

Friday 10th February 2023

Dear Parents and Carers,

This week has been Children's Mental Health Week and we have had a range of activities across the week, both in the class and outside. Thanks to Miss Pope for leading on this.



During the week the children completed a range of activities relating to Mental Health, attended an assembly relating to Mental Health and had the choice of wearing their own clothes on Friday to express who they are.



Our wonderful PTFA have been selling friendship bracelets for children to wear in school. For further information and advice, please look at:

<https://www.place2be.org.uk/>

On Tuesday we had a 'lockdown' practice in school; this is similar to the regular fire alarms that we have. This is to prepare the

school in the very unlikely possibility of an intruder coming on site. The children and staff were brilliant; all remained calm and we were most impressed by the resilience they demonstrated.

You may want to look at this picture book from the US about 'The Lockdown Drill.' <https://www.youtube.com/watch?v=Y5rFi38AksQ> Happily, our practice was much calmer, quieter and involved no lizards, unlike the one in the story.



On Wednesday, we held our 'Open Class.' Thanks to all those parents and carers who were able to come into school and look at the children's learning. From looking at the children's books you get a sense of how much learning the children have been doing in the many different subjects in their classes.

Thanks to the Year 2 parents who were able to attend our parent lunches. After half-term, we will be inviting our Year 1 parents in to join for lunch on Wednesday 22nd February.





Congratulations to our sporting heroes this week. Not only did our netball team make it to the county finals but also we had Table tennis success. Take a look at our Sports Showcase on page 4.

Parent Consultation Evenings



Later on in the next half term, on Tuesday 28th March and Wednesday 29th March, we will be having our Parents' evening from 3:30-5:45pm in the school hall and atrium. In addition to the meetings with teachers, you will have a chance to meet other school staff including Mr Westley, our SENco, our attendance team, our Mental Health team, our EAL (English as an additional language lead) and others. There will also be free tasters of school dinners and our PTFA will be providing teas and coffees for a small donation. Our safeguarding team will be sharing information about how to help children to stay safe online. We will let you know when bookings will open, information to follow.

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. Page 12 has a list of places that are able to help with all sorts of cost of living support.

- School uniform- please let us know if you need any support with uniform. <https://www.wynstreamprimary.org.uk/school-uniform>
- Reading is one of the most important things a child learns during primary school. Regular reading, either with an adult or independently, can make a huge difference to a child's success in school and beyond. A child who can read well is happier, more confident and more successful in their adult life. Even if your child is thriving in school, please make sure that they read every day over the half term break.

Have a lovely break, stay warm and we look forward to welcoming you back into school on Monday 20th February.

Best wishes,



Elise Redman
Headteacher



Devon County Council have created a special edition of their newsletter with useful information and resources to encourage connections with others in healthy, rewarding and meaningful ways and to help support children and young people's mental health. Click [here](#) to take a look.



Tuesday 7th February was Safer Internet Day 2023. We took some time on the afternoon of Tuesday to watch this very informative video <https://youtu.be/RmFxmndPCtM> and discussed the question points within our classes. Do take a look at the video at home too. Thankyou!

The National Online Safety Team have also created a really helpful guide for parents and carers called '10 Ways Gaming Can Support Positive Outcomes'. Please see page 9 of the newsletter, the school website blog created [here](#) and school noticeboards. They have also created 2 'How to Guides' to help parents set up parental controls on apps for both iphone and android phones and devices. Please see pages 10 and 11 of the newsletter.



Free Craft & Chat session in school. On 28th February 9am-11am school will be hosting a Pop Up session for parents and carers to come along (adults only please) and have a go at basic hand stitching and mending. Open to all parents & carers! The session will be run by Jane Hawking of *Remade— Making Visible the Invisible* alongside Miss Diamond. Bookings in via the school office please. Check out Jane's work on her facebook page, title above.

CAREERS ACTIVITIES



Year 5 Online Careers Activity. On Tuesday morning, both year 5 classes attended an online careers activity run by GCHQ.



We learnt about 3 jobs which people had - a network analyst, a policy adviser and the director of research and engineering. We were able to ask lots of questions to find out information.

It was really good because it was teaching us about their jobs, what they do and it sounds really exciting - Kobie.

It was a wonderful experience as we got to learn something new and ask lots of questions which they answered! - Freya.

It was very fun and educational because we got to learn lots about new things and jobs people do at GCHQ - Julia.



History Makers. For the first time in recent history, Wynstream have qualified for the County Finals in Netball!



The year 6 team entered the school games qualifier at St Luke's and were drawn in a group with Ladysmith, Stoke Hill, Montgomery B & Westclyst. Four victories from four matches saw the team qualify for the semi finals against Broadclyst. A comprehensive 3-0 victory saw us face Montgomery A in the final. Montgomery having won their games 12-0, 9-0, 9-0, 8-0 & 7-0 were always going to be tough opponents. They ran out 5-1 winners but Wynstream take huge credit for being the only team to score against them. The team took home silver medals and qualified for the county finals! Huge congratulations to Ruby, Dorcas, Destiny, Keira, Owen, Hubert & Isaac!



Our very own County champion! Yesterday Naty in Year 6 represented Wynstream at the Devon Schools Table Tennis Championships and came home with the **gold medal!**

Wynstream Sporting Showcase



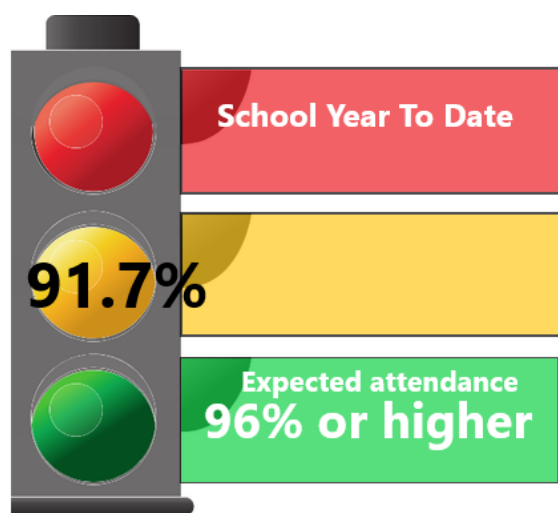
Naty topped his group with 5 wins from 5 games before winning his semi-final and final to finish the day undefeated! We are incredibly proud of you Naty!



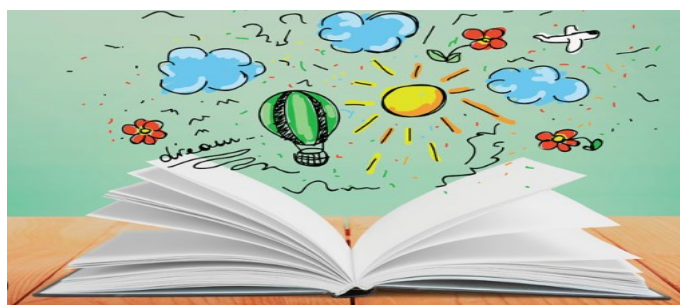
Wynstream 5s League. On Tuesday night our first ever pupil led 5 aside league came to a close. **Banana Rovers** secured the title by 3 points, winning all 9 of their fixtures. They were pushed all the way by Tekkers FC who finished in second position ahead of Brexit Geezers and Wonford Warriors.

Congratulations to Isaac Tavender who won the golden boot award for being top goal scorer, scoring 54 goals in 9 matches. We would like to say a huge well done to all of the children who have taken ownership of this competition and we look forward to a new season starting after half term. See Dojo for the final results table and top goal scorers. Check Dojo also to see a video of Banana Rovers lift the trophy.

School Attendance - Ongoing Reporting



The information above shows that whole school attendance for the dates between 6th September 2022 and 9th February 2023 is currently **91.7%**. This is **up 0.1%** versus the 91.6% 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, Freddie, Ronell, Eloise, Tia, Freya, Ava, Saffron, Aaravi, Jack & Boaz.

EYFS Butterflies Class. Brody, Olivia ML, Luna, Caleb & Oliver.

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

Year 1 Squirrels Class. Chloe, Ella, Lottie, Oreoluwa, Clay & Natan.

Year 2 Foxes Class. Finley, Eliza, Neave, Phoebe, Nevaeh, Dudley, Leila & Rexlin.

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

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

Year 3 Woodpecker Class. Ted, Jess, Jacob, Angelin, Perri, 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

Oliver Bridle & Evie May Armstrong

Year 1

Kason Cook & Maddie Ashton

Year 2

Cohen Morgan & Harmony Taylor

Year 3

Gracie White & Leighton Collins-Forbes

Year 4

Oliver Mead & Emilie Matthews

Year 5

Sapphire Palfrey-Smith & Julia Kuzma

Year 6

Maison Kennedy & Helena Viju



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

Responsibility

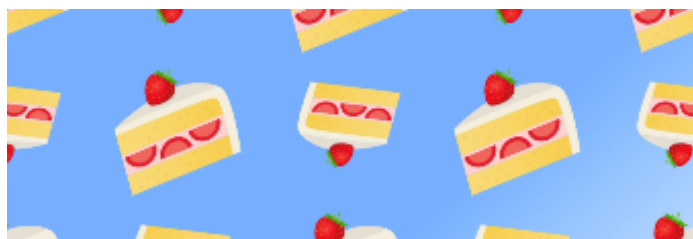
This pupil has gone out of her way to look after the new children in our class this week. She has really impressed me with how thoughtful she has been and displayed immense kindness. She truly is a lovely classmate.

All 5 Values!

I'm sure that anyone that has ever had the pleasure of meeting this pupil will understand why she is getting this award. There is not an hour in the day where she doesn't set an incredible example for all of those around her and I'm sure that extends beyond school too. So proud of all your hard work, never change!

PTFA

We've had a great start to the Spring term, with the year 2 cake sale raising an impressive **£116.77**! A huge thank you to all who donated cakes and volunteered. Next half term, it will be year 3's turn to do some baking.



In the Autumn term, Wynstream students were able to have a boogie after school at our **Light up the Night disco**. So many supported our fundraising by buying snacks and glow sticks, and along with the money raised through previous cake sales, we are thrilled to have purchased a new sound system for the school!

Look out for Mr Rouse getting back into DJ mode on this new system at our next disco (more info to follow!).

Last term, the children designed some wonderful Christmas cards, and each purchase helped raise £264.50 for the school! This money went towards class Christmas presents, and Santa even made a surprise visit to deliver them.



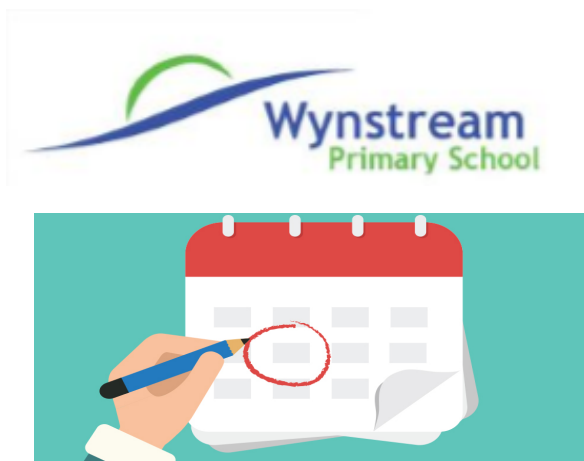
Next half term, as well as another cake sale and some possible Easter activities, we'll be starting to plan our **Summer Fair**. We'd love as many families to get involved as possible and will be asking for volunteers in due course. In the mean time, if you have any fundraising ideas or would like to get involved in the PTFA, we'd love to hear from you. You can contact us at wynstreamptfa@ecfschools.org.uk

Keep up to date via our Friends of Wynstream Facebook group, <https://www.facebook.com/groups/705738011039248/?ref=share>.

NEXT MEETING



Our next meeting is **Friday 3rd March at 3.30pm** in the school atrium. All are welcome!



Page 8 Diary Dates

Key School Dates;

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

Year 1 Plastic Pirates workshop—Monday 20th February.

Year 1 Parent Lunches—Wednesday 22nd February.

Free Craft & Chat Session— Tuesday 28th February, 9am—11am.

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.

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.

PTFA Year 3 Cake Sale—Friday 17th March

NHS Height & Weight Measurements—Opt in by parents, Monday 27th March.

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

Governors Assembly. Friday 31st March.

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

PTFA Year 4 Cake Sale— Friday 12th May.

PTFA School Disco—Friday 19th May.

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

PTFA Year 5 Cake Sale— Friday 23rd 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](#).

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES

in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because of the base level, it's enjoyable for the player, succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance, striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity. It's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain: that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



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#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/gaming/gaming-children-and-young-people-and-adults-report-2021.pdf>



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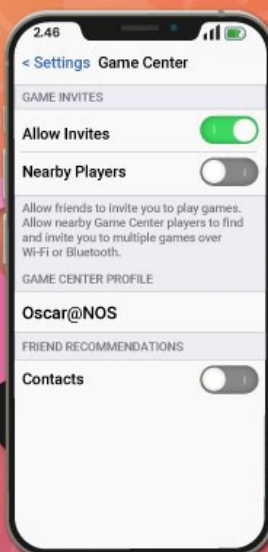
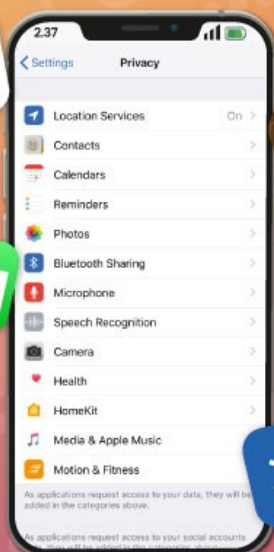


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How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

How to Restrict Game Centre

How to Restrict iTunes & App Store Purchases

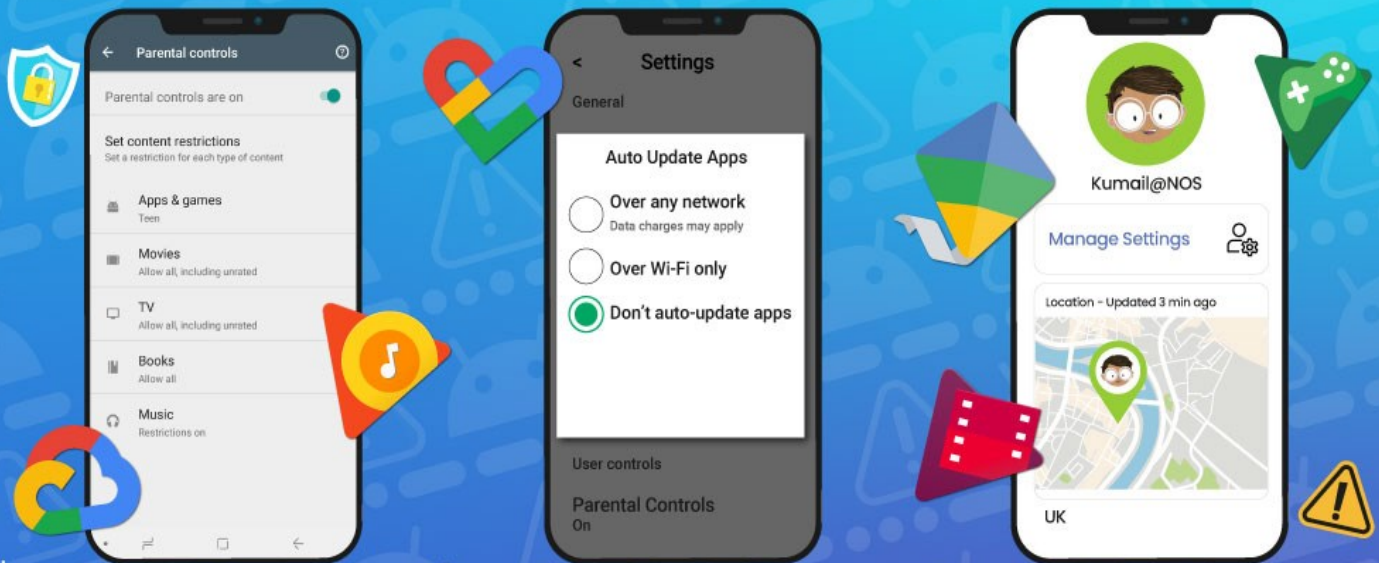
- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set



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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>



Report Quality Standard 2020 Report Quality Standard 2020