

SMUPS News

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Friday 26th January 2024

Hello from the Head

This week has flown by and there has been lots of great learning taking place. The children in year 2 and year 5 are really getting into their swimming sessions and showing great progress in their skills and confidence in the water. Well done. Please do support the local pool in South Molton as it is such a great resource for the local community. Learning to swim is also a really important life skill.

The choir sang yesterday at the Assembly Rooms and four children played the keyboard to an audience for the first time, following their lessons. Well done to everyone involved on a great performance.

Children in reception have been learning about artefacts as part of their history and trying to work out what they might have been used for. In year one, the children have been learning about Judaism for their R.E. learning. They have learnt about the Torah and a synagogue.

The children in Pine class have started their history learning about the Stone Age. They have also started to learn about Fantastically Great Women who changed the world as part of their English work. In year five the children are continuing with their geography learning about Rivers and children in year six have been enjoying programming the new Micro:bit computers.

Please do continue to support your child's home learning with reading and maths. It really does make such a difference to their learning.

Have a lovely weekend.

Collective Worship

On Monday, we looked at Holocaust Memorial Day, which is tomorrow, January 27th.

Things to Remember

- Please do not park on the school site at normal pick up and drop off times. The safety of the children and pedestrians is paramount. Please park carefully and considerately on the roads near to the school and use the pedestrian path. We only have parking for blue badge holders.
- Swimming is on Tuesdays for Year 2 and Year 5 (ASH and WILLOW class). Please make sure that your child has their swimming kit for Tuesdays.
 - Please make sure that your child has suitable clothing for the weather conditions.
 - Please ensure that your child is completing their home learning each week.

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CERTIFICATE WINNERS

Each week, we celebrate brilliant learning in our celebration assembly.

We give out certificates for Resilience, Resourcefulness,
Relationships, Risk and Reflectiveness as these are our
Building Learning Powers.

ACORNS: Aishpreet & Noah

OAK: Sienna & Bea

ASH: Isla, Holly & Olivia—Grace

PINE: Evie & Max

BEECH: Rosie & Logan

HOLLY: Oscar & Ethan

WILLOW: Aimee & Leo

ELM: Jimmy & Felicity

Well done to Jaycie P and James for earning their 100,000 words certificate on Accelerated Reader

Well done to Joseph B, William H and Edison P for earning their 250,000 words certificates on Accelerated Reader.

Well done to Scott and Thomas for earning their 500,000 word certificates.

Well done to Oliver S, Finley R, Summer and Oscar for being this week's Numbots winners.

Well done to Steve, Alfie L, Alex W, Mila M, William H, Isaac J, Heidi, Eliza F, Joe R and Nellie for being this weeks
TTRS winners.

Dates for your diaries

Friday 9th February: Last Day of Half Term

Friday 9th February: 9am Coffee morning

Monday 12th – Friday 16th February: HALF TERM

Monday 19th February: Beech and Oak visiting Eastleigh 1:30-2:15pm

Monday 11th March: Holly and Pine visiting Eastleigh 1:30-2:15pm

PARENT CONSULTATIONS: 3:15-5:30PM

Thursday 14th March: PARENT CONSULTATIONS: 3:15-5:30PM

Thursday 28th March: Last Day of Term and Year 6 and Reception Weigh and Measure

Friday 29th March – Friday 12th April: EASTER HOLIDAYS

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be enhanced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on pictures, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found in various places online; sometimes this is known as "finding your tribe". Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and circumstances which can sometimes be difficult to find in real-life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless potential for young people to be drawn into appearance-based comparisons whilst online. No one is the same as how they portray themselves online as we tend to only show the best part of ourselves. The pressure to fit-in and conform is huge, which can become a driving force for children to replicate what they see from friends, celebrities and sponsored adverts. This pressure may contribute to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of low satisfaction with their own lives.

The online world provides the opportunity for anybody to upload and share photoshopped pictures, edited video, fake news and even unvetted advice. Children may stumble upon this, which could potentially encourage them to make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is fake.

Social media addiction is thought to affect around 5% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media are more than twice as likely to support poor mental health. Furthermore, compulsive checking due to 'Fear Of Missing Out' has been linked to poor and disturbed sleep, as well as difficulty to relax during evenings. One in five young people say they wake up during the night to check messages on social media, leading them to be three times as likely to feel constantly tired at school than their classmates who don't use social media during the night.

One recent large-scale UK study showed that cyberbullying is one of the biggest challenges for young people. Other studies suggest that cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 37% of young people saying they experience cyberbullying on a high-frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.



National
Online
Safety



HELPFUL TIPS:

SOURCES OF HELP:

www.nationalonlinesafety.com

Twitter - @nationalonlinesafety

Facebook - /NationalOnlineSafety

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SMUPS COFFEE MORNING



Please join us on February 9th at 9am

Mrs Oatway will discuss ADHD & Autism pathways & support

Mrs Moir will talk about family support & what agencies/organisations are out there.

We will also have 2 members from the school nursing team in offering information about what they can do for families.

We look forward to seeing you!