



Important Dates:

w/b 28th March
Y1-5 Parent Consultations

29th March
Year 5/6 Boys Football
Match - away

1st April
Non-uniform Day
(£1 donation to PTA)

4th –18th April
Easter Holidays

19th April
School Re-opens

Year 5/6 Boys Football
Match

25th April
PTA Meeting 10.30am

29th April
Rainbow Friday

2nd May
Bank Holiday
(school closed)

30th May-3rd June
Half Term

6th June
INSET Day
(school closed)

Spring

It has been lovely to welcome the sunny spring weather this week—children have certainly enjoyed being outdoors. Remember to change your clocks to BST this weekend.



Parent Consultations



FS and Y6 meetings have already taken place and all other year groups are happening next week. For the face-to-face meetings at upper school on Tuesday and lower school on Thursday, please enter school via the front door then go directly to your child's classroom. 4TS meetings with Mrs Scott on Thursday will take place at lower school in Mr Baker's office by the front door.

COVID

As you will probably be aware, Covid cases in school have been increasing again over the past few weeks and there have been several staff shortages. However, thanks to teacher and LSA flexibility, learning has been largely unaffected. Thank you also to the office ladies for supporting isolating parents & carers with drop-offs and pick-ups so that children can still attend school.

Football Tournament

Congratulations to our Y5/6 team who were overall winners in the Wickford tournament yesterday. Unfortunately coach Harrington Snr was forced into isolation but thanks to Harrington Jnr and Mrs Clark-Barham stepping in, the team were able to compete.

A great win after the away match loss on Tuesday again Rayleigh Primary.



Go All In for Spring!

Just a reminder that the PTA are running three fundraisers for the end of term next week. All money raised from these events will benefit the children of WPS, so please do support us in whichever way you can!



Friday 1st April will be **non-uniform day**. Please make a **£1** donation on the day.

Raffle tickets are still for sale - prizes of a game and Easter Egg are up for grabs for each year group. Tickets are **50p for a strip** (5 tickets). Please send a named envelope in with your child, and the correct amount of money for the number of strips you want. Tickets must be purchased by 8.50am on Friday 1st April. The raffle will be drawn by Mrs Ramet during assembly on 1st April.

Tonight is the last chance to order your Activity Packs. The 50p packs include activities such as colouring sheets, wordsearches, spot the difference. Two packs have been created, one for lower school age groups and one for upper school age group. Please email pta@wickford-pri.essex.sch.uk with your child's/ren's name and class, and send the money in with your child in a named envelope on Monday 28 March. Packs will be distributed on Friday 1st April.

Coming soon: Ice Cream Fridays, pre-loved uniform sales and so much more! Keep up-to-date here <https://wickfordprimary.uk/pta/>

For week ending 18th March 2022

FS: William Rooke

Year 1: Ava Draper, Jake Rennie

Year 2: Sophie Argent, Sophie Coates

Year 3: Max Sutton, Oliver Coughlan, Freya Lingwood, Willow Miller and Shae Bamfield

Year 4: Zachary Champness, Mila Nugent, Edward Holliday and Iris Lavelle

Year 5: Sophia Bayley, Loki Deary and Jack Dolby

Year 6: Sky Smith, Jennifer Hurrell, Isla Morris and Roger Olive



Outside Achievements

Oliver O'Dell 6ER - has passed his grading at Meridian Kung Fu and is now a white/yellow sash belt.

Zoe Biggs 5KH - Has completed her last interest badge for brownies. She has completed all 18 badges over her time in Brownies.

Sophie Matthews - competed in her first trampolining competition on Sunday. She came second in her Eastern Region NDP Club 1 class.

Uniform

Following consultation with parents and staff regarding our school uniform, it has been unanimously agreed that our existing uniform policy will remain the same. It was also agreed that for the Summer term, children will continue to come to school on PE days wearing their school PE kit (black or grey joggers, black shorts, white t-shirt, green fleece, jumper or cardigan and trainers).

Please look at the [uniform page](#) on our school website before buying new shoes for your child. Boots are **not** part of our school uniform so children should not be wearing these to school. Trainers (or trainer-like shoes) should only be worn on PE days.

Chicken Pox

We have had a few cases of chicken pox in lower school recently. Please click [here](#) for some helpful advice and guidance from the NHS.

Headteacher Awards

Congratulations to the following children:

All Values - Elsie-Mae Barker, Henry Blackham, Evie Wallis

Determination & Positivity - Olivia O'Neill, Kai Burd, Stanley Lawrence, Ted Tuckerman, Benny Friend, Eva Wherry, Sofia Kerans, Isla Bird, Miksha Casey, Emily Kersey

Determination & Respect - Bay Adams, Mariam Shone

Respect, Rule of Law & Positivity - Kiamil Mehmet

Positivity, Determination & Respect - Olivia Braham

Rule of Law - Lexie Draper

Respect and Individuality - Eva Rufai



Lunchtime Awards

These children were chosen to eat lunch on the Rainbow table today for modelling our school values:

Determination - Zara Hanlon-King, Harvey Dietsch, Teddy Sheridan

Positivity - Megan Osborn, Oliver Armsden

Rule of Law - Beau Sargent

Honesty - Jake Rennie, Amelia English

Positivity - Ayla Power, Alyssa Turner, Maria Potapov, Sophie Coates

Respect - Zara Gowardun, Oscar Turek, Owen Prestige-Jones, Emily Havis, Leyton Askew, Sam Deeley, Ellie Cooper

Democracy—Jack Dolby

Window Replacement

Update

Thank you for your continued patience with our window replacement works at upper school. The Y6 windows continue to be replaced next week.

Please make sure all your child's clothing is clearly labelled with their name. We have just emptied lots of good quality clothing from the boxes which has been accumulated since half term.

If you would like to buy any second-hand clothing, please contact the school office and this can be provided.

**LOST
PROPERTY**



Week 1

Whole School Attendance

94%

Weekly Winning Class

4TS 95 %

(w/e 18/3/22)

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

Upsetting content can make us feel angry, scared, overwhelmed. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

6 CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.

7 SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.

8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once: instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.

10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.

11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.

12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



Sources: <https://www.bbc.com/news/health-5647896> | <https://www.chikinet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>