

Ellwood Community Primary School

Believe, Achieve, Belong

Telephone: 01594 833232
email: admin@ellwood.gloucs.sch.uk
Website: www.ellwoodschool.co.uk



Our value this term is: Respect

Weekly Attendance

Our aim is to have our weekly attendance above 97% in line with the Local Authority's expectation. This week, our **whole school attendance was 97.1%**.

Well done to Oak class this week for both getting 100% attendance!

Please remember to report a child's absence before 9.30 a.m. ideally before the start of school by either phoning the school on 01594 833232 or emailing

admin@ellwood.gloucs.sch.uk

Thank you.

Oak	100%
Chestnut	99.2%
Beech	97.5%
Sycamore	93.3%
Willow	96.1%

Cross Country County Trials

Congratulations to James Toomer and Jack Beach who both ran in the Cross Country County Trials last weekend.

James came 23rd overall and was the fastest from the Forest of Dean. Jack beach came 39th and also ran a fantastic race.

Across the county, 26,000 children participated in the trials so both James and Jack have both done amazingly well and we are very proud of them.

Year 5 - Dean Academy

This week, year 5 were invited to Dean Academy to take part in an Art lesson.

They learnt how to colour blend using two complimentary colours, going from darker to lighter creating a blend.

They practiced the skill by creating their own bugs. They all absolutely loved it!



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



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, lumpy 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/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting 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/ 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.

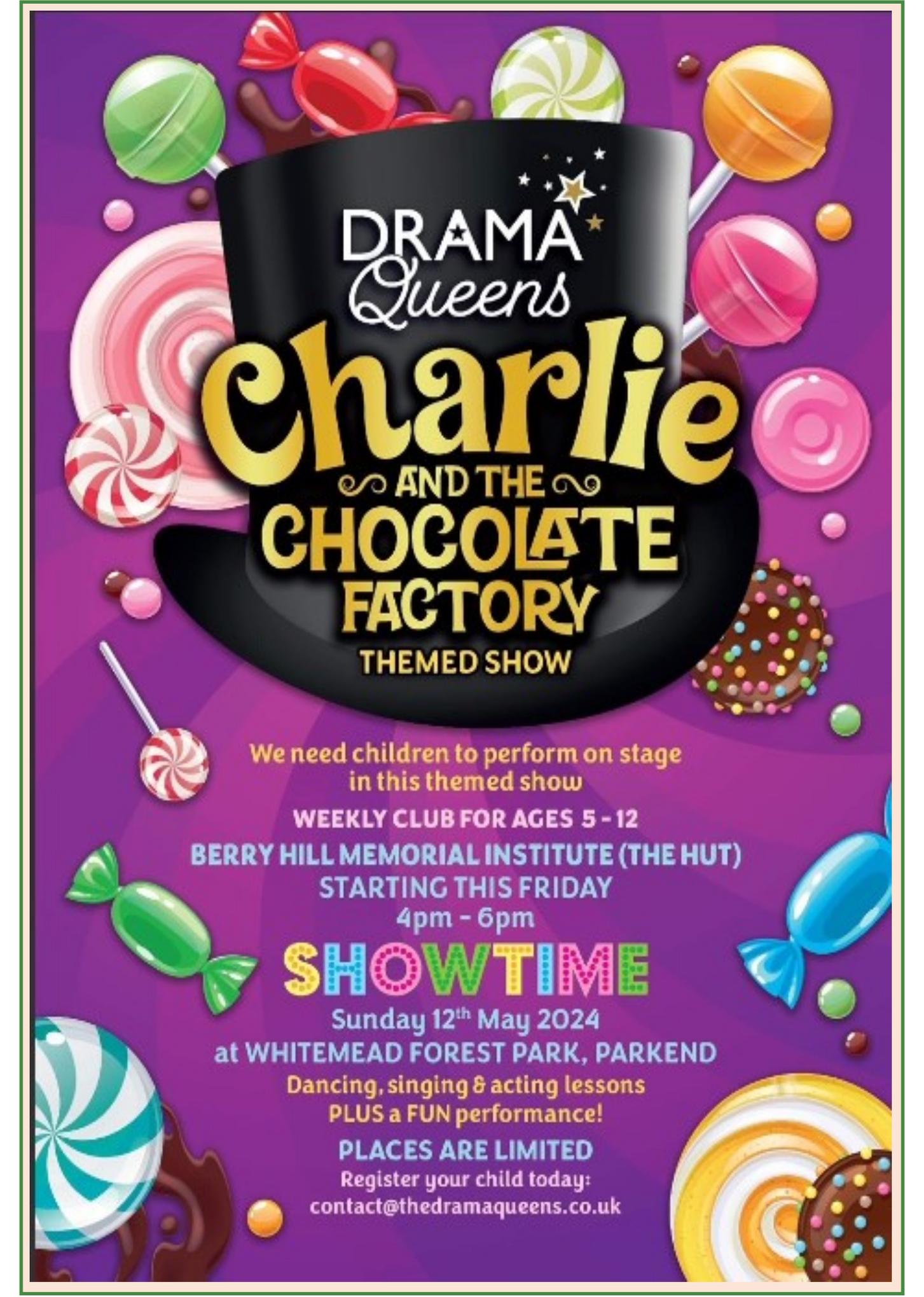
Meet Our Expert

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.



National
Online
Safety®

#WakeUpWednesday



DRAMA
Queens
Charlie
AND THE
**CHOCOLATE
FACTORY**
THEMED SHOW

We need children to perform on stage
in this themed show

WEEKLY CLUB FOR AGES 5 - 12

BERRY HILL MEMORIAL INSTITUTE (THE HUT)

STARTING THIS FRIDAY

4pm - 6pm

SHOWTIME

Sunday 12th May 2024

at WHITEMEAD FOREST PARK, PARKEND

Dancing, singing & acting lessons
PLUS a FUN performance!

PLACES ARE LIMITED

Register your child today:

contact@thedramaqueens.co.uk

Gardening club

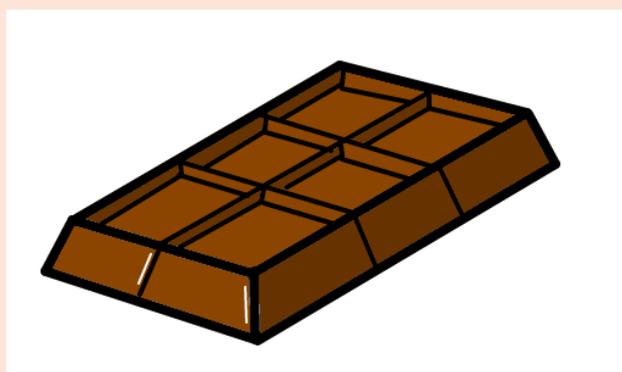
Garden Club we're busy moving the new chippings kindly provided to us by Harper's dad.

Thank you Mr Sandford for helping us to keep on top of the mud!



Reminder

Non school uniform day tomorrow in exchange
for Easter chocolate!



Diary Dates

FEBRUARY

- Thursday 29th February - Reception & Y6 height weight and vision checks (just R)
- Year 4 Gymnastics
 - Follow my lead (biking) for Oak/Beech class

MARCH

- Friday 1st March - Non-uniform day in exchange for Easter choc

- Tuesday 5th March - Swimming - Years 3 & 4

- Thursday 7th March - Year 4 Gymnastics
- Follow my lead (biking) for Oak/Beech class

- Friday 8th March - World Book Day (Dress up)

- Monday 11th March - Science week starts

- Thursday 14th March - Year 4 Gymnastics
- School disco (R, Y1, Y2 & Y3 5pm-6pm
Y4, Y5 & Y6 6:15pm-7:15pm)
 - Follow my lead (biking) for Oak/Beech class

- Friday 15th March - Red Nose Day (Wear a red item of clothing, suggested donation of 50p)
- Red Nose Day Cake Sale - Donations on the day

- Tuesday 19th March - Year 4 Gymnastics