



## Eton Porny C of E First School Newsletter 10 – Autumn Term 2

17th November 2023

*We are all created unique and special.  
He made us all perfect having our own uniqueness.*

*1 Peter 4:10-11 "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another."*

Dear Parents/Carers,

The Christmas season arrived in Eton this week with the Eton Lights Switch on event on Thursday evening. I am so proud of our Year 3 and 4 children who represented Eton Porny at the Chapel Service by singing beautifully, before joining the parade through the town centre. Thank you to Mrs Hilton for all of the hard work and preparation that goes into making it happen. On behalf of the PTA, Jaz and Pete would like to thank everyone who donated cakes, the volunteers on the PTA stall and for everyone that attended the event, your support is greatly appreciated. We will have an update on how much they raised next week.

This week in school we have also marked national 'Anti-Bullying Week', why don't you ask your child to tell you what STOP means??

Wishing you a lovely weekend, Emma Stanford-Smith (Headteacher)

### LEARNING SNAPSHOTS

**Year 1** are enjoying their new English book 'Here we Are.' The story is all about planet Earth. The children have been exploring the natural world. They enjoyed going outside and using natural materials for some crafts. They are looking forward to writing about their time outside in their English lessons.

**Ask me: What advice would you give someone who was new to planet Earth?**



**Year 2** have been doing yoga with Coach Fizz which they are thoroughly enjoying. In literacy children wrote a letter as Little Red to the last wolf with a focus on empathetic language. In maths, we have started looking at the properties of 2D and 3D shapes. In art, we have been looking at different famous still life paintings and discussing the features. In history, we have been learning about significant explorers and activists.

**Ask me: can you retell the main events in The Last Wolf?**





**Year 3** had a great week of cooking in Design & Technology to taking part in Skeletons Workshop in the Natural History Museum. We cooked ratatouille and taco fillings, carefully completing each step by following the recipe in our groups. Enjoying the Skeletons Workshop hosted by Eton College boys, it was really interesting comparing human skeletons to animal skeletons and understand why each bone plays a vital role for protection, movement and structure.

**Ask me: How many bones are there in a human skeleton? What did you enjoy the most this week?**



**Year 4** have had a busy week, leading up to the Eton Lights Switch on yesterday. The highlight, in the classroom, was Science. The children enjoyed learning about the digestive system and the journey that a biscuit would take through their body. They watched a demonstration involving a pair of tights, some milk, a banana and a biscuit. They then considered teeth, taste buds and saliva noted what happened in their mouths when they were handed a jelly bean. They used mirrors to identify different types of teeth in their own mouths. Later in the week the children set up experiments to see the impact that liquids have on pennies. This will be further developed next week.

**Ask me: What is the digestive system?**



**Reception** have moved on to learning about shape in maths, focussing on circles and triangles. The children have used words like 'round' and 'straight' to describe them and could spot them in our environment. We have had fun learning about robots and have even had a go at programming the BeeBots!

**Ask me: How does a robot work?**



## FORTHCOMING DATES

21st, 22nd and 23rd November	Parent Consultations Emails have been sent for booking
1st December	Christmas Jumper Day
8th December	Pantomime at school (Reception Children only) Pantomime at Theatre Royal Windsor (Years 1 to 4)
13th December	Christmas Lunch (All Years)
14th December	Christingle Service, Lower Chapel 2:15 for a 2:30 start
15th December	Last day of term— 1.10 Finish

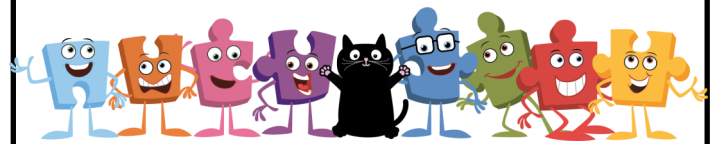
## Spiritual Spotlight

This week we had a special prayer  
written by Arina in Year 4

Dear Lord

Thank you for everything you have  
done for us and for food and water.  
Sometimes we argue and we are sorry,  
help us raise money for those in need  
on spots and stripes day.

Amen



## Children In Need

We have raised £200 so far,  
thank you so much for all the  
generous donations. If you  
haven't done so yet, there is  
still time to donate via School  
Money.



## Sparkly Green



## CELEBRATION

The results of this week's celebration awards

### ACHIEVEMENT AWARDS

Reception: Maddi and Conor  
Year 1: Evie and Skyla  
Year 2: Roisin and Olivia  
Year 3: Aiyzah and Marat  
Year 4: Zeb and Avneet

### PUPIL OF THE WEEK

Reception: Victor  
Year 1: Raye  
Year 2: Lucas  
Year 3: Pranaya  
Year 4: Fatima

A huge well done to all of these children.  
We are really proud of you.



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING

OSCAR

Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health – so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.

## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5787 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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# Royal Borough Mental Health Recovery service

**FREE parent  
or staff  
mental health  
and wellbeing  
workshop**

**Available January  
& February**

Office: 01494 463364  
[info@bucksmind.org.uk](mailto:info@bucksmind.org.uk)  
[louisa.gold@bucksmind.org.uk](mailto:louisa.gold@bucksmind.org.uk)  
[www.bucksmind.org.uk](http://www.bucksmind.org.uk)



## **Topics covered include:**

- Mental health awareness
- Ways to maintain good mental health and wellbeing
- For example: mindfulness, coping strategies & treatment options

**Choice of 1-hour or  
2-hour workshop**

 **mind**  
in Berkshire