

April, 2023

Welcome Back!

Welcome to the summer term! We hope you have all had a lovely holidays.

The spring term was filled with learning, exciting events and visitors and our very successful Ofsted inspection. As you can see throughout the newsletter there is lots to look forward to this term too. We shall also be inviting you all in to join us and see how hard we have been working.



Thank you and well done to the school council for signing us up to the Great British Spring Clean. They organised litter picking both in and out of the school grounds and all helped to keep our community clean and tidy.



Dolphins Class

Coming up this half term....

Our new topic this half term is Dinosaurs! As scientists we will study dinosaur teeth to discover what food they ate and classify them. We will explore the life of significant individual Mary Anning and create lots of exciting art work too!



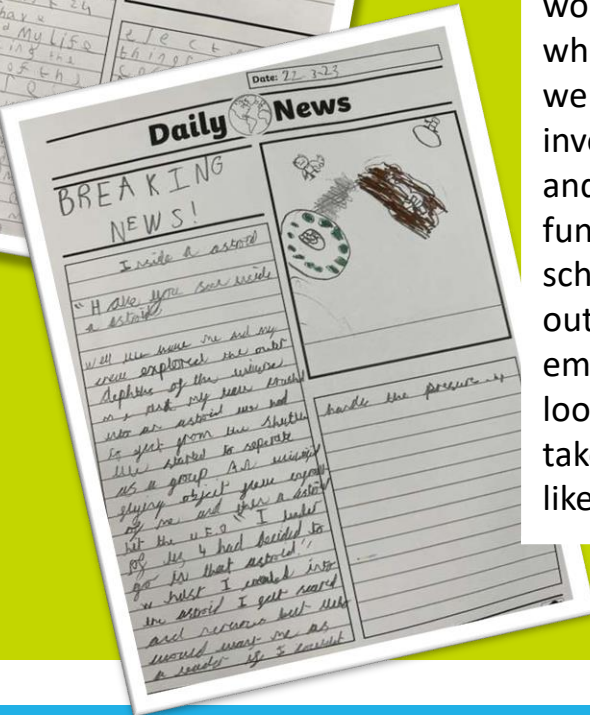
Sensory Circuits

We've recently introduced a daily sensory circuit into our outdoor provision. The children are given the opportunity to 'activate' their bodies and minds before completing a short, fun activity focused on using motor skills, balancing and timing. The final part of the circuit is a calming activity. This helps us to not only feel calm, but ready to engage in our learning and helps us feel ready for the day ahead!

Music

As part of our computing lessons, we are learning how to compose simple pieces of music on 2Sequence. Children will explore different instruments, pitch and volume before making their own piece of music inspired by an emotion. We will bring our music to life by exploring percussion instruments in the classroom to create a whole group performance.

Penguins Class

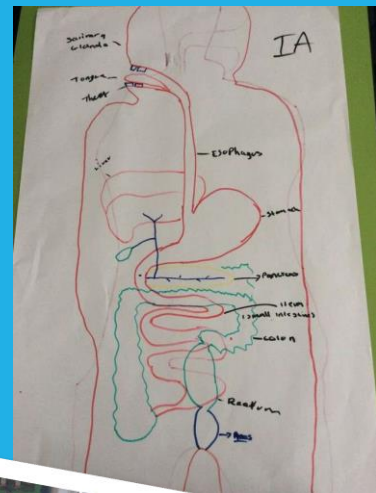


Coming up this term...

This Summer, Penguins are studying decimals and measure (where there will be lots of use of practical equipment). In English we shall be looking at the impact of water usage in the world and writing a formal letter to address what we can do to change this. The science we are looking at is states of matter which will involve experiments melting ice and chocolate and boiling liquids. As always, there a lots of fun PE lessons looking at athletics and forest school lessons involving using and being in the outdoors and the effect it has on our emotional well-being. Additionally, we are looking to plan a trip out as a class and we will take the pupils input to see where they would like to visit. Watch this space!

Our learning

In the spring term, Penguins have studied the human body including the skeleton and digestive system. The children had fun drawing around themselves and adding in their digestive system which they have labelled. Additionally, in PSHE the class learnt about spending and saving money by purchasing equipment to complete work and earn money to do so. Finally, the pupils have completed writing work on nonsense poems, newspaper articles about space in English and lots of fantastic multiplication and division work in maths.



Physical and Mental Health and Wellbeing



Last half term all pupils school took part in a progressive 6 week block of Basketball lessons. Pupils focused on dribbling, passing and shooting skills. These skills were applied to games where pupils were also able to develop their team work, communication and resilience skills.



During this term pupils are going to participate in 6 weeks of Athletics lessons with key focuses being running, jumping and throwing.

Forest Schools

Last half term all the pupils worked on team work and how they could built better relationships with each other and staff through play.

During this half term the pupils are working on why it is important to be out outside and the benefits of being outside in and around nature.



Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here –

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

Meet Our Expert

Coyley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Logage Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.



NOS National Online Safety®
#WakeUpWednesday

Safeguarding at Engage Academy

If you are worried or have any concerns then please talk to a member of the safeguarding team.

We all share a responsibility for our pupils' safety and wellbeing.

Whatever your concern may be, there will be someone who is happy to help you.

If you have a concern about a staff member, please see the Head Teacher, DSL or a DDSL. Contact 01924 476449.



Ryan Taff
DSL



Adam Davies
DDSL



Alison Ward
Head Teacher



Annette Dilai
DDSL