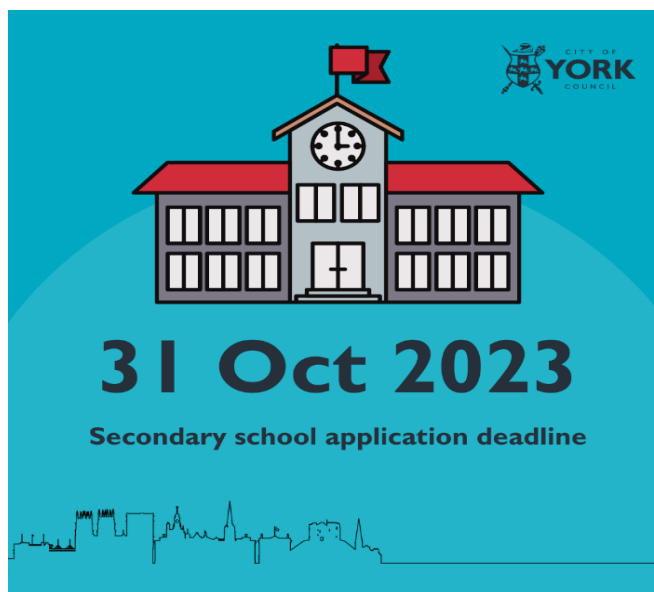


Dring Digest w/e 13th October 2023

Dear Parents/Carers,

- **Secondary School Application Deadline**



- **Attendance Matters**

Not going to school every day can make it more likely for your child to get involved in crime or antisocial behaviour.

For more information on school absence in York visit:
www.york.gov.uk/SchoolAttendance



- **Would you like to join our team? (or do you know someone that would?)**
Would you love the opportunity to work in school? Do you enjoy working with children? Then we would love to hear from you. We are currently recruiting for Play Leaders to join our dedicated lunchtime team. Working pattern is term time only, Monday – Friday, 11:55am -13:10pm, £10.63-£10.75ph (pay award pending). Immediate starts are available subject to suitable pre-employment checks, no former experience necessary, full on the job training will be provided. For more details on how to apply and to read a copy of the job description please visit our school website. <https://dringhousesprimary.org/2023/10/10/play-leaders/>

➤ **IMPORTANT: THREE THINGS**

1. PLEASE talk to your children about the importance of staying in sight of their adults when they have left school. Do they know what to do if they can't find you or who ever is supposed to be picking them up? Do you know where they think they're allowed to go once you've collected them?

2. If you see a child looking lost, and/or you can't see any family members obviously with them, please bring them to the school office, where we can make contact with their parents/carers.

3. PLEASE make sure that the adult listed as first contact on the school's system (Scholar Pack) are available to take phone calls during the day. We have had several situations where it has been a challenge to get in contact with parents and carers in situations where we need to be able to do this immediately.

➤ **Social Media Warning**

It has been brought to our attention that Hamas has threatened to put graphic video content about hostages onto social media platforms over the weekend. Some of the images might escape the vetting process put in place by these platforms and children could be exposed to content they are not emotionally able to process.

Please take appropriate action at home to protect your children.

➤ **Sensory Garden – Get Involved**

Many thanks to those parents and pupils who stayed behind after school last Friday to meet the Mayor, Mayoress and Sheriff of York and watch them officially open our new sensory garden. What a memorable occasion for all involved.



The garden is already a beautiful and welcoming space but you may have noticed that the painted rocks which are forming a decorative edge are yet to be finished and we would love to give you the opportunity to get involved.

We have in school a number of rocks which you can take home and decorate in a design of your choice and then add them to the edge of the garden for everyone to see and enjoy. Rocks can be collected from the school office for a suggested donation of £1 each. Any money raised through donations will be used to fund other school projects and resources.

➤ **Harvest Festival**

The children are going to St Edwards Church on Monday for our annual Harvest Festival service.

They will all be walking from the school to the church so please ensure that they come to school with a coat and wearing suitable footwear.

Any harvest festival donations for York Foodbank can be brought to the school hall on Monday morning, where there will be a table for you to leave your contribution.
Thank you



#WakeUpWednesday

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

- ### FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- ### RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.
- ### KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.
- ### EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.
- ### MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.
- ### CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.
- ### SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.
- ### TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once; instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.
- ### ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.
- ### FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.
- ### BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- ### IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert
Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.

NOS National Online Safety
#WakeUpWednesday

Source: <https://www.bbc.com/news/health-57110061> | <https://www.bbc.com/news/health-57110061> | <https://www.bbc.com/news/health-57110061>

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.10.2023

➤ **Halloween Trail**

Last year's Halloween Trail was a big success, raising funds for Dringhouses School and bringing fun and enjoyment to families and the local community. We're now looking for volunteers to be included on the 2023 Halloween Trail. All you need to do is email your house address to dringhouseshalloween@gmail.com to be included on the trail map, and then decorate your house or front window on the 31st October. Decorations don't have to be extravagant or complicated, simply whatever you have the time and energy to prepare.

Trail maps will be available to buy for £1 during the final week of term, including at the bake sale.

The deadline for registering is Tuesday 24th October.



BE PART OF THE DRINGHOUSES SCHOOL HALLOWEEN TRAIL

31 OCTOBER

Decorate your house and put it on a map to raise funds for the school.



If you would like to be included on the trail map email your address to:
dringhouseshalloween@gmail.com by
24th October

COME AND JOIN US FOR OUR OCTOBER HALF TERM HOLIDAY CLUB!



30th October—3rd November

Also Open for school training day 27th October!

7:30am until 6PM £30.50 per day.

Morning and afternoon snack is provided, children will need to bring a packed lunch to each session.

Join us for some Halloween fun! We will be doing spooky arts and crafts, mask making, baking and lots more!

Join us on Thursday 2nd November in your best Halloween outfits for a day of games, party food and dancing!



Please contact us at dringhouses@dringhousesoosc.co.uk for more information or book via your Cheqdin account



Memories and Memorials

October Half Term at Holy Trinity Goodramgate



Photo Credit: Mick Seale

Storytelling with Carmel Page

Tickets £3
One adult free
with every child

Thursday 2nd November
16:15 - 16:45
and
17:00 - 17:30



Arts and Crafts!

Friday 27th October
and
Thursday 2nd November
11am - 4pm

Candlelit Mouse Hunt

17:30 - 19:30

Monday 30th
October
and
Thursday 2nd
November



AUTUMN HALF-TERM MULTI-SPORT CLUB

ACOMB PRIMARY SCHOOL

8.30AM - 4.30PM

FRI 27TH OCTOBER

FRI 3RD NOVEMBER

AGES 5 -12 (YR 1 - YR 7) WELCOME



PLUS A FOOTBALL SPECIAL ON FRI 3RD NOVEMBER!



£28 PER DAY

25% SIBLING DISCOUNT

10% OFF WHEN BOOKING 5 OR MORE DAYS

CHILDCARE VOUCHERS ACCEPTED!



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