

Claybrooke Primary School Newsletter 06.12.24

Be safe, Be ready, Be respectful.

Welcome to the latest weekly newsletter.

Glow Dodgeball

On Wednesday we hosted a glow dodgeball session for each class. The hall was blacked out and UV lights switched on to create a memorable PE session. The children had a fantastic time developing their skills of throwing, catching, dodging and blocking.



PTA Christmas Bazaar.

Thank you to everyone who came along to support the annual PTA Christmas Bazaar at the Village Hall on Friday evening. There was a fantastic selection of stalls on offer as well as delicious mince pies. If you were unable to attend and wish to purchase your child's Christmas craft photo frame, please order through Parent Pay or speak to Mrs Amos in the office. A huge thank you to the PTA and all the other volunteers who gave up their time on Friday to set up and run the event.



Christmas Carols.

On Wednesday our annual Christmas Carol concert will take place at St Peter's Church. There will be a performance at 2pm followed by an evening performance at 6pm. Please can you ensure your child is back at the church from 5:40 pm ready for a prompt start. Please ensure your child attends wearing full school uniform.

Note for your diaries: Friday 20th December: Christmas jumper day.

Thank you for your continued support.



Mr P. Rock
Head of School



**CLAYBROOKE
PRIMARY SCHOOL**
Together we flourish | Est 1814



Well done to those who received certificates this week:

Excellent Work: Dexter, Lexi and Abel

Values: Eliza, Oliver and Nixon

Hot Chocolate Superstars:

Esme, Seren, Nancy and Edie



**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

Whole school attendance

w/e 06.12.24 89.72%

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

*Latest vacancies within Inspiring Primaries Academy Trust.
(click on the links below)*

[Learning Support Assistant](#) role at Ullesthorpe Primary School

[Trust advert - Midday Supervisor roles - Trust advert](#)



Claybrooke calendar 2024- 25



Please see provisional dates for the upcoming academic year. (All dates are subject to change.)

Autumn Term 2024

Date	Event
Wed 11/12	School Christmas dinner
Wed 11/12	Claybrooke Nativity & Christmas Carols @ St Peter's Church 1:30pm (TBC)
Wed 11/12	Claybrooke Nativity & Christmas Carols @ St Peter's Church 6:00 pm *
Mon 16/12	Willow Class panto trip
Fri 20/12	Christmas Jumper day.
Fri 20/12	Break up for Christmas holidays
	End of Autumn Term

Spring Term 2025

Date	Event
Mon 06/01	School re-opens
Fri 17/01	Young Voices Concert (Only for those signed up)
Tue 11/02	Consultation evenings
Wed 12/02	Consultation evenings
w/c 17/02	Spring Half-Term Week

Mon 24/0	School re-opens
Mon 24/02	Forest school begins for Oak Class
Tue 25/02	Topic Showcase 2.30-3.00 *
w/c 03/10	Reading Festival Week
Thurs 06/03	World Book Day: Stay & Read 8.45-9.15 *
Wed 02/04	Warning Zone trip. Y6 only
w/c 14/04	Easter Holidays
w/c 21/04	Easter Holidays

Summer Term 2025

Date	Event
Mon 28/04	School re-opens
Mon 28/04	Forest school begins for Willow Class
w/c 12/05	Y6 SATs week
Date tbc	Saffron Lane Athletics
w/c 26/05	Summer Half-Term Week
Mon 02/06	Start of Summer 2nd
Mon 02/06	Forest school begins for Maple Class
Wed 11/06	School Sports Day
Wed 18/06	Reserve Sports Day
Wed 02/07	Oak Class Production 2.00-3.00 & 6.00-7.00 *
Tue 08/07	Leavers' Assembly 9.30-10.30 *
Tue 08/07	Last Day of School Year
Wed 09/07	Summer holidays begin
Tue 26/08	School reopens for pupils

Community Yoga & Mindfulness

10% off for
Claybrooke
Primary
Community

Mondays
@ Claybrooke Primary
School Hall

6 -7:15pm | Yoga

7:30 - 8:30pm | Mindfulness Meditation

Begin your week feeling calm & connected...

Wednesdays
@ Ullesthorpe Memorial Hall

7:15 - 8:30pm | Yoga

Find your mid-week pause to destress & reconnect...

**NEXT BLOCK BEGINS WEEK COMMENCING
28TH OCTOBER**

FOR MORE INFO CALL, TEXT OR VISIT:



Nichola Day
Sensitive Yoga Therapy

07828038494
www.nicholaday.co.uk

