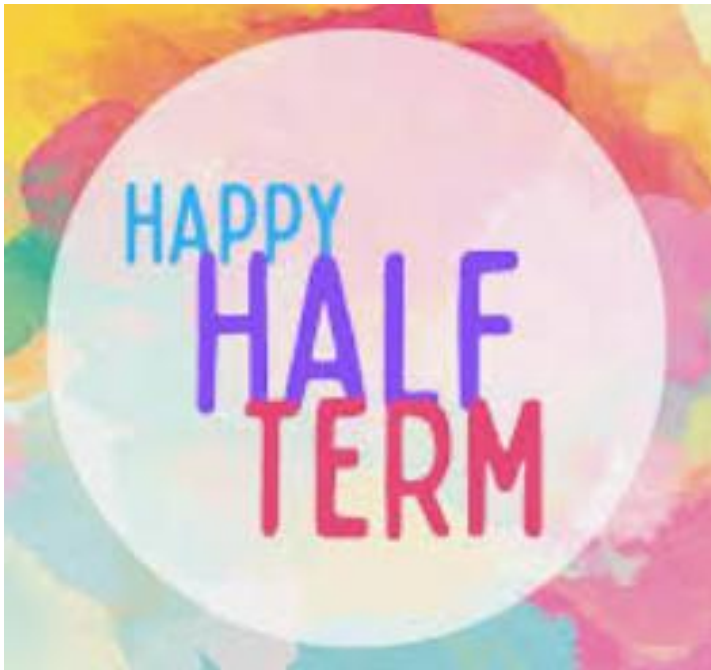




# Beckingham Primary School Bulletin

Edition 44 W/C 23.02.26 Half term

Tel: 01427 848230 Email: [office@beckingham.notts.sch.uk](mailto:office@beckingham.notts.sch.uk)  
Website: [www.beckingham.school.co.uk](http://www.beckingham.school.co.uk)



## Dates for your diary:

THIS WEEK W/C 16<sup>th</sup> February –

HALF TERM!!

NEXT WEEK W/C

W/C 23<sup>rd</sup> February

Monday 23<sup>rd</sup> February Children return

3.30 pm Y6 SATs club

Tuesday 24<sup>th</sup> Tuck Shop Tuesday – details to follow

W/C 2<sup>nd</sup> March World Book week

Tuesday 3<sup>rd</sup> March – Y6 to watch Frozen at Retford Oaks

Thursday 5<sup>th</sup> March – World Book Day dress up (either favourite PJs or favourite character from a book!)

## Building update!

Thank you for your patience whilst we have been using the main building as a base for everything – the children have coped remarkably well!

The roof is now water tight for the first time in years with joists, tiles and external sealings having been repaired/replaced and the rooms are deliciously warm as we have a brand new boiler. The plumbing has been refreshed and the toilet area is much improved and we are currently exploring how to further improve the toileting area for access purposes. We are meeting with the contractors in the first week back and will bring further updates when we can (there is light at the end of the tunnel!), but for the moment, we remain on the main site when we return on Monday 23<sup>rd</sup> February.

As a reminder, we have postponed Mother's Day lunch from Friday 13<sup>th</sup> March as we will not have a venue big enough to host it. We will arrange something for later in the year, with a provisional date of Tuesday 16<sup>th</sup> June. We hope to be able to have an outdoor event – if it has stopped raining by then!!

An updated diary dates list for the remainder of the year will be emailed in the first week back.

Enjoy the break!

## Snap shots of our learning!

**Foundation** – Foundation children have been retelling the story of ‘The Great Race’ and learning about Chinese New Year and which animal they are linked to in the Chinese Zodiac. They have also sequenced images of the pancake making process and been practicing writing lists of ingredients. Playing on their tablets at home was discussed as part of safer internet day, with children finding out

**Class One** –

**Class Two** – Children have completed a chronological report in English and have enjoyed learning a dance routine to a Taylor Swift song with Mrs Overton. In Science, they solved the mystery of who had stolen the diamond earrings using their understanding of light – you will have to ask a member of the class to reveal the secret identity of the master criminal...

**Class Three** – This week, Class 3 have been comparing the differences between Las Vegas and Beckingham (believe it or not there are a few!) and have been learning how to describe clothes and what people wear in French.



UK Government Help for Households

**Get up to £2,000 each year with Tax-Free Childcare**  
You may not realise you can claim

Check if you're eligible today  
[Go to childcarechoices.gov.uk](https://www.gov.uk/go-to-childcarechoices)

Childcare Choices

Four pairs of red and white sneakers.

Please contact the school office if you are in need of any help with information regarding child care vouchers and how they can work for your family

## Benefit Calculation Drop-in Sessions

No appointment necessary!

Drop into our Worksoop office between **9:30am-2:30pm** on the **last Thursday of every month** and find out whether there are benefits you may be entitled to.

Citizens Advice North Nottinghamshire  
100 - 102 Bridge Street  
Worksoop  
S80 1HZ



☎ 0300 561 2800

✉ [advice@canns.org.uk](mailto:advice@canns.org.uk)

🌐 [www.canns.org.uk](http://www.canns.org.uk)

# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-55249835>  
<https://sproutsocial.com/insights/social-media-usage-2021/>

**NOS** National Online Safety®  
#WakeUpWednesday



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.11.2022

# LUNCH MENU



## Try our Quorn Sausage, Baked Bean & Cheesy Mash Pie



	Monday 23rd Feb	Tuesday 24th Feb	Wednesday 25th Feb	Thursday 26th Feb	Friday 27th Feb
Lunch Option 1	Creamy Tomato Pasta & Bread Selection	Simpsons Puff Pastry Sausage Roll	Mild & Creamy Coconut Chicken Curry & Rice	Roast Beef	MSC Breaded Fish Fingers
Lunch Option 2	Tuna Melt Baguette	Sliced Gammon Ham	Quorn Sausage, Baked Bean & Cheesy Mash Pie	BBQ Chicken Breast	Ham & Cheese Puff Pastry Pocket
Lunch Option 3	Mega Mild Mixed Bean Chilli & Rice	Breaded Vegetable Fingers	Cheese Filled Potato Shells	Savoury Minced Quorn	1/2 Cheese & Tomato Bagel
1, 2 & 3 served with	Peas & Sweetcorn	Mashed Potato & Baked Beans	Mixed Vegetables	Mashed Potato & Mixed Vegetables	Diced Roast Potatoes, Peas & Ketchup
Lunch Option 4	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings	Jacket Potato with a selection of fillings
Lunch Option 5	Tuna Mayo Baguette	Cheese Baguette	Sliced Ham Baguette	Cheese Baguette	Sliced Ham Baguette
4 & 5 served with	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad	Served with Mixed Salad
Dessert Option D	Ice Cream Sponge Roll	Apple Crumble & Custard	Jam Swirl Sponge Cake & Custard	Chocolate Cracknel	Shortbread Finger & Fresh Fruit Platter
Dessert Option Y	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt	Yeo Valley Organic Yoghurt
Dessert Option F	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit