



WEEK BEGINNING 3RD MARCH

Events this week:

Tuesday 4 th March	2-3pm- SEN Coffee afternoon with a Social Emotional Mental Health (SEMH) focus
Wednesday 5 th March	KS2 Ash Wednesday Service
Thursday 6 th March	World Book Day
	PTA Book sale in School Hall

Looking forwards: (dates/times may be subject to change)

Monday 10 th March – Friday 14 th March	Science Week
Tuesday 11 th March	Y4 Times Table drop in #1 – 3.30pm – 3.45pm
	Y4 Times Table drop in #2 – 5.15pm – 5.30pm
	PINS- 2 nd parent meeting times to be confirmed for parents but they will be with us 8.45-10.45am
Thursday 13 th March	Author Visit
	PTA Disco Infants – 5.00pm – 5.50pm – Juniors – 6.00pm – 7.00pm
Friday 14 th March	Maths Day
	Years 3 & 4 Cricket Skills
Monday 17 th March – Friday 21 st March	Neurodiversity celebration week
Thursday 20 th March	Family Learning – Year 4
	Year 5 & 6 Hockey
Friday 21 st March	Comic Relief
Monday 24 th March	-2-3pm SEN Coffee afternoon-Support For Learning (SFL) focus
Tuesday 25 th March	Year 5 Easter Experience at Church
Thursday 27 th March	RockSteady concert
Friday 28 th March	Mother's Day sale
	Years 3 & 4 mixed football
Monday 31 st March	Mother's Day Coffee Morning
Tuesday 1 st April	Years 3 & 4 Tag Rugby
Thursday 3 rd	Church Service
	Uniform Sale
Friday 4 th April	Easter Bonnet parade
	END OF TERM – 1.30 FINISH



Head Teacher Award Winners

- Year 1 - **James** – for showing our school expectations
- Year 2 - **Dexter** for putting fantastic effort into all of his learning and aiming high
- Year 3 - **Casey** – for working hard and overcoming challenges in his reading both at school and at home
- Year 4 - **Shidaa** – for her positive attitude to learning and improved focus this week
- Year 5 - **Henry** – for making an extra effort in his work and focus in lessons, and for using clear explanations in his answers
- Year 6 - **Callum** – for an improved effort and attitude in learning!



Pupil Premium Funding. Could your child be eligible?

Children eligible for free school meals will be provided with a meal at lunchtime which is paid for by the school.

If you are eligible to claim free school meals your application will trigger extra government funding for your child's school.

This funding will be invested in your child at school. Some schools offer help with uniforms or discounted school trips for those children eligible for a free school meal. This will in turn save you more money on top of the price of your child's meal.

Could you qualify for free school meals? Take a look at the following link to see if you qualify.

<https://www.bracknell-forest.gov.uk/schools-and-learning/schools/free-school-meals>

WORLD
BOOK
DAY
6 MARCH 2025



We are dressing up for World Book Day this year!

SPONSORED BY
NATIONAL
BOOK
TOKENS

Changing lives through a love of books and reading

World Book Day® is a charity sponsored by National Book Tokens

ILLUSTRATED BY
VIVIAN TRUONG

We are dressing up for World Book Day this year on Thursday 6th March! What does your child like to read? Wear a small clue or a whole costume. If you want ideas there are great low-cost options on the World Book Day website

<https://www.worldbookday.com/celebrate-world-book-day/dressing-up>

WORLD BOOK DAY
6TH MARCH 2025

MAINS

- Cloudy with a Chance of Meatballs & Pasta
- Katsu-in-the-Hat Quorn Dippers & Rice (V)
- Wheres Wally's Wrap bar (V)
- Jaqueline Wilson Jacket Potatoes (V) (VG) (GF)

SIDES

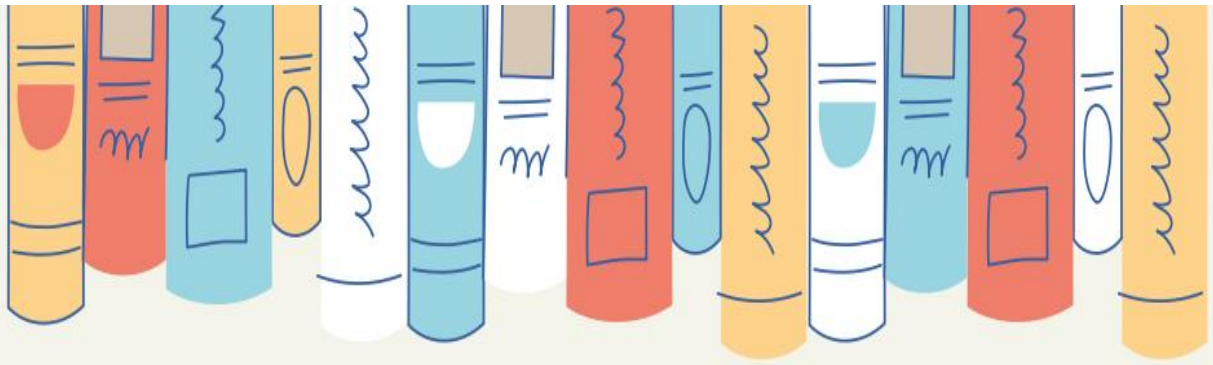
- Walliams Super Sleuth Slaw
- Golden Snitch Sweetcorn
- Snozzcumber Salad Bar

DESSERT

- Mr Messy's Ice Cream & Sprinkles (V)
- Queen of Hearts Jam Tart (VG)
- Fresh Fruit (VG) (GF)

dolce

Book covers shown: *Matilda* by Roald Dahl, *The Worst Thing About My Sister*, and *War Horse* by Michael Morpurgo.



BOOK SALE!!

Thursday 6th March

After school in the school hall.

**Please come along to our book sale we
have lots of books for children and
parents.**

Children's books 50p

Parents books £1



**St Michael's Easthampstead C of E
Primary School
'Let's Connect' Coffee Afternoon**

*An opportunity to connect with other parents, meet friends,
feel involved, and possibly learn something new.*

What's on:

'Let's Connect' over coffee and conversations and ask any questions to a representative from the local authority Social Emotional and Mental health support team! Join us for a delightful afternoon of parent-to-parent bonding. Share experiences, make new friends and build a strong SEND community.

Welcome to all parents, your connections matter!

If you would like to come along, please join us at St Michael's Easthampstead School on

Tuesday 4th March at 2pm-3pm in the Zen Den where our coffee afternoon will take place.

For any further information, please speak to Mrs Clover (SENCo).

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If you would like to come along, please join us at St Michael's Easthampstead School on

Monday 24th March at 2pm-3pm in the Zen Den where our coffee afternoon will take place.

For any further information, please speak to Mrs Clover (SENCo).

**Partnerships
for Inclusion of
Neurodiversity in Schools (PINS)**



Participation session (2)

**For parent carers of children
with neurodivergent needs**

**JOIN US AT
YOUR SCHOOL**

**Tuesday 11 March 09:15 - 10:30
St Michaels Easthampstead C of E School**



Click here to book

Connect - Share - Make a difference

PINS is a national project funded by NHS England in partnership with the Department for Education, Department of Health & Social Care & the National Network of Parent Carer Forums

- **Wednesday 19 March** (12:30- 13:30) 'Understanding Neurodivergence', via Zoom. This webinar will explore the main characteristics of ADHD and executive functioning difficulties, with strategies to support. To register for this session please [click here](#)
- **Thursday 27 March** (12:30 – 13:30) 'Neurodiversity & Emotional Regulation', via Zoom. This webinar will explore how to support emotional regulation for children and young people with ADHD, with strategies to help develop self-regulation. To register for this session [click here](#)



GEMS

Autism & ADHD Support Service
East Berkshire

Virtual Coffee Morning Eating and food Autism and ADHD

Friday 21st March 10 - 11:15am

**25 spaces
available!**

Join our online informal discussion to
cover the following areas:

- What works for your family at meal times?
- What are problematic areas around eating?
- How do you support your child with eating?

Please note this is not a workshop but support group for parent/carers and any medical advice should be sought from your medical practitioner.



Sign Up Today!

Available for families who reside in or have a registered GP in East Berkshire with a child who is Autistic/ADHD (suspected/pathway/diagnosed)

To book your place contact GEMS:



Gems.4Health@nhs.net



0800 999 1342



Reading FC are thrilled to welcome all our local schools and grassroots clubs! Your support truly enhances the atmosphere, and the players genuinely appreciate it. So, let's do it all over again!

Full details of how to get involved can be found below.

You have been invited to Reading Football Club's 3rd and final Schools and Grassroots Fixture of 2024-25!

When?

Reading vs Stevenage
Saturday 15th March, 3pm kick off

Where?

Select Car Leasing Stadium

How to qualify for the discount and confirm your attendance?

To redeem, please visit <https://ticketing.readingfc.co.uk> and enter the following unique coupon code: **#StMichaelsEasthampstead** in the basket once you have logged in and selected your tickets which will be discounted to the below prices:

13 and Under: £1
17 and Under: £4
18 to 24: £7
65 and over: £7
Adult: £10

How many tickets can we purchase?

There is no limit on the number of tickets you can buy using your unique code.

Important! This offer applies to tickets in the Eamonn Dolan Stand blocks and Y19/Y20 of the Sir John Madejski Stand. Coupon codes are valid up until 4 hours before kick-off.

6 great prizes to be won for your School!

Select your School [here](#) to cast your vote and be in with a chance to win one of 6 great prizes!

If you have any questions about this offer, please email sales@readingfc.co.uk or call 0118 968 1313.

Come on URRRZZ!!



TICKETS FOR SCHOOLS

TSI WORLD ARE DELIGHTED TO CONTINUE OUR INITIATIVE FOR OUR I.T. SERVICED SCHOOLS!

AS TITLE SPONSORS OF THE TSI WORLD BERKSHIRE BEES ICE HOCKEY CLUB, WE HAVE SECURED UP TO 40 FREE TICKETS AND FURTHER DISCOUNTED TICKETS TO A NUMBER OF MATCHES THIS MARCH WHICH ARE AVAILABLE FOR SCHOOL STAFF, PUPILS AND PARENTS TO CLAIM NOW!



BEES VS WILDCATS
02.03.25 18:00

TICKET REQUEST DEADLINE
27.02.25 23:59



BEES VS PITBULLS
09.03.25 18:00

TICKET REQUEST DEADLINE
06.03.25 23:59



BEES VS RAIDERS
16.03.25 18:00

TICKET REQUEST DEADLINE
13.03.25 23:59



BEES VS STEELDOGS
22.03.25 18:30

TICKET REQUEST DEADLINE
19.03.25 23:59

**DISCOUNTED TICKETS - ADULTS €13, JUNIORS €6,
CHILDREN €2 FOR FIRST 2 TICKETS PER PAYING ADULT, ADDITIONAL CHILDREN €5**

TO CLAIM, SIMPLY EMAIL [TICKETS@BEESICEHOCKEY.COM](mailto:tickets@beesicehockey.com) WITH THE SUBJECT 'TICKETS FOR SCHOOLS'.
YOUR EMAIL MUST INCLUDE WHICH GAME YOU WISH TO ATTEND (ONLY ONE REQUEST PER EMAIL ADDRESS)
ALONG WITH THE NUMBER OF TICKETS YOU WOULD LIKE TO CLAIM (MAXIMUM OF 4 TICKETS).
YOUR REQUEST MUST BE RECEIVED BY THE CLUB BEFORE THE 'TICKET REQUEST DEADLINE' LISTED ABOVE FOR YOUR REQUESTED GAME.
SUCCESSFUL APPLICANTS WILL RECEIVE A RESERVATION FOR THEIR FREE TICKETS VIA EMAIL WITHIN 48 HOURS
OF THE 'TICKET REQUEST DEADLINE' PASSING FOR THEIR CHOSEN GAME.
RESERVATIONS MUST BE COMPLETED AT LEAST 24 HOURS PRIOR TO THE GAME OR THE SEATS WILL BE RELEASED
FOR GENERAL SALE. A RESERVATION MUST BE COMPLETED TO RECEIVE YOUR E-TICKETS FOR THE GAME!



PROUD TITLE SPONSORS OF THE TSI WORLD BERKSHIRE BEES

Online Safety Newsletter

March 2025

The impact of smartphones



There is a growing concern on how excessive use of smartphones can affect our children.

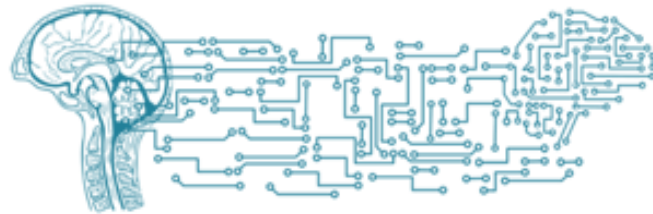
In addition to the effects of seeing inappropriate content online, the risk of cyberbullying and grooming, it is important that we also highlight the effects of smartphone use on our children's mental health.

If your child is using a smartphone then please try to ensure they maintain a healthy screentime limit.

According to King's College London, "two new studies of smartphone habits in teenagers have identified links between problematic smartphone use and depression, anxiety and insomnia." You can read more about these studies here: <https://www.kcl.ac.uk/news/teens-with-problematic-smartphone-use-are-twice-as-likely-to-have-anxiety-and-many-are-eager-to-cut-down>

Compass have published an article as well on what effects mobile phones have on children here: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

Artificial Intelligence (AI)



What is AI?

AI is when a computer/machine can learn and perform tasks like a human. Its popularity continues to increase, and examples include:

- **Virtual assistants** like Alexa and Siri.
- **Chatbots** such as ChatGPT and My AI from Snapchat

Potential Risks of AI?

- **Chat apps** - A simple search of "AI Chat" within the App store highlights the number of apps already available and just scrolling through, you can see that they are not suitable for children with many rated as 17+.
- **Image manipulation** - there are AI tools that can be used to digitally remove clothes from photos, which clearly raises serious safeguarding and privacy concerns.
- **Deepfakes** - there are also AI tools that create realistic, fake videos which can be used to spread misinformation or cause harm.

Child Rescue Coalition discuss the dangers in more detail here: <https://childrescuecoalition.org/educations/the-dark-side-of-ai-risks-to-children/>

How can I protect my child?

As always, to keep your child safe online, it is important to:

- Develop your child's digital literacy by highlighting the risks of AI and showing them how important it is to verify what they see online.
- Set up appropriate parental controls on their devices/ broadband.
- Chat to your child regularly and ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

For further information, the NSPCC and Internet Matters provide useful guides on their websites:

- <https://www.nspcc.org.uk/about-us/news-opinion/2025/artificial-intelligence-safety-tips-for-parents>
- <https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

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TikTok

You must be over 13 years of age to use TikTok. TikTok is a social media platform for sharing and watching short video clips. Some of the videos may not be appropriate for your child to view and there is also the risk of strangers contacting your child. If your child is using TikTok then make sure appropriate security/privacy settings are applied.



Account set up

It is important that when setting up an account, your child enters their real date of birth as accounts are tailored by age e.g., Direct Messaging is disabled for accounts aged 13-15. In addition, advertisements are tailored by age. By default, accounts for people under 16 are set to private and we would recommend keeping it as this. This means your child must approve follower requests. You can read more about the other settings available, such as switching off comments and restricted mode here: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/privacy-and-safety-settings-for-users-under-age-18>

Family Pairing

This allows you to link your own account to your child's account. You can then set controls such as restricted mode. You can find out more here: <https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

Inappropriate content, themes and challenges on TikTok

Whilst against TikTok's guidelines, explicit and inappropriate content can be found on this platform, for example nudity/sexual content and hate speech. Some of the songs available to lip sync to may contain inappropriate lyrics or adult themes. We often see viral challenges on social media, some of which can be dangerous. If your child is using TikTok, chat to them regularly about what they are viewing.

Stranger contact

Talk to your child about who is following them online and ensure that they understand that people may not be who they say they are when online. It is important that children understand not to share personal information.

Refresh your feed

You can refresh your "For You" feed to update the content recommended: <https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/refresh-your-for-you-feed>

Blocking and Reporting

Ensure your child knows how to use the safety features available to them, including how to report comments, direct messages and another user.

Further information

- <https://parentzone.org.uk/article/tiktok>
- <https://safeguarding.thekeysupport.com/factsheets-and-briefings/child-safety-tiktok-parent-factsheet/>

Talk PANTS with the NSPCC

Talk PANTS was developed to help you have conversations with your child to help them understand that their body belongs to them.

You can find out more here as well as a further link to helpful questions:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

LEGO Arcade

Are you looking for games for your child to play online? LEGO have a selection of fun games including Lego Ninjago and Lego Friends:

<https://kids.lego.com/en-gb/arcade>

Stars Messenger App

The Stars Messenger App is rated as 4+ on the App store. It is a free messaging and video app designed for children to use. Users need their friend's username as well as their unique private Friend Code to add each other. There is also an optional Parent View available for a monthly charge.

South West Grid for Learning provide a full guide to staying safe on this app as well as safety considerations:

<https://swgfl.org.uk/magazine/a-guide-to-staying-safe-with-the-stars-messaging-app/>