

DATES FOR THE DIARY

January

Tue 2nd – INSET DAY – School closed to pupils

Wed 3rd – ALL pupils back for Spring Term 1

Thurs 4th – Swimming starts for 5I

February

Tue 6th – Young Voices Concert for the Choir

Tue 13th – 3:15pm Y4 London Parent's Meeting

Wed 14th – Y6 to The College to watch Matilda!

Fri 16th – Break up for Half-term

Mon 26th – INSET DAY – School close to pupils

Tue 27th – ALL pupils back for Spring Term 2

March

Fri 15th – Dress Down for bottle or choc donation

Wed 20th – Evening: PTA Easter Family Bingo

Residentials: please put these dates in your diary:

Year 4 Residential to London: 21st – 22nd March 2024

(Deadline for payment in full: Friday 1st March 2024)

Year 2 Residential to Tattenhall: 3rd – 4th July 2024

(Deadline for payment in full: Monday 6th June 2024)

Year 6 Residential to Min-y-Don: 8th – 12th July 2024

(Deadline for payment in full: Monday 20th May 2024)

COMMUNITY SUPPORT

We must say a HUGE thank you to our local community for their generous contributions towards our raffle. We would like to thank:

Ellesmere Port Jujitsu Club

Harper Autos

Morrisons

AW Coaching

Jumpin' Joseph's

Essence of Spice Restaurant

The Lunchbox Café

Carls' Super Whip

And many of our wonderful PTA members & parents!

ASK ME ABOUT...

The children are LOVING this new idea, thank you to our families for partaking. This week;

Caterpillars: *ask me to sing 'When Santa Got Stuck'*

Butterflies: *our Santa poem*

Reception: *our visit to the Residential Home*

1Mc: *The Christmas Story*

1/2T: *The Christmas Story*

2M: *The Christmas Story*

3U: *ask me to sing my 3 x table song*

3/4T: *numbers to 10 in French*

4G: *using estimation in everyday situations*

5I: *the phases of the moon*

5/6K: *life saving skills when swimming*

6T: *how I used code to create a game in computing*

THANK YOU!

We have received overwhelming support for our raffle over the last few weeks and are looking forward to choosing the winning tickets this afternoon, after the final KS2 Carol Concert. We will be in touch with winners who are not present at the performance as soon as possible so that you can collect your prize from the office before we close for Christmas.

MERRY CHRISTMAS & HAPPY NEW YEAR!

As we close for the Christmas Holidays, the staff at The Acorns would like to pass on our thanks for all of the lovely cards and gifts that we have received this week and today, especially. It is so lovely to be appreciated and we are really thankful for having such supportive families to work with.

We hope that you all have a magical Christmas and a wonderful New Year, full of memorable times as a family.

We look forward to seeing everyone refreshed and raring to go on Wednesday 3rd January 2024!

Mrs Broom & #TeamAcorns



Passion for Learning

YOU ARE INVITED!



SANTA'S ELVES ARE VERY HARD AT WORK IN HIS WORKSHOP PREPARING FOR CHRISTMAS EVE. SANTA'S WORKSHOP IS A MAGICAL PLACE THAT EVERYONE WILL LOVE!

THE ELVES INVITE YOU TO POP IN BEFORE CHRISTMAS TO SAY HELLO, ENJOY A HOT DRINK, AND TAKE HOME A BOOK TO SHARE DURING THE HOLIDAYS.

YOU CAN VISIT (FREE OF CHARGE) ON

FRIDAY 15TH DECEMBER BETWEEN 9.30AM AND 2PM

MONDAY 18TH DECEMBER BETWEEN 9.30AM AND 2PM

THURSDAY 21ST DECEMBER BETWEEN 9.30AM AND 2PM

PASSION FOR LEARNING
TRINITY METHODIST HALL
WHITBY ROAD
ELLESMERE PORT
CH65 0AB

EVERYONE IS WELCOME, YOUNG AND OLDER, AND YOU CAN BE SURE OF A VERY WARM WELCOME.

WE HOPE TO SEE YOU SOON BUT, IF YOU CAN'T MAKE IT, HAVE A WONDERFUL CHRISTMAS.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5767 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0800 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.



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