they bring to the world.

By shifting the focus from the things they can't do to what they can, you emphasise the positive aspects of their character.

Character strengths aren't dependent on an outcome or a particular achievement; they're the core virtues that make us who we are.

Encourage children to notice and appreciate their own strengths, and those of others too.



### Step 2: "Be grateful"

It can be easy to feel other people's lives are better than our own, especially when we're bombarded with perfect images on social media. We can get stuck thinking others are more beautiful, have more money and fun, or simply 'have more'.

And children are just as susceptible as adults to this comparison trap. So how can we help them (and ourselves)?

One idea is to bring attention to what's working well in your/their life by developing gratitude skills. To develop these skills, you can use techniques such as starting a gratitude jar, writing a gratitude journal or having a gratitude conversation.



### Step 3: "Be mindful"

Our minds can be very busy, getting pulled into thinking about the past or worrying about the future. Finding ways to focus on what's happening in the present moment is another way to build your child's wellbeing.

There are different ways to help children develop their mindfulness skills, which will probably work best if you join in too (especially if there are younger children involved).

A way in which you can help develop these skills is drawing for 10 minutes. Set a timer for 10 minutes and challenge the children to draw something they can see.

This activity isn't about what the drawing looks like, it's about whether they are able to focus on the activity and bring their attention back when it wanders

### Step 5: "Be resilient"

Being resilient means bouncing back when you encounter challenges, set backs or failures.

We all go through times when we struggle, so building our resilience is crucial to helping us cope.

One way to build resilience in children is to help them develop a growth mindset. This relates to the belief that our abilities and intelligence can develop with practice, feedback and effort.

Children with a growth mindset are more likely to try again when they fail at something, and also to attempt to learn how they can improve.



### Step 4: "Be kind"

Kindness is a win-win for wellbeing.

The research shows us that when we're kind to others, we not only boost each recipient's wellbeing; it tends to have the same effect on our own sense of wellness too.

Being kind can help us connect with others, and our relationships play a crucial role in our mental health and wellbeing in the long term. There are hundreds of ways children and adults can show kindness every day. And it can be fun to sometimes turn these acts into larger events, to really emphasise their importance and value.





## Want to learn to play the Ukulele?

St Albans Music School is offering an exciting opportunity to learn Ukulele! For more info, check out this link - <https://www.hertsmusicservice.org.uk/music-centres-in-hertfordshire/st-albans-music-school/ukulele-bandits-at-st-albans-music-school.aspx>

## Online Safety

Please find a reminder below of age restrictions and safety features on Apps.



### Facebook (13+)

Included in Facebook's setting are the ability to set who can see your posts, who can contact you and the ability to review all posts before appearing on your timeline (Timeline Review).

- Unfriend:** go to their profile, hover over Friends and select Unfriend.
- Blocking:** If you don't want somebody to add you as a friend or send you a message then block them. Select Settings, click Blocking and enter the name of the person, click Block, select the correct person and click block and block.
- Facebook Privacy Check up:** this helpful tool helps you review your settings. Select Settings, Privacy Shortcuts and Review a few important privacy settings.

Find out more here: <https://en.gb.facebook.com/help/>



### Instagram (13+)

When you set up your account, it is automatically set as public. To change your profile to private (so only people you approve can follow you) go to your profile, tap Settings, tap Account Privacy and tap to toggle Private Account on.

- Remove a follower:** Go to your profile and tap followers, tap to the right of the person and select remove.
- Blocking:** If you want to stop somebody from liking or commenting on your posts, you can block them. To do this, tap their username, tap on the 3 circles in the top right and select block.
- Turn off commenting on a post:** Tap above your post, select Turn Off Commenting.

Find out more here: <https://help.instagram.com/196883487377501>



### WhatsApp (16+)

By default, WhatsApp sets your privacy settings to allow any WhatsApp user to see your read receipts, last seen, about and profile photo.

To change any of these settings, go to settings, account and privacy.

- Reporting:** When you receive a message from an unknown number for the first time, you will be given the option to report the number. This report will then send the most recent messages in the chat to WhatsApp. You can also report any issues direct to WhatsApp within the app by going to settings, help and contact us.

Find out more here: <https://faq.whatsapp.com/en/general/>



### Snapchat (13+)

When you set up your account, it is automatically set so only friends you've added can contact you or view your story.

- Unfriend:** Go to a chat with that friend, tap the button at the top left and then tap Remove Friend.
- Block a friend:** Go to a chat with that friend, tap the button at the top left and then tap Block Friend.
- Blocking:** If you want to stop somebody from adding you as a friend or sending you a message then block them. Select settings, blocking and enter the name of the person, click block, select that person and click block and block.

**Location settings:** This feature allows your friends to see where you are (including when you are at home) when you have the app open. **It is so important that you check your child's settings for this feature.** Your location won't be shared on the map until you open it for the first time, at which point you can choose:

- Ghost Mode (Only Me):** your location won't be visible to anyone else.
- My Friends:** your location will be shared with all of your friends
- My Friends, Except ...:** your location will be shared with your friends, except the friends on this list.
- Only These Friends ...:** choose specific friends to share your location with.

Find out more here: <https://support.snapchat.com/en-GB/article/privacy-settings2>



### Twitter (13+)

When you set up your Twitter account, you can choose whether you would like to keep your tweets public or protected (private). To keep them private, go to your Privacy and safety settings, select privacy and select protect my tweets.

- Unfollow somebody:** Click the arrow icon next to their tweet and select unfollow.
- Blocking:** Click the arrow icon next to their tweet and select block.

**Location:** To keep your location private (so followers can't see the location you are tweeting from), go to your Privacy and safety settings, select privacy and ensure precise location is disabled.

Find out more here: <https://help.twitter.com/en/safety-and-security/twitter-privacy-settings>

## Achievements

Congratulations to Suzy, Tabitha and Inaiya, in Year 6, who passed their Grade 2 Violin exam. Well done girls!



## Twitter

Please remember to follow us on Twitter to find out more about the children's learning and achievements in school.

@ManlandPrimary