



Parents' Weekly Newsletter

'Thriving to achieve our best - together'

Friday 20th May 2022

Dear Parents and Carers,

On Saturday, Miss Willis will be getting

married! We presented her with a wedding gift and I am sure that you will join us in wishing them all the happiness in the world. The children and staff were all lucky enough to watch a video of her wedding dance last week and it was amazing! From Monday, we will need to get used to calling Miss Willis, Mrs Middleton- we are so happy for them both.

Soon, the whole country will be getting together to celebrate a unique moment in our national history - the first ever Platinum Jubilee for a monarch. On Monday, we will start by having a special assembly about the Queen and the Jubilee during which we will share with the children how we are planning to mark this event in school, including a group art competition inspired by the portrait paintings of Chuck Close.

Then, on Friday 27th May, to further celebrate this special occasion, we will be inviting pupils to come to school dressed in the colours of any flag for a country in the UK- red, white and blue for England; green, white and red for Wales; blue and white for Scotland; and red and white for Northern Ireland. There will be prizes in each key stage for the best costumes overall!

We will ask pupils to bring in some cakes or snacks to share with their tutor group. At lunchtime, tutor groups will go outside onto the field and have a 'Jubilee Picnic on the Lawn' with other members of their year group and key stage. The aim is to have a chance to sit down, relax, share some food, chat with friends and celebrate. Children will then go back to their tutor room and finish the day with some Jubilee themed activities.

So, we have an exciting and special week ahead, creating new memories.

Warmest Wishes,

Dr Craddock



Rights Respecting News

Articles of the week

'Article 9 - separation from parents' Children must not be separated from their parents against their will unless it is in their best interests (for example, if a parent is hurting or neglecting a child). Children whose parents have separated have the right to stay in contact with both parents, unless this could cause them harm.

'Article 20 - 'children unable to live with their family' If a child cannot be looked after by their immediate family, the government must give them special protection and assistance. This includes making sure the child is provided with alternative care that is continuous and respects the child's culture, language and religion.

'Article 25 - 'review of treatment in care' If a child has been placed away from home for the purpose of care or protection (for example, with a foster family or in hospital), they have the right to a regular review of their treatment, the way they are cared for and their wider circumstances.

The continued focus this week was the same articles and children's rights. An important issue in the current times as many families in Europe are displaced and possibly separated due to the war in Ukraine.



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East



Morning Time in Year Five

In Y5, we always have a great start to each day. We absolutely love the freshly baked bagels we receive from Mrs Mein each morning.

Every child also comes into school still dedicated to reading their Accelerated Reading Books, and we have many close to, or exceeding a million words! Well done Y5!

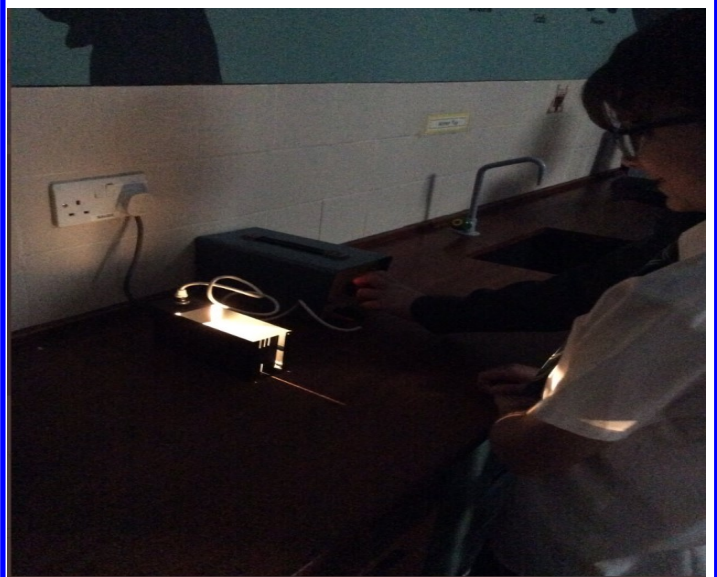
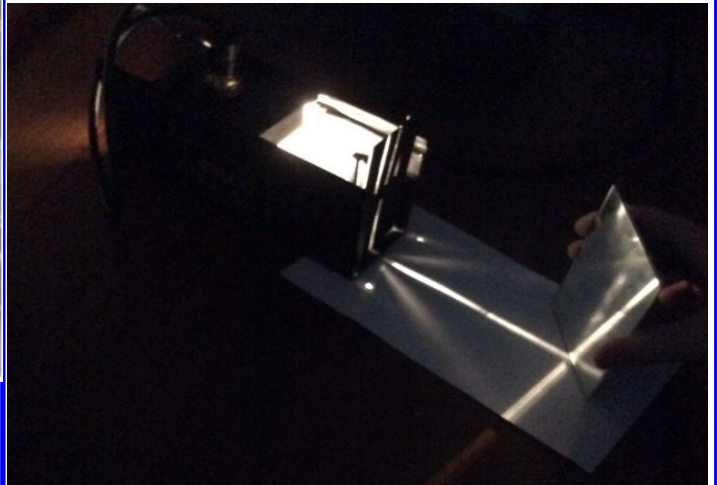


The Industrial Revolution

Year 8 have had another great week- exploring the reasons of the population boom during the Industrial Revolution and beginning our Shakespearean unit of 'Macbeth' in English.

Science exploration of light

In Year 6 this week our new topic was 'Light'. We enjoyed learning about how light travels in straight lines. We learnt that objects are seen because they give out or reflect light. We also learnt that we see things because light travels from light sources to our eyes, or from light sources to objects and then to our eyes. Fun experiments reinforcing key concepts.



Fun at Forest School

Year 5 – Great team work to prepare the Kelly Kettle and taking turns to try and light the fire. Followed by a reward of hot chocolate and biscuits – yummy!

Year 6 & 7 – Great listening, team work and resilience in getting the Kelly Kettle going for hot chocolate. While waiting for the kettle to boil children challenged themselves to tree climbing, making dream catchers and relaxing in the hammock.

Year 8 – Busy bees! They have gone on bug hunts including going deep into the undergrowth to find a frog. Made an obstacle course that also became relaxing sofa and harvested some wood to whittle into a mallet.



GO 4 Schools— As a school, in light of feedback from the school community we will no longer using the Go4Schools reward system. Our teachers have found it cumbersome to log behaviour points so we are currently in the process of moving over to the award winning software, Class Charts. Please bear with us as we change these systems and we will share further information after the half term.

Meanwhile, we continue to reward the children in class with VIP certificates and our counter system when rewarded with a house point. The tokens for each class will count towards the whole school house point system and the winning house will be celebrated in assembly every week.



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East



ICE LOLLY FRIDAY

Continuing every Friday until the end of the summer term, please remember to bring your pocket money to buy an ice lolly or ice pop. These will be available at lunchtime or at the end of the school day.

Ice lolly 50p
Ice pop 30p



JEWELLERY AND NAIL VARNISH

A reminder that children are not permitted to wear jewellery or earrings other than one pair of studs for those children with pierced ears. During P.E, studs will need to be removed or covered with surgical tape. In general terms, you are advised not to allow your child to wear jewellery to school in case of loss, damage or injury. Make-up, including nail varnish, is not appropriate in school and should also not be worn. Long hair also should be tied up at school so a hairband is required. Thank you for your support.



COMMUNICATION

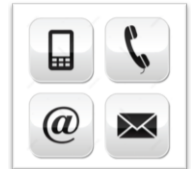
A reminder that at West Moors Middle School, we use our school website, email and our Twitter page to communicate and share information with you.

Email: office@westmoorsmid.dorset.sch.uk

School Website: <https://westmoorsmid.dorset.sch.uk>

Twitter page: https://twitter.com/west_moors

Facebook: <https://www.facebook.com/WestMoorsMiddleSchool/>



Finally, please also look out for

all key information to parents such as events information, newsletters, trips and special events using the **parent mail system**

Reminder — BE SAFE IN THE SUN

It is hotting up! So we recommend that sun cream is applied to your child before school, and sun hats and a named water bottle are brought in to school on hot days. Thank you.



School Year: Term Dates & Holidays **2021/22**

Summer Term 2022

Term ends on Friday 27th May

Platinum Jubilee Bank Holiday 6th June 2022

Term starts for students on Tuesday 7th June

Inset Day Friday 1st July

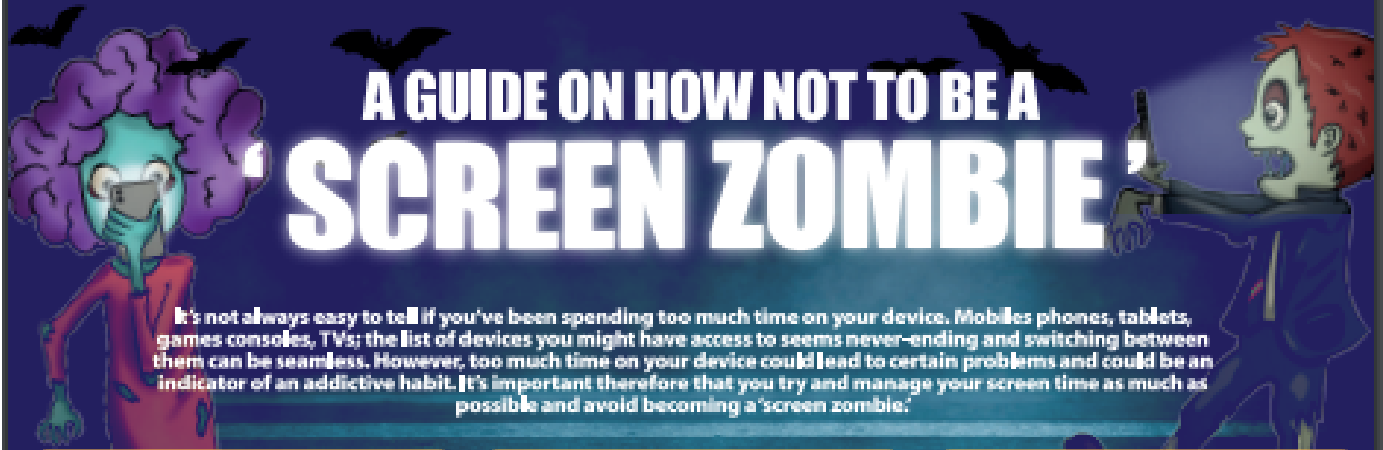
Term ends on Friday 22nd July

West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East





A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible – there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Fate Ikbal is content specialist with over 18+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a special job role for the police, contributing work which was pivotal in successful winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

Views of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2020



West Moors Middle School, Heathfield Way, West Moors, Ferndown, Dorset. BH22 0DA

Phone: 01202 872474 Email: office@westmoorsmid.dorset.sch.uk

Head Teacher: Dr Deborah Craddock Deputy Head Teacher: Deborah East

