

8.12.23

Dear Parents & Carers,

Ok so I was going to try to play it all cool and start this newsletter with a reminder about the Winter Trail or attendance or Ofsted or something else learning related but we need to get this out of the way:

JASON DONOVAN VISITED ALDERSBROOK!!!!!!!



So now that the screaming has finally subsided (from the staff!), we can reflect on that wonderful morning and what a superb surprise it was that he came to spend some time with Aldersbrook pupils, say goodbye to an Aussie and sing with our pupils! It moved more than one person to tears as the children sang 'Any Dream Will Do' with them. I have no idea how Ms Crouch and the parent who organised it did it, but it made for an amazing moment that all of us will remember forever! There are *too many broken hearts in the world*, and I know that mine will be one of them on the 20th December, but for now it was a magnificent reminder of what the Aldersbrook community can do and what a wonderful school Aldersbrook is!

Now back to our usual transmission:

- Don't forget to come along tomorrow 11-3:00 and support the **Winter Trail**, which raises money that benefits all of the pupils at Aldersbrook. If you cannot come along in person then please get some raffle tickets or donate directly to the PTA. Every penny raised goes to the pupils.
- All of the pupils are busily preparing for the **Christmas concerts** next week- please see over for a reminder of times. We would love to see you all there with the family.
- A reminder that **Christmas Jumper Day** is on Wednesday 13th December and all money raised will go towards the NSPCC.
- **Lost property** will be out in the KS1 playground after school on **Wednesday 13th December**.

This newsletter as written *especially for you*.

Have a wonderful weekend.

Mr Hughes & Ms Crouch

8 Dec Pupil Consul-

tation for NURSERY (Nursery closed, all other year groups in school)

9 Dec Winter Trail PTA

11-15 Dec Christmas Concerts in St Gabriel's (full details on website calendar)

13 Dec Christmas lunch in school

13 Dec Christmas Jumper Day

20th Dec Last day of school for the Autumn Term

4 Jan First day of Spring Term

8 Jan 2.45pm 6R Sharing Assembly

9 Jan Year 5 swimming starts (every Tuesday until Easter)

11 Jan 4HK Roman Amphitheatre visit

25 Jan Year 2 History off the Page—Great Fire of London educational visit in school

25 Jan 4H Roman Amphitheatre visit

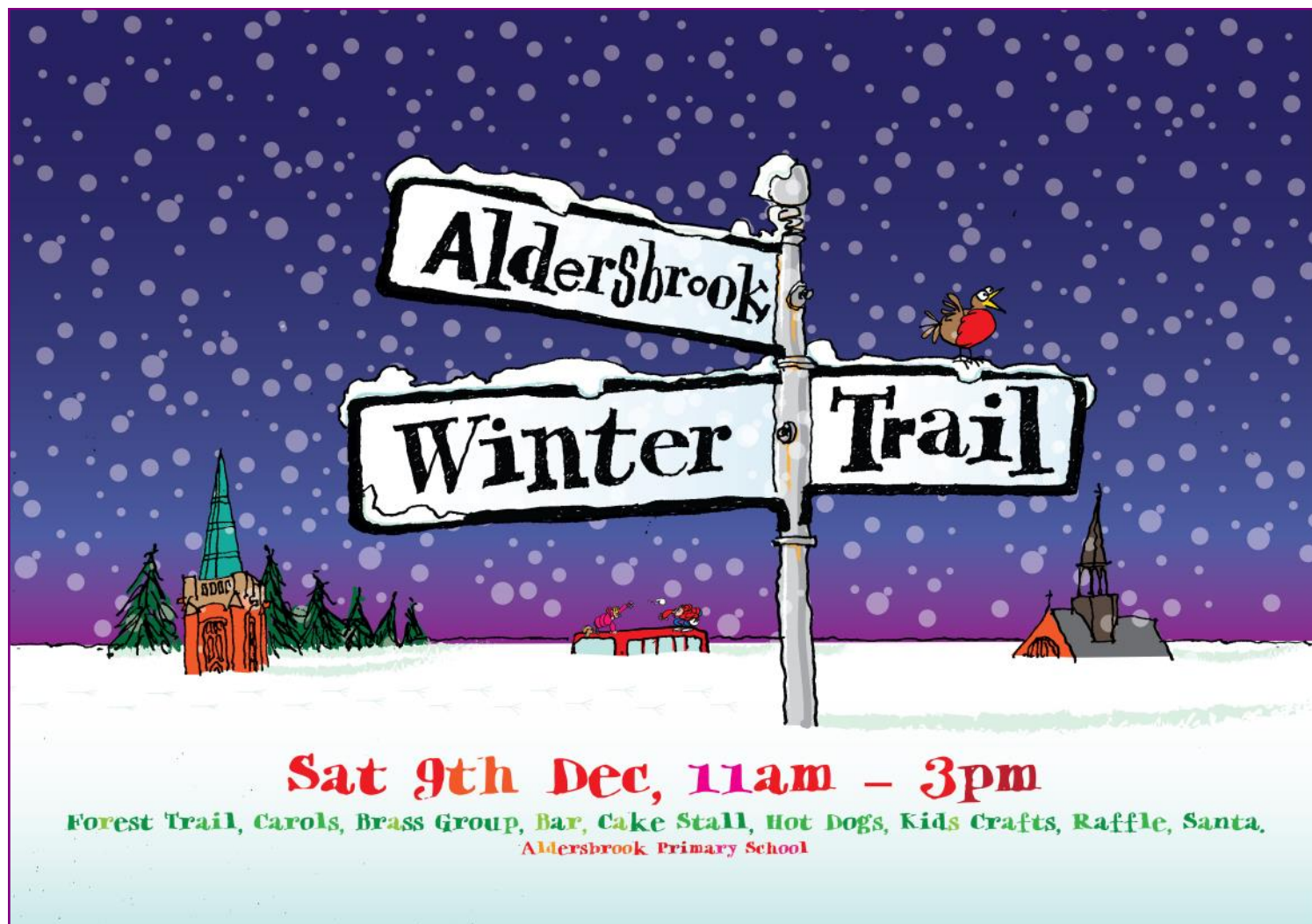
26 Jan Nursery and Reception Sublime Science visitors in school

31 Jan Wizard Stories in school for Year 1

1 Feb 4J Roman Amphitheatre

Our Value of the month: is...





Thank you!

Thank you to everyone who donated a gift or hamper item last week. We were blown away by your kindness & generosity.

We are opening this up to all families now. We don't know your individual circumstances and Christmas can be a tricky time. If a hamper of food or some stocking fillers would financially help your family, please email in or speak to Mr Hughes/ Ms Crouch confidentially and we will organise a time next week for you to come in and choose from the wonderful selection of new toys and delicious treats!

We are a community and we would be delighted to help if we can!



PUPIL PREMIUM

Your child could receive extra funding to support their learning.

Want to know more?



SCAN ME

Thoughtful Thursdays

Christmas can be a difficult time for some of us and this year will be particularly hard as the costs continue to rise.

We have a storage space full of delicious food that is available for any families to come and select from. It will cover quite a few meals which might help save a little over the coming weeks.

Please also let us know if you would like to receive one of the hampers that families will donate things towards on the non-uniform day. This is of course anonymous so please just see Mr Hughes or Ms Crouch on the gate any day or email in and we will help where we can.



Christmas Concerts

Please come and join us to listen to your children sing their hearts out this Christmas! They have all been practising so hard and the shows are sure to make everyone feel festive. Places are on a first come first served basis in St Gabriel's Church—please just turn up at the church on the day.

Monday 11th December: 9:30am & 2:30pm Years 5&6

Thursday 14th December: 9:30am Nursery & Reception/ 2:30pm Years 1&2

Friday 15th December: 9:30am Years 1&2/ 2:30pm Nursery & Reception

Monday 18th December 9:30am & 2:30pm: Years 3&4



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 enthral 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

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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.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-53226815>
<https://sproutsocial.com/insights/social-media-algorithms/>



Visits must be pre-booked via:
museum@essex-fire.gov.uk

Address: Essex Fire Museum, Grays Fire station,
Hogg Lane, Grays, RM17 5QS

MAKE ME AN ART STAR

SURPRISING THREADS

HOLIDAY ART CLUB

www.makemeanartstar.com

21st & 22nd December 2023

BOOK FOR EITHER DAY OR BOTH

New Art Work made each day

09:30am - 3:00pm

£40 per child per day

Wanstead Cricket Club, E11 2LW

School Years 1-6

LIMITED SPACES AVAILABLE

Any further enquires to - makemeanartstar@gmail.com

DBS Checked, Safe Guarding & First Aid trained

EVERYWHERE
THEATRE

YULETIDE WORKSHOP

A two day workshop full of
Christmas joy & stories...

Games, poems & plays!

Decoration making, hot chocolate tasting...

Gingerbread eating & present peeking!

Come join our little party!

DEC
16/17TH

2023

2PM - 5PM

Aldersbrook
Estate

BOOK ONLINE £35
INCLUDES MAKES &
CHRISTMAS TREATS!

everywheretheatre.co.uk





Redbridge Winter Holiday Fun

From
DEC to
JAN



Creative Media



Arts & Crafts



Multi-sports

- ✓ Free food
- ✓ Free activities
- ✓ New friends
- ✓ New skills

Is your child in
Reception to Year 11
and in receipt of
Benefit Related
Free School Meals?

Enjoy **FREE** sports, arts & crafts,
drama, cooking and **MORE!**

scan me



TO BOOK YOUR PLACE -

scan this QR code, visit:

<https://find.redbridge.gov.uk/haf>

or email: haf@redbridge.gov.uk

Funded by



Department
for Education

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for Education

REDBRIDGE PRESENTS THE

HAF WINTER FUN DAY

FOOD, DRINKS, & GAMES, SPORTS

**FREE FESTIVITIES FOR CHILDREN IN
RECEIPT OF BENEFITS RELATED FREE
SCHOOL MEALS**



**BOOKING
REQUIRED FOR
ENTRY**

29TH DECEMBER