



WEEK BEGINNING 3RD FEBRUARY

Events this week:

Monday 3 rd – Friday 7 th	Children's Mental Health Week
Thursday 6 th February	Anxiety workshop #3
Friday 7 th February	KS2 Celebration Assembly – Parents welcome

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

Tuesday 11 th February	Year 4 Ufton Court trip
Wednesday 12 th February	Parents evening
Thursday 13 th February	Years 3 & 4 athletics
	Parents evening
Monday 17 th to Friday 21 st February	HALF TERM WEEK
Tuesday 25 th February	Family Learning – Acorns
Friday 28 th February	Family Learning – Year 2
Thursday 6 th March	World Book Day
Thursday 13 th March	PTA Disco Infants – 5.00pm – 5.50pm – Juniors – 6.00pm – 7.00pm
Friday 14 th March	Maths Day
Thursday 20 th March	Family Learning
Friday 21 st March	Comic Relief
Friday 28 th March	Mother's Day sale
	Years 3 & 4 mixed football

Don't forget you can see key events on the school website [Calendar page](#)

<https://www.stmichaelsesthampstead.com/diary/grid/2024/10/>

Calling All Artists! 🎨✦

Are you a budding artist with creative talent? Whether you're a painter, sculptor, digital artist, or work in any other medium, we want to hear from you!

In the New Year, we will be hosting an exciting art project across the school, and we're looking for artists of all kinds to get involved. You can contribute by:

- Running a workshop for students
- Showcasing your artwork
- Offering advice and guidance to aspiring artists

If you think you can help or would like to be a part of this exciting opportunity, please get in touch! Send a brief description of what you can offer to secretary@stmicheast.co.uk.

We can't wait to see what you'll bring to our creative community!

NOTES

In assembly, the children were told that the expectation is that PE kit should be in school from Monday to Friday every week. The only time it needs to go home in between is if it is soaking wet from outdoor PE.

Please emphasise this with your children it makes it easier for everyone in case plans change!

Name Everything!

Please, please make sure that you name everything that comes into school. With additional hats, gloves, scarves etc there is a lot for children to keep track of. If items are named, then we can return them to your child, if not, they end up in the clothing recycling bins. Our lost property boxes are already overflowing.

This also applies to water bottles, lunch boxes, PE bags etc. We will simply throw these away if they are not named

A BIG WELL DONE to our year 5 & 6 Athletics team. They took part in the Athletics finals this week and finished 4th! An amazing achievement and the first time we have reached the final in this event. Thank you to all who took part for representing the school and making us so proud. Thank you to Mr Poynter for all of his help and support with this.

As I'm sure you can imagine, getting 30 children settled into the classroom in the morning can be a busy time. There is lots to be done before learning starts at 9am.

We open the door at 8.40am, and we should have the door closed and all children in class by 8.50am. The closer to 8.40am you can arrive, the more helpful it is for us to have a calm start to the day.

Late arrivals please ensure you go through the main office for Mrs Couchman to take your child to class – this then may result in a wait for the gates to be opened as you try to leave as they close automatically.

Thank you for your help with this.



Head Teacher Award Winners

- Acorns - Liyana – for hard work on our talking skills and great teamwork
- Year 1 - Finn – for showing great learning behaviours this week
- Year 2 - Evelyn – for always demonstrating kindness to others and being so helpful
- Year 3 - Aria – for always challenging herself in all of her learning
- Year 4 - Shika – for consistently focusing and contributing to class discussion
- Year 5 - Lorenzo – for participating actively in and making the most of the Fire Brigade and Ranelagh music visits
- Year 6 - Josh – for applying feedback well within independent tasks

After School Clubs

There is still currently space in the following after school clubs.

These clubs are offered through outside agencies and MUST BE booked directly through them.

Monday	15.30 - 16.25	Basketball	KS2	Playground	Prestige Sports
Tuesday	15.30 - 16.25	Multi Sports	KS2	Playground	Prestige Sports
Wednesday	15.30 - 16.25	Girls Football	KS2	Playground/field	Prestige Sports
Thursday	15.30 - 16.25	Boys Football (Team only)	KS2	Playground/field	Prestige Sports
Monday	15.30 - 16.30	Karate	Years 1-6	Hall	BCK

FOR PRESTIGE CLUBS BOOK VIA <https://www.prestigesportscoaching.com/services-4>

FOR KARATE BOOK VIA

<https://club.spond.com/landing/courses/blockandcounterk>



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 50 FREE TICKETS AND FURTHER DISCOUNTED TICKETS TO A NUMBER OF MATCHES THIS FEBRUARY WHICH ARE AVAILABLE FOR SCHOOL STAFF, PUPILS AND PARENTS TO CLAIM NOW!



BEES VS STEELDOGS
02.02.25 18:00

TICKET REQUEST DEADLINE
30.01.25 23:59



BEES VS TIGERS
08.02.25 18:30

TICKET REQUEST DEADLINE
05.02.25 23:59



BEES VS SHARKS
16.02.22 18:00

TICKET REQUEST DEADLINE
13.02.25 23:59



BEES VS SEAHAWKS
22.02.25 18:30

TICKET REQUEST DEADLINE
19.02.25 23:59

DISCOUNTED TICKETS - ADULTS £12, JUNIORS £6, CHILDREN £1

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



PRESTIGE SPORTS COACHING

FEBRUARY HALF TERM CAMP



£20 per day or
£90 for the full week
Ages 5-11 years

SAVE THE DATE



17TH FEB - 21ST FEB 2025
WILDRIDINGS PRIMARY SCHOOL



Visit Our Website:

www.prestigesportscoaching.com/holiday-camps



Half term fun

Free holiday activities and food (HAF) for children and young people entitled to benefit related free school meals (FSM).

Bracknell Forest Council is working closely with local companies to help support a wide range of children's half term holiday clubs.

The holiday clubs provide:

- sports
- music and drama
- dance
- cooking
- arts and crafts
- and so many more fun activities!

Clubs provide a healthy meal and snacks. Check the clubs booking page for more information.

The holiday activities and food programme is a Department for Education funded programme to support children aged 4-16 years (Reception - Year 11) in receipt of benefits related free school meals.



Booking is available from
17 January

2025 for children registered for free school meals.



Register for free school meals:

www.bracknell-forest.gov.uk/schools-and-learning/schools/free-school-meals

Book your place on the HAF programme: bit.ly/haf-bracknell

Holiday Bible Club 2025



Prize giving: Fri 21st Feb @ 6pm

Primary school aged children (and parents) are welcome. Children under 5 must be accompanied by an adult. P.T.O. for contact information.



Bracknell Gospel Hall

Sunday School

Sunday 12:15 – 13:30
Ages: 3 – 16
All year round

Children's Special

Wednesday 18:00 – 19:00
Ages: Primary School
Term Time Only

Regular Kids Clubs

Teens Plus

1st and 3rd Friday of month
19:30 – 21:15
Ages: Secondary School
Term Time Only

Location Map



Bracknell Gospel Hall
Netherton
Wildridings
Bracknell
Berkshire
RG12 7DX

www.bracknellgospelhall.org

For more details call:

Paul & Sue
01344 445766

Daniel & Elisabeth
07743411994

Community Learning at Bracknell Open Learning Centre has a number of courses aimed at helping you to relax this spring term. Why not try one of our Pilates or yoga classes? There's a dedicated mum and baby yoga class aimed at helping you to gain core strength, emotional fitness and emotional wellbeing after birth. Or why not book onto our baby massage course for a great bonding experience and learn a simple massage routine that benefits you both?

And don't forget the range of work skills courses on offer to you if you are a parent or carer looking to return to work. Drop into our job club to find out more about the courses we have to offer.

Visit: www.bracknell-forest.gov.uk/community-learning for more information.





February 2025

Newsletter

Thursday
20th Feb
19:00 - 20:00
FREE



FREE SESSION
Supporting Healthy Screen Use
A range of steps that can help minimise the harms from screens

Monday
3rd Feb
10:00 - 11:30
£24



Supporting a Child with ADHD
Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday
11th Feb
19:00 - 20:30
£24



Facing Defiance
Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday
18th Feb
19:00 - 20:30
£24



Cannabis & Ketamine Awareness
Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday
25th Feb
19:00 - 20:30
£24



Understanding the Teenage Brain
A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.

facefamilyadvice.co.uk

info@facefamilyadvice.co.uk

Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

Time Out for Parents - Dads



If you are a father figure to children aged up to 16, then Time Out for Parents - Dads is for you.

Over 5 weeks, you'll increase your skills and confidence and discover practical tools to make your relationship even better.

During the 2 hour sessions you will have opportunity to **meet other father figures** in a **non-judgemental space** and share your knowledge and experience with each other. You'll explore other key aspects including **building self-esteem** and **positive communication**, **setting and maintaining boundaries** and **managing behaviour**.



Please scan the QR code to request a place on this course.



Family Transitions Triple P: Support your child through separation or divorce

- Learn ways to help your child feel supported and secure
- Support your child to manage their emotions and develop good coping skills
- Take better care of your own well-being
- Handle difficult moments more calmly and confidently
- Communicate better and reduce disagreements with your former partner
- Adapt and grow in your new family unit

Please scan the QR code to self-refer for this 5 week course.



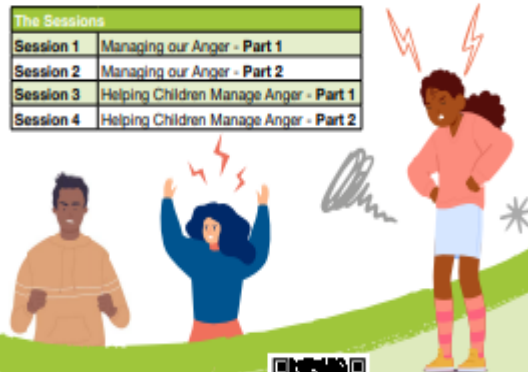
Time Out for Parents - Handling Anger in the Family



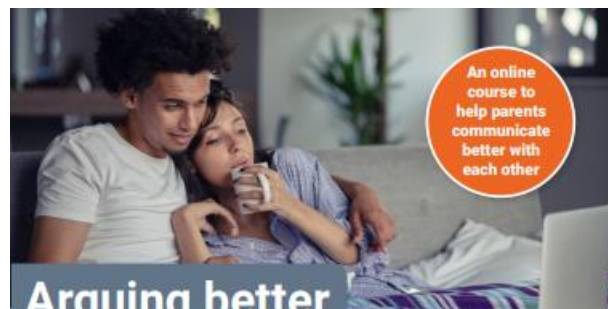
If you have children aged 5 to 16, then Time Out for Parents - Handling Anger in the Family is for you.

Over 4 sessions, you'll increase your skills and confidence as a parent and discover practical tools to help you and your children deal with the ordinary, everyday anger that all families experience.

The Sessions	
Session 1	Managing our Anger - Part 1
Session 2	Managing our Anger - Part 2
Session 3	Helping Children Manage Anger - Part 1
Session 4	Helping Children Manage Anger - Part 2



Please scan the QR code to request a place on this course.



An online course to help parents communicate better with each other

Arguing better

Disagreements are a normal part of life, and most couples argue from time to time. The way you approach these conversations can make a big difference to you, your partner, and your children.

Arguing better is a free online course to help you manage difficult conversations, avoid conflict, and improve things for your whole family.

You will learn:

- Where stress comes from and how it can affect you.
- Ways to recognise stress and talk about it.
- How to support each other through difficult times.
- What causes arguments and how to stop them.

To access the course, you will need a smartphone, tablet, or computer, and a good internet connection. It's FREE to use, so you'll just need to create an account with a username and password.



Register at this address www.oneplusone.org.uk/parents or scan the QR code

- *Arguing better* is designed for parents who want to learn healthy ways to deal with stress and conflict.
- The course is online so you can go through it at your own pace.
- You can do it all in one go or save your progress and come back to it later.
- The course will take about 40 minutes to complete, so it's best to give yourself enough time and space to reflect.



Winter Healthier Together Highlights



To support you best through this Winter, **Frimley Healthier Together** can provide you and your child with information and advice. Below are some key highlights.

Asthma



Useful videos if you suspect your child is asthmatic or you need help to better manage asthma symptoms. [Asthma resources for parents/carers :: Frimley HealthierTogether](#)



Mental Health



If you would like information on how to support your or your child's mental health and emotional wellbeing: [Mental Health :: Frimley HealthierTogether](#)



Should my Child go to School today?



Our guidance below will help you to make that choice based on NHS advice. [Should my child go to school/nursery today? :: Frimley HealthierTogether](#)



Child unwell?



Please visit here to find out more information on what you can do if your child is unwell – including with coughs, colds, sore throats and fevers: [Concerned your child is unwell \(3 months and older\)? :: Frimley HealthierTogether](#)



Neurodiversity



Please find information around neurodiversity, including autism, ADHD, local support for parents, carers, young people and families along with Special Educational Needs & Disabilities (SEND) resources: [Neurodiversity :: Frimley HealthierTogether](#)



Did you know...?



You can access **free** online courses to support both your child's emotional wellbeing and development. Please visit: [Local support for parents, carers, young people and families :: Frimley HealthierTogether](#)





Online Safety Newsletter

Feb 2025

Messaging others

There are many ways in which our children can communicate online, for example via messaging apps, social media apps and online games such as FIFA and Fortnite. We need to understand how and who our children our communicating with to keep them safe online.

Ensure your child knows to talk to a trusted adult should they need to. However, remind them that it is not appropriate to contact teachers online, they should only use official school communication methods.

What are the risks?

- Bullying and inappropriate chat.
- Contact from strangers.
- Sharing personal information including images.
- Sextortion - this is a form of extortion where somebody threatens to share a nude/sexual image of you.

How can I mitigate the risks?

- Ensure your child is accessing age-appropriate apps/games and that appropriate parental controls are set up.
- Chat to your child about the risks so they are aware of what can happen online.
- Depending on the age of your child, it may be more appropriate for devices to be used in family rooms so you can monitor what they are doing.

Further information

- <https://www.ceopeducation.co.uk/parents/Concerned-about-your-child/Online-contact-and-staying-safe/>
- <https://www.brightcanary.io/what-to-do-when-your-child-sends-inappropriate-texts/>

Squid Game – rated 15+

Season 2 of Netflix's Squid Game is now available and has been **rated 15** by the British Board of Film Classification (BBFC). You can find out why Squid Game has been rated 15 by visiting the BBFC:

<https://www.bbfc.co.uk/release/squid-game-q29sbgvjdgivbjpwwc01mzm3ndg>.

Due to its popularity, Squid Game related content can be found on numerous other platforms such as YouTube, TikTok and Roblox, so your child may come across this show without even viewing it on Netflix. Content may range from trailers of the show or content that other people create such as memes and games.

What can I do?

- **Parental Controls** - Set up appropriate parental controls on your broadband, devices and on individual apps to reduce access to content that is not appropriate for their age.
- **Talk** - Chat to your child about age ratings and why this means certain programmes are not suitable for them to watch.
- **Individual Profiles** - Set up child profiles on any streaming services to ensure your child is only viewing content appropriate to them.
- **Reporting** - Make sure your child knows how to report and block on all platforms that they use.
- **Explore** - Watch and explore things online together so you can see what your child is doing and how to support them.

More information:

It is important to talk to your child regularly about what they are watching and ensure that they know they should always tell you or another trusted adult if they do see anything upsetting. You can find out more about the type of inappropriate content your child might come across online here: <https://www.internetmatters.org/issues/inappropriate-content/learn-about-it/>

Should children have mobile phones?

The Children's Society explore this important question in their recent blog titled "Should children have mobile phones?" The article discusses concerns such as excessive screentime being linked with mental health issues as well as the benefits of a child friendly phone rather than a smart phone. You can read the full article here:

<https://www.childrensociety.org.uk/what-we-do/blogs/should-children-have-mobile-phones>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.02.25.

Snapchat

What is Snapchat?

Snapchat is a social media app used for messaging and sharing photos and videos. **You must be 13+ to sign up.** Users can send messages (snaps) to others that are only seen for a set time e.g., 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.



Key Concerns

There are potential risks to using Snapchat, including:

- the risk of your child viewing content that is not appropriate for their age.
- location sharing (via Snap Map) (this can be switched off).
- cyberbullying.
- contact from strangers.
- excessive screen time.

Family Centre features

Snapchat's Family Centre is a set of parental controls and includes tools such as allowing you to:

- see who your child is friends with.
- see who your child has sent messages (not the contents of conversations though), photos or videos to in the last week.
- view a list of group members for groups that your child has been active in.
- restrict content to limit access.
- report any accounts that you are concerned about.

You can learn more about Family Centre here:

<https://parents.snapchat.com/parental-controls?lang=en-GB>

Safety tips

Please make sure the appropriate privacy settings are set up on Snapchat, including who can see their location and also ensure your child knows how to block and report other users if necessary:

- <https://help.snapchat.com/hc/en-gb/articles/7012343074580-How-do-I-change-my-privacy-settings-on-Snapchat>

More information

For more detailed advice and information:

- <https://www.childrenssociety.org.uk/what-we-do/blogs/the-risks-snapchat-poses-to-children>
- <https://www.internetmatters.org/parental-controls/social-media/snapchat/>

Do you need help managing your child's device?

You can use Google Family Link or Apple Family Sharing to help you depending on your child's device.

Google Family Link

This is a free parental control app from Google that lets you:

- View activity reports showing how long they spend on each app.
- Approve or block new app downloads.
- Set screen time limits.
- Find their location.

You will need to download an app and then decide appropriate settings.

<https://families.google/familylink/>

Apple Family Sharing

You can set up Family Sharing in the settings of your device. Family Sharing allows you to:

- Share Apple subscriptions and purchases from the App Store.
- Approve what children purchase/download.
- Limit screen time.
- Share locations and find devices.

<https://www.apple.com/uk/family-sharing/>

Monitoring Apps (paid for)

In addition, there are apps that you can pay for that you may find provides a better solution for you. Whilst we cannot recommend/endorse a specific product, these are some examples that you could review and test using a free trial:

- Norton Family: <https://uk.norton.com/products/norton-family>
- Qustodio: <https://www.qustodio.com/en/>
- Family Time: <https://familytime.io/>