

Friday 3rd February 2023

Dear Parents and Carers,

In this the penultimate week of the half term we noticed that some children are getting quite tired. You may want to look at the amount of sleep that different aged children are supposed to have each night. This website from Great Ormond Street Hospital is quite useful:

<https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children/>

In last week's newsletter I forgot to mention that our Year 5 and 6 children had a special visit from Mrs Joyce, the headteacher at Isca. As always, the children represented themselves brilliantly and asked some great questions. We are looking forward to welcoming Mrs Joyce and others from Isca back to Wynstream soon.



This week our Year 6 team and Ms Davies met to discuss transition. Further meetings will be held over the next few weeks and months to help ease the transition for our Year 6 children. There may even be a visit from Missy, their school St Bernard dog!

On Wednesday, our school was partially

open. Thanks to our parents and carers for their understanding in relation to this. There are further strikes planned for Thursday 2nd March, Wednesday 15th March and Thursday 16th March. We will share more details of our plans nearer the time. If you would like to find out more about why teachers and support staff have voted to take strike action then click [here](#) to read the National Education Unions (NEU) message to parents, carers and grandparents. The link is also available by the DoJomessage posted on 1st February 2023. Thank you.



Next week is Children's Mental Health week and we will be having a range of activities across the week, both in the class and outside. Thanks to Miss Pope for leading on this. There is also a competition, see information later in the newsletter. For further information and advice, please look at: <https://www.place2be.org.uk/>



Next week on Wednesday, we will be holding our 'Open Class.' All are welcome to

come and look at the learning that has been taking place in so many different subjects in the classes.

Lastly, some reminders and requests:

- If any of our families are struggling at the moment, please contact the school as we may be able to signpost you to local support.
- Please can you let us know if you are not receiving communications from the school? We usually try to email, share via Class Dojo and put information in the newsletter, which is put up inside the reception area of the school.
- School uniform- please let us know if you need any support with uniform. <https://www.wynstreamprimary.org.uk/school-uniform>
- May we remind parents and carers that jewellery and nail varnish are not allowed to be worn at any time, apart from watches and one pair of studs in pierced ears. We do not want precious things to be lost or broken in school.

Have a lovely weekend, stay warm and we look forward to seeing you back into school on Monday.

Best wishes,



Elise Redman
Headteacher



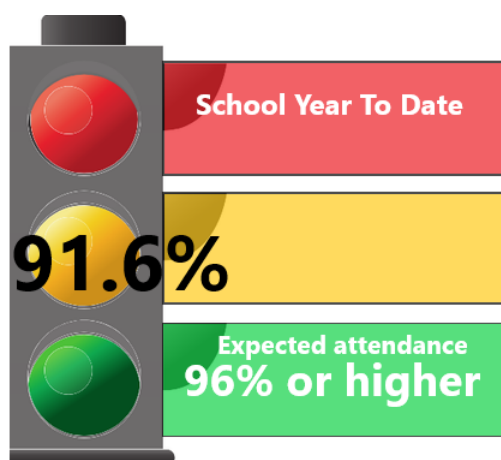
Next week, it is Year 2's turn for parent lunches. Wednesday 8th February. Booking is essential- maximum 10 parents each session, please see the office for more details.

Year 6 Leavers Hoodies. Letters with order forms will be sent out very soon. Order deadline is Thursday 16th March. Forms back to Oak or Mulberry Class please by this date. Thank you.

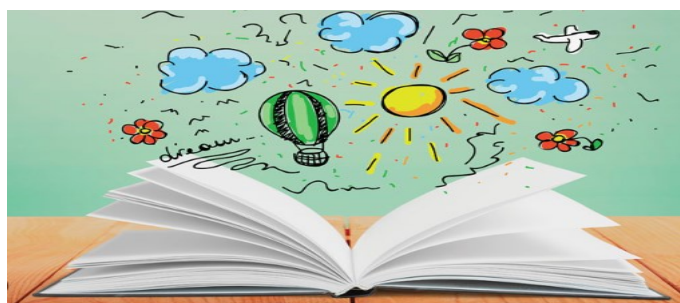


Children's Mental Health Week 2023. The Theme of the 2023 week is 'Let's Connect'. As usual, we have a packed programme of events right across the school. Our school wide competition chosen by the Mental Health Ambassadors will be creating an acrostic poem with the word/s connect, let's connect, connection or any variation the children may want to use (age dependent). Top entries in each class will be judged by the MHA's and prizes given.

School Attendance - Ongoing Reporting



The information above shows that whole school attendance for the dates between 6th September 2022 and 2nd February 2023 is currently **91.6%**. This is **up 0.1%** versus the 91.5% attendance information reported last time.



Wynstream Home Reading Champions (EYFS—Year 3) Children being read with, or listened to read at home is one of the most important jobs a parent or carer does. Children who are read with regularly at home learn to read much faster, have a love of reading and do significantly better in all areas of their learning. We are celebrating children who have read at home by giving them a shout out. **Please record all home reading in your child's yellow reading diary (Reception to Year 3).**



Well done Wynstream Home Reading Champions, and thank you to the grown ups taking the time to read with their child.

EYFS Ladybirds Class. Bobby, Ronell, Tia, Freddie, Saffron, Layla, Boaz, Freya, Deborah, Ava, Aaravi, Charlie, Jack & Leo.

EYFS Butterflies Class. Deedee, Oliver Olivia W, Luna & Grace.

Year 1 Hedgehogs Class. Owen, Logan, Kelle, Ellie, London, Roman, Harper, Mia, Parker, Rosie, Louie, Elliot & Blue.

Year 1 Squirrels Class. Marnie, Lucas, Joey, Chloe, Lottie, Oreoluwa, Preston and Clay.

Year 2 Foxes Class. Evie, Ola, Eliza, Neave, Hamna, Dudley, Leila & Nicola.

Year 2 Otters Class. Rital, Skyla, James, Mika-Marie, Harrison, Isla, Primrose, Nathaniel, Jacob, Aria, Cody, Zac, Abigail, Kian, Joey-John, Elijah, Minha, Parker, Amelia, Faith, Harmony, Ellie, Tianna & Anabiya.

Year 3 Kingfisher Class. Solomon, Freddie, Amelia, Isaac, Hugo, Gracie, Ife, Honour & Niranjana.

Year 3 Woodpecker Class. Annabelle B, Jess, Scott, Antoni, Jacob, Angelin & Annabell S.

Headteacher's Award

As we work through celebrating our 5 school values and nominated British Values, our teachers this week have nominated a pupil in their class who has demonstrated any one of our 5 values.

Congratulations to the children who have been nominated.

For more information about our school values, vision and ethos please visit our website or click [here](#).

Congratulations to:

EYFS

Marvin Keita & Freya Palmer

Year 1

Ellie Ashton & Marnie Back

Year 2

Freya Case & Parker Stevens

Year 3

Isla Taylor & Antoni Golebiewski

Year 4

Cain Lee & Clay Hill

Year 5

Jenson Hibbs & Tiana Taylor

Year 6

Ella Hamlyn & Kobie Armstrong



Congratulations, and really well done to everyone. Examples of some of the nominations this week include:

Responsibility

For making a fantastic effort to ensure her home learning is complete on time, every week, without fail.

Integrity

This pupil is always doing what he is meant to be. He is a kind and supportive member of the class who always looks out for his friends and is polite to all adults.

Resilience

This week we have been focusing on being resilient learners. This pupil showed great resilience when completing her art work, she kept trying to improve her work by adding detail to it. She didn't give up and created a wonderful drawing of piglet!



Key School Dates;

EYFS Share A Story sessions—Every Friday after drop off. 20 minutes long.

EYFS KS1 Stay & Read sessions for parents/carers and children, in the school library after school every Thursday. No bookings required, all welcome.

Year 2 Parent Lunches— 8th February.

Open Class Event— 8th February, 3:10pm—4pm.

Children's Mental Health Week 2023— 6th to 12th February.

Non Uniform Day supporting Children's Mental Health Week, Friday 10th February.

February Half Term—Last day of school, Friday 10th February. School re-opens again Monday 20th February 2023.

National Education Union (NEU) strike day—Thursday 2nd March.

World Book Day 2023- Friday 3rd March.

Year 6 trip to We Will Rock You. performance at St Peters School, Tuesday 7th March 2023.

Page 5 Diary Dates

School Choir visit to Dene Court—Wednesday 8th March.

National Education Union (NEU) strike day—Wednesday 15th March.

National Education Union (NEU) strike day—Thursday 16th March.

Year 6 leavers Hoodie order deadline—Thursday 16th March.

Parents Evenings. 28th March & 29th March, 3:30-5:30. More information including booking to follow soon.

Easter Vacation. Last day of school is Friday 31st March, school re-opens again Monday 17th April 2023.

May Half Term. Last day of school is Friday 26th May. School re-opens again Monday 5th June.

Year 6 Residential in Okehampton—Wed 19th July to Thurs 20th July 2023

Summer holiday—Last day of school is Thursday 20th July 2023. School re-opens on Wednesday 6th September 2023

Wynstream Primary School Term dates for 2023-24 can be found on the school website or by clicking [here](#).

DRESS TO EXPRESS!

Show Off Who You Are

SUPPORTING
CHILDREN'S
MENTAL
HEALTH!

£1
donation

50% OF
DONATIONS GO TO
CHILDREN'S
MENTAL HEALTH
CHARITY AND 50%
TO WYNSTREAM
PTFA!



Friday 10th February 2023



Superbugs – A Family-Friendly Pop-up Shop

Raising Awareness around Emerging Antimicrobial Resistance

Saturday 18 February, 10:00 - 16:00 GMT

Sunday 19 February, 10:00 - 16:00 GMT

MakeTank, 3-5 Paris Street, Exeter, EX1 2JB

Come along to this free event! Registration is not required.

Families and members of the public can drop in to meet researchers at a free two-day pop-up exhibition aimed at raising awareness of antimicrobial resistance.

This fun, hands-on event aims to engage children and their parents/carers with world-leading science at the University of Exeter, through a special event featuring crafts, microscopes and the opportunity to meet scientists in Exeter city centre. This event follows on from the global campaign World Antimicrobial Awareness Week (WAAW) in November 2022.

A taste of what you can expect:

- Swab yourself to see what microbes are growing on your body!
- Create your own microbe
- Use microscopes to explore the hidden world of bacteria & fungi
- Fight antimicrobial resistance through fun, interactive games
- Collect stickers as you go around to win prizes and become an antimicrobial guardian

We hope to see you there!

What Parents & Carers Need to Know about

YOUTUBE

YouTube is a video-sharing social media platform that allows billions of people around the world to watch, share and upload their own videos with a vast range of content – including sport, entertainment, education and lots more. It's a superb space for people to consume content that they're interested in. As a result, this astronomically popular platform has had a huge social impact: influencing online culture on a global scale and creating new celebrities.

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate material. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as messaging other users directly. Connecting with strangers online, of course, can potentially lead to children being exposed to adult language, to cyberbullying and even to encountering online predators.

SUGGESTED CONTENT

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but can also lead to binge-watching and the risk of screen addiction, especially if 'auto-play' is activated. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

HIGH VISIBILITY

Content creators can also be put at risk – especially young ones who try to make their online presence as visible as possible. Creating and uploading content exposes children to potential harassment and toxicity from the comments section, along with the possibility of direct messaging from strangers. Videos posted publicly can be watched by anyone in the world.

TRENDS AND CHALLENGES

YouTube is teeming with trends, challenges and memes that are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may harm children through either watching or copying. The painful 'salt and ice challenge', which can cause injuries very quickly, is just one of many such examples.

SNEAKY SCAMMERS

Popular YouTube channels regularly have scammers posing as a well-known influencer in the comments section, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and sometimes offer cash gifts or 'get rich quick' schemes. Children may not realise that these users are not who they claim to be.

Advice for Parents & Carers

APPLY RESTRICTED MODE

Restricted Mode is an optional setting that prevents YouTube from showing inappropriate content (such as drug and alcohol abuse, graphic violence and sexual situations) to underage viewers. To prevent your child from chancing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that your child uses to access YouTube.



TRY GOOGLE FAMILY

Creating a Google Family account allows you to monitor what your child is watching, uploading and sharing with other users. It will also display their recently watched videos, searches and recommended videos. In general, a Google Family account gives you an oversight of how your child is using sites like YouTube and helps you ensure they are only accessing appropriate content.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that your child is subscribed to can be hidden. If your child is only uploading videos that are protected as 'private', they are far less likely to receive direct messages from strangers.

CHECK OTHER PLATFORMS

Influential content creators usually have other social media accounts which they encourage their fans to follow. Having an open discussion about this with your child makes it easier to find out how else they might be following a particular creator online. It also opens up avenues for you to check out that creator's other channels to see what type of content your child is being exposed to.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them children. Younger children will watch different content to older ones, of course, and react to content differently. You may want to keep an eye on how your child interacts with content on YouTube – and, if applicable, with content creators – to understand the types of videos they are interested in.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases: users can rent and buy TV shows and movies to watch, for example. If you're not comfortable with your child purchasing content online, limit their access to your bank cards and online payment methods. Many parents have discovered to their cost that a child happily devouring a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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WELLBEING
EXETER

COST OF LIVING SUPPORT

ACCESSING HELP IN EXETER

DEBT
ADVICE

Citizens Advice Bureau- Free independent advice-
0800 278 7845 Mon-Fri 10-4pm
CAP Debt Centre Exeter-Mon-Thurs 9-30-5pm, Fri 9-30-3-30
0800 328 0006
Step Change Debt Charity-Free Expert advice- Mon-Fri 8-8pm
0800 138 1111
National Debtline 0800 8084000

FOOD
SUPPORT

Exeter Food Bank- Advice Worker; Ali 07939 381794/07818 226524- Food bags
St Katherines Community Larder- Fridays- 10-12- Food bags
Foodcycle Exeter, The Mint, Fore Street- Tues 6-30pm-Free Meal
St Thomas Foodfight-Free cooked Food -Sundays at St Thomas Precinct 11-1pm
Salvation Army- Free Meals- Saturdays & Sundays evenings 01392 216553
Rediscover Church, Northernhay St- Weds 10-2pm- Food bags

USEFUL
INFO

Exeter City Council Main Switchboard 01392 277888
Mon-Fri 9-5pm for help with
Housing Benefit & Council Tax Support & Exceptional Hardship Fund
& Discretionary Housing Payments
Universal Credit Help to Claim Advice 0800 144 8444/0800 169 0310
Grant opportunities- eg School Uniforms, Utility Bills, essential
equipment

HEALTH &
SUPPORT

The Moorings (Drop in Mental Health Support)
St Leonards Gp Practice 6pm-midnight, 7 days a week
Samaritans (Free number) 116 123
Talkworks (Depression & Anxiety Services)
0300 555 3344
Age UK: Support for people aged 62+ & their carers
01392 202092

For more advice &
info, scan the QR
code below



HELP WITH
ENERGY BILLS
AND BENEFITS

Exeter Community Energy  Healthy Homes for Wellbeing



Do you want lower energy bills?
Do you struggle to heat your home?
Contact ECOE for free energy advice and home visits



ecoe

healthyhomes@ecoe.org.uk 0300 772 3617
www.ecoe.org.uk/healthy-homes-wellbeing

Get in touch with your
Community Builder(Wellbeing
Exeter) with ideas of how or
where to support your
neighbours

<https://www.wellbeingexeter.org.uk/community-building>

