

Newsletter No. 15 2023-24 – Friday 19th January 2024

Star of the Week

Well done to our 'Stars' for this week who all received their certificates in assembly today

BIRCH CLASS: Jude Mardell

WILLOW CLASS: Rachel Vince

SYCAMORE CLASS: Oliver Andrews

LARCH CLASS: Emily Walker

CEDAR CLASS: Rajveer Das

BEECH CLASS: Mahitha Kamatham

OAK CLASS: Juliet Graham

REDWOOD CLASS: Emily Banks

CHESTNUT CLASS: Millie Skinner

ROWAN CLASS: Manvi Kandula

MAPLE CLASS: Albert Voicu



Young Voices

On Monday, 47 children from Years 5 and 6 spent the day at the O2, preparing for and performing in this year's Young Voices concert. This is always a very special and exciting occasion, where we sing as part of a massed choir of children from schools from all over the South and East of England. This year's choir involved 8,557 children!

This year's selection of songs involved learning not only lots of words, but also dance moves and Makaton signing. Our pupils in Years 5 and 6 have all enjoyed learning these and really embraced the challenge of learning Makaton signing for many of the songs. We were so proud of the children when, during the rehearsal, the conductor singled out our school and asked who we were because every Myland child knew and performed the Makaton so brilliantly. Well done everyone!

Very many thanks to everyone who came to support us at the evening concert and thanks also to Miss Pender, Mrs. Yearling, Mr. Everden and Mrs. Richardson for accompanying the children and me.

Miss Griggs

REMINDERS

Next week's MENU will be

WEEK 1

Please pre order by
TUESDAY 23/01/24 for
WEEK 2

Attendance this week
(up to & including Thursday)

| | | |
|----------------|-------|---|
| Birch Class | 95.6% | |
| Willow Class | 92.4% | |
| Sycamore Class | 96.2% | |
| Larch Class | 96.1% | |
| Cedar Class | 96.0% | |
| Beech Class | 94.9% | |
| Oak Class | 95.8% | |
| Redwood Class | 93.2% | |
| Chestnut Class | 95.0% | |
| Rowan Class | 97.0% | ★ |
| Maple Class | 93.9% | |
| WHOLE SCHOOL | 95.1% | |

Check Email and Bookbags
for...

* Years 3 and 4 – Squash letter



Parent Teacher Consultations

Parent Teacher Consultations will be held on **Tuesday 13th** and **Thursday 15th February**.

These are ten-minute appointments with your child's classteacher and are an opportunity for you to discuss progress so far this academic year. Please remember that we ask that you do not to bring your child/ren along to these appointments, as we have no facility for them to wait for you whilst you are in your appointment with teachers.

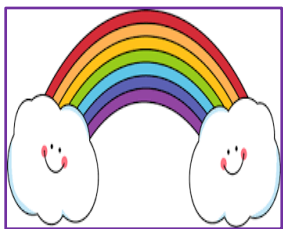
Bookings will once again be made through our electronic booking system and email invites will be sent out on **Thursday 25th January** at 2.00 p.m. The system uses the primary email address you have registered with us via Tucasi, but please also remember to check your junk email.

Please ensure that you book **only one appointment** on **either** Tuesday **or** Thursday and not one appointment on each evening. The booking system will close on **Monday 5th February**, in order to give staff time to prepare for each evening. No appointments may be made after this date.

We would like to extend a warm Myland welcome to Mrs. Yusifu, who has joined us as part of our Catering team.

'FREE TUCK FRIDAY'

WELL DONE to **ROWAN CLASS** who will have **Free Tuck** on **Friday 26th January**



Mrs. Richardson presents her 'Rainbow Award' each week in Friday's Star of the Week assembly. This is given to a child who has made a significant contribution when working in a group with Mrs. Richardson. Well done this week to **DEXTER** in Birch Class.

ROCKER OF THE WEEK

Each week, Mrs. Carter chooses our 'Rocker of the Week' – this is a pupil who has made significant improvement over the course of the week in any aspect of their times tables knowledge. Well done to **JESSICA** in CHESTNUT CLASS!



VIP Table



Each week, one child from each class is chosen by Miss Griggs for their kindness, good manners and sensible

attitude. Well done this week to:

| | |
|----------------|--------|
| Birch Class | Mira |
| Willow Class | Varun |
| Sycamore Class | Hope |
| Larch Class | Talal |
| Cedar Class | Ava |
| Beech Class | Jessie |
| Oak Class | Juliet |
| Redwood Class | Caleb |
| Chestnut Class | Millie |
| Rowan Class | Rahim |
| Maple Class | Archie |
| Windmills | Finn R |

Diary Dates

Thurs 25th Jan – Parent Teacher Consultations – appointments system **OPENS** (2.00 p.m.)

Mon 5th Feb – Parent Teacher Consultations - appointment system **CLOSES**

Tues 6th Feb – 2.00 p.m. Key Stage 1 Shared Learning session (details to follow)



Young Voices 2024



Live Life Well @ School

HEALTHY LUNCH BOXES

Pack your child a
HEALTHY LUNCH BOX



Choose a variety of foods from each food group

Fruit



Vegetables



Dairy



Wholegrains



Lean meat
& alternatives



A Healthy Lunch Box

THIS SCHOOL IS A



**NUT
FREE
ZONE!**

PLEASE REMEMBER.....

Nut products (or items containing nuts) of any kind are not permitted at school, due to several children with severe allergies. This includes any type of spread containing nuts or nut products (e.g. Nutella). Thank you for your co-operation.

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nose around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

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 sending behaviour of young people in the UK, USA and Australia.



The National College



National Online Safety

#WakeUpWednesday

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