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WEST LYNN PRIMARY SCHOOL

11th November 2022

Friday



18th

November!

Together, we can
MAKE A DIFFERENCE

Dress in spotty clothes for £1.00.

Payment is on Parentpay now!

To make a donation, please follow this link:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?>



Don't forget—Next week! **ANTI BULLYING WEEK**

Monday - ODD SOCKS DAY!

Tuesday—Remembrance Service at Springwood

Wednesday—Trust Music event at Gaywood Primary

Thursday—Flu vaccination catch up. Class 1 Assembly & Class 5 to Peterborough Mosque!

Congratulations to this week's winners of the
Headteacher's awards:

From Reception Class

Eli & Adaline

From Class 1

Nedas & Renee

From Class 2

Lewis & Harri

From Class 3

Millie & Mila

From Class 4

Malachy & Ada

From Class 5

Kurtis & Erin

From Class 6

Austeja & Matas

Work hard, dream big, never give up!



SAY NO TO BULLYING!

Wearing odd socks is now a fashion trend, but it used to be a reason why children were teased. We are asking everyone to wear odd socks on Monday to stand up to bullying and support a world where we all have the freedom to be different. Wear your odd socks to show that you support diversity!



sad, sad goodbyes.....



At the end of this year, West Lynn will say goodbye to one of our most iconic faces. Mrs Twaite-Smith started with the school 1st September 1998. So I think it is fair to say, she has served her time!

At that time, Boyzone topped the charts! Who wants to be a Millionaire had only just appeared on our TV's and no one, other than his family had heard of Justin Beiber as he was 4 years old!

During her time at the school, Mrs Twaite-Smith has definitely shown she is up for anything and everything and has always thrown herself into every challenge.



I can quite honestly say that it has been an honour and a privilege to work with this fantastic lady. I wish her the very best in her retirement & hope that her grandchildren and eventually her great-grandchildren bring her oodles of fun! I am sure that you will all join me in wishing her the very best when she leaves at Christmas, but I could not help getting my very own goodbye in now!





From one end of the school to the other! Year 6 got to show off their skills and Year 1 got to learn new ones at the recent Dodgeball event at Lynnsport!

This is a new initiative which West Lynn have signed up for to enable our children opportunities to sample different sports. Later on this year the children will have the opportunity to play Ultimate Frisbee, Handball, New Age Kurling, Volleyball and Speedstacking! All hail Miss Tuvey for signing us up!

What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING
13+

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website: [community>parents](https://community.instagram.com/parents).

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

USE MODERATORS

Instagram has launched 'live moderators' on Instagram Live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

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



National Online Safety
#WakeUpWednesday



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@nationalonlinesafety

THE POLAR EXPRESS™

All Aboard!

Join us for a festive journey aboard The Polar Express. Come in your PJ's for an authentic Polar Express experience!

The film starts at 4pm and the journey will end at 6.10pm

Children will be treated to hot chocolate, cookies and marshmallows!

Places will be available on Monday 14th November. This will be on a first come, first serve basis and you will receive a link by text. This is a ticket only event and places are limited.

Tickets are limited!

Cinema Night



Thursday

15th

December

**£3 per
ticket**

Do you know it is international stress awareness week?



So we thought this week, we could look at some books that deal with stress and anxiety.



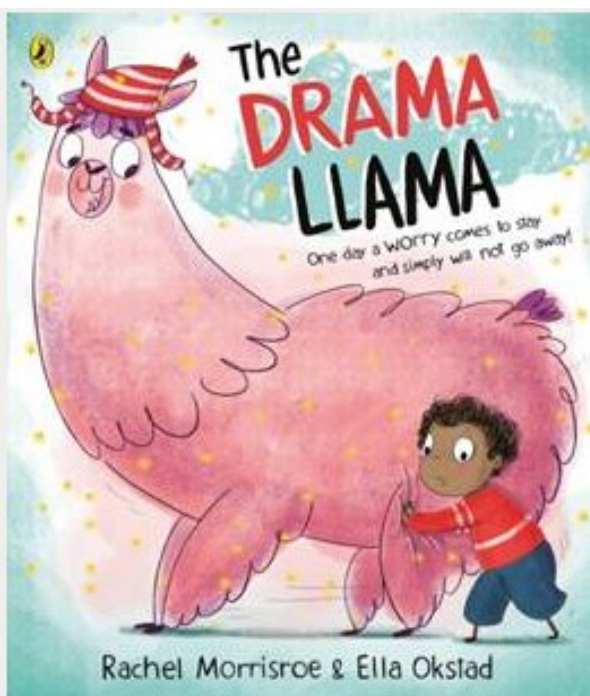
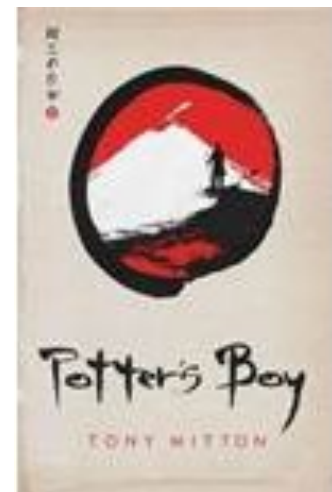
Whilst a young child sits and reads, 'Sadness' comes to visit. Whilst it is visiting, it's overwhelming presence makes it hard for the child to breathe.

The book explains that whilst sadness is hidden away, it only gets bigger, but when you acknowledge it is there, things start to improve. The child and sadness start to work together and over time, Sadness gets smaller, until it disappears altogether.

A unique view into wellbeing and helping children to recognise, understand and manage their anxieties and emotions.

With a reading age of 9—12 this book has an underlying theme of mindfulness. Our hero, Ryo yearns for excitement and adventure, when he watches a mysterious stranger—one of the elite "Hidden Ones" save his village from an attack, he decides to join them.

However the "Hidden Ones" only fight in self defence or to defend the weak, will Ryo choose this path, or become the great warrior that he dreams of?



Oh dear - the more that Alex worries, the bigger his Llama gets! Usually his Llama disappears in a couple of hours, but this time it doesn't. In fact, the bigger it gets, the more troublesome it becomes.

Alex continues to worry that he will never get rid of his Llama. Until he learns to share his worries.

This book is written in rhyming verse and uses humour to tackle a very sensitive and and big subject and hopefully will encourage a little one to share a concern! **Ages 2 -5 years.**

● Please remember ●
to choose your
children's lunches every
Sunday before
midnight.....

Sadly, if you do not
choose your child's
options we will only be
able to provide your
child with a hot meal
from now on.

Thank you

Please don't forget to
name all clothes.
Sharpies available in
the office!

Class 5 need cardboard
boxes for an upcoming art
project. They will need lots
of them as they need to
layer them up to achieve
the desired effect.

Should there be any left
over, I
know

Reception
Class need
3 very
large



boxes, one for a house of
straw, one for a house of
sticks and one for a house
of bricks!

● *Don't forget your kit!* ●

Monday	Year 3 & Year 4
Tuesday	Year 1 Y Year 2
Wednesday	EYFS
Thursday	Year 5
Friday	Year 6

Thank you!

CALENDAR

Date	Event	Who is it for
14/11/2022	Odd Socks Day to support Anti-Bullying Week	Everyone
15/11/2022	Primaries Remembrance at Springwood Selected children only	Class 6
16/11/2022	Trust Music event at Gaywood Primary School	Selected Children
17/11/2022	Flu Immunisation - catch up visit if required	Everyone
	Class 1 Assembly	Class 1
	Trip to Peterborough Mosque	Class 5
18/11/2022	Height and weight check	Class 6
	Special Guest Visitor to School	Everyone
	Children in Need!	
21/11/2022	Parliament Week	Everyone
	Led by Junior Leadership Team	
24/11/2022	Zoolab at Clenchwarton	Class 1
	Class 3 Assembly	Class 3
	Special Writers Event at Whitefriars Primary School	Selected Children
26/11/2022	Friends Xmas Fayre	Everyone
28/11/2022	Tag Rugby Festival	Class 5 & 6
	Friends Xmas Bingo	Everyone
29/11/2022	Trip to Lynn Museum and Stories of Lynn	Class 3
1/12/2022	Reception Class Assembly	Reception
2/12/2022	Dodgeball at Lynnsport - Details to follow	To be advised
7/12/2022	Trust Carol Service at St. Nicholas Church 6pm	To be advised
8/12/2022	Class 2 Assembly	Class 2
12/12/2022	KS1 Nativity 1.30pm until 2.30pm	Reception, Class 1 and Class 2
	4.15pm until 5.15pm	
13/12/2022	Pantomime paid for by the Friends of West Lynn Primary School	Everyone
15/12/2022	Friends Cinema Club	Everyone
	Class 4 Assembly	Class 4
16/12/2022	Last day at school	Everyone
04/01/2023	Back to school	Everyone