

## Claybrooke Primary School Newsletter 10.05.24

***Be safe, Be ready, Be respectful.***

Welcome to the latest weekly newsletter.

I hope you all had a lovely bank holiday weekend, it was lovely to have such great weather.

### **KS2 Tennis Festivals.**

This week teams from KS2 have taken part in the Y3&4 and Yr 5&6 Tennis festivals at Lutterworth College. Well done to those children who took part. You represented the school fantastically well.



### **Year 6 SATs tests**

Next week the Year 6 children will be sitting their end of Key Stage 2 SATs tests. Best of luck to our Y6 children, You have worked incredibly hard preparing for these tests. Make sure you get an early night and have a good breakfast each morning.

### **Beaumanor whole school trip.**

We are in the process of making final arrangements for our upcoming whole school trip to Beaumanor Hall in June. Unfortunately we have a large number of payments outstanding for the trip. If you have not yet paid for the trip please do so through 'Parent Pay'. If you would like to discuss any payment plans, please speak to the office.

I hope you have a lovely weekend.

Thank you for your ongoing 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



Chester

Zion

Charlene

Grace & Millie



## Values

Esmae

Sophia

Ashton

Kathrine



Hot Chocolate Superstars: Poppy, Bodhi, Abel, Tia and Cara-Jane.

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## School attendance

Last week

This week

Willow Class: 88.15%

88.21%

Maple Class: 86.75%

86.81%

Oak Class: 87.70%

88.58%

National average: 94.3%

School overall: 87.89% (This year)

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Weekly attendance by year group:

EYFS: 84.38%

Year 1: 87.21%

Year 2: 91.27%

Year 3: 88.78%

Year 4: 86.05%

Year 5: 91.72%

Year 6: 82.87%

**MOMENTS  
MATTER,  
ATTENDANCE  
COUNTS.**

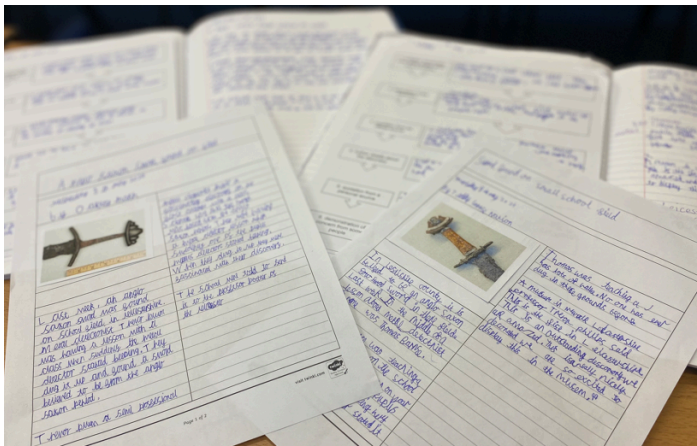


## Latest class news: This week: Maple Class



During the last couple of weeks Maple Class have been kept busy with a wide range of different units being covered in class. In Maths the children have been further developing their understanding of fractions. They have been adding fractions, taking away fractions, finding equivalent fractions, and identifying mixed numbers and non unit fractions! Phew, sounds exhausting!

In their English work, Maple has been undertaking a writing unit all about news reports. For this they have chosen to report on the discovery of an Anglo Saxon 'treasure', located in a Leicestershire field. They have nearly completed their research, planning and writing of the article. Well done Maple Class, some fantastic articles written so far.

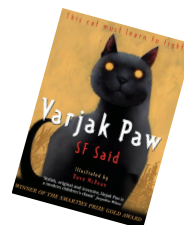


In Music the children have been using 'BandLab' software to create their own compositions.. This software enables the children to create their own compositions in their own online studio as well as having access to virtual instruments and effect options. (Maple Class especially love the effects!)



In their Geography work, the children are finding out all about 'Weather and Climate. As part of this unit they will be understanding more about the UK weather and comparing it with another location in a different part of the world, as well as learning more about the water cycle. In PE they have continued their athletics skill development, from throwing, to running, to jumping and relay!

We are also thoroughly enjoying our class book. Varjak's Paw.





# Claybrooke School Calendar 2023- 24



## Summer Term 2024

Date	Event	* = parents invited
w/c 13/05	SATs week begins for Y6 Mental Health Awareness week	
Mon 20/05	Saffron Lane Athletics	
Wed 22/05	Y4,5&6 Dance Showcase 3:45-5:30 (By invitation only)	
w/c 27/05	Summer Half-Term Week	
Mon 03/06	Start of Summer 2nd	
Mon 10/06	Y5 trip to Lutterworth College	
Wed 12/06	Whole school trip to Beaumanor Hall	
Wed 19/06	School Sports & Picnic* am (time tbc) followed by family picnic on the field	
Wed 26.06	Reserve Sports Day & picnic	
w/c 01/07	Annual Reports out this week. (Date TBC)	
Wed 03/07	Oak Class Production 2:00 -3.00 & 6.00-7.00 *	
Thur 04/07	End of year discos and leavers disco. (Times TBC)	
Mon 08/07	Lutterworth High School transition day (current Y6 only for the Monday)	
Tue 09/07	Leavers' Assembly * 9:30am. <b>Please note change of date</b>	
Tue 09/07	Last Day of School Year	
Wed 10/07	Summer holidays begin	
Tue 27/08	School reopens for pupils	

# EXAM ANXIETY

Simple ideas to help manage stress and anxiety

## Make time for the things you enjoy

Find ways to release stress and celebrate your progress. You could listen to music, draw, cook, go for a walk, play a sport or enjoy a treat like a cinema trip!



## Talk to others about how you feel

Connect with other people, especially your classmates who are also taking exams as they might be feeling anxious too.



## Focus on yourself

Try not to compare yourself to others. Remind yourself what you like about yourself and what your good at.



## Create a timetable

Create a simple revision timetable and make sure you are realistic about what you can achieve each day.

## Take regular breaks

Make sure you take regular breaks, as your brain cannot concentrate for hours at a time. Breaks from revision can boost your energy and motivation



## Take care of your physical health

Make sure you get enough sleep, food, water and exercise. A good diet and the right amount of sleep can help increase your energy and improve your concentration, focus, and memory.



## Ask for help

Talk through your concerns with your teacher/tutor who can let you know what support your school can offer you. Let your family and friends know if you are struggling so they can support you too.



## Keep things in perspective

Remember, you are more than your exam results. Exams are only a small part of the picture and don't define you.



# SUPPORT

If you do feel stressed or anxious, don't feel alone, there is lots of help and support available. Click on the logos to find out more!



BBC  
BITESIZE

YOUNG MINDS

NHS

SAMARITANS

CAMPAIGN  
AGAINST  
LIVING  
MISERABLY



Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

## KNOW THE SIGNS OF STRESS!

- Feeling Irritable, angry, impatient or wound up.
- You might experience anxiety, feel nervous or afraid.
- Unable to enjoy yourself
- Depressed
- Uninterested in life
- A sense of dread
- Worried or tense
- Loss of appetite
- Neglected or lonely

You might experience physical signs such as

- Headaches
- Blurred vision
- Feeling sick
- Trembling
- Feeling more tired than usual
- Clammy or sweaty palms
- Dizziness
- Racing heartbeat

YOUNG MINDS HAVE MORE  
INFORMATION [HERE](#)

# Internet Safety

NEWSLETTER

MAY 2024

## POSITIVES OF THE INTERNET

Being online is an integral part of life today.

The internet can be a great resource for young people. It offers a wealth of information and helps build on their knowledge and understanding.

Playing fun games can support young people's learning skills, concentration, creativity, problem solving and memory.

Screen time allows young people to connect with friends and maintain a social connection.

Increasingly, homework is now online based, so it's important that young people are confident in using computers and have the skills to allow them to access information.



## Did you know?

Young people between the ages of 7 and 16 spend an average of 3hrs and 48 minutes online each day. That's an average of over **26 hours each week!**

Source: Childwise via BBC website

## STAYING SAFE ONLINE

It's important to understand what young people are doing online.

Agree rules and boundaries, be clear on what your child can and can't do online. Agree times that they can go online during the week.

Stay involved, start a conversation by asking them about the sites, apps and games they use regularly. It helps you to identify any potential risks.

Encourage your child to use their device in a communal area to allow you to keep an eye on what they are accessing.

Set parental controls to filter, restrict, monitor and report.

CLICK THE LOGOS FOR MORE TIPS & ADVICE ON STAYING SAFE ONLINE!

**NSPCC**

 UK Safer Internet Centre

**internet matters.org**

INTERNETMATTERS.ORG HAVE LOTS OF TIPS TO STAY SAFE [HERE!](https://www.internetmatters.org)

# SOCIAL MEDIA

Children and young people use lots of different social media apps. The most popular being TikTok, Snapchat and Instagram. There are lots of benefits to social networking. It helps to keep young people connected to friends and family. They can also learn things from making slime, learning dance routines and gaming tips. However, there are risks associated with social media use that you should be aware of to ensure your child is safe whilst using it.



- Oversharing; Children and young people can sometimes feel pressure to overshare online
- Sharing their location
- Talking to people they don't know
- Sending or receiving inappropriate content
- Unrealistic sense of body image or reality
- Obsessive focus on likes and comments
- Cyber bullying



## Did you know?

According to a 2022 study, **51%** of young people in the UK used **TikTok**, making the short-video sharing platform the most popular social media among users aged between 4 and 18 years.

Source: Statista.com

## Key May dates

- National Walking Month
- Screen Free Week  
6-12th May
- National Children's Day  
12th May
- Mental Health Awareness  
Week- 13-19 May



internet  
matters.org

## ONLINE ADDICTION

Spending time on social media and playing video games are a normal part of life for young people, but for some there is a risk of spending too much time online which can lead to an unhealthy addiction. Signs to be aware of include:

- Showing little or no interest in other activities outside of the house
- Becoming tired and irritable
- Showing signs of anxiety or depression
- Falling behind at school or failing to complete homework
- Not spending as much time with friends
- Not paying attention to things such as personal hygiene and eating proper meals

IF YOU HAVE ANY CONCERNS AND WOULD LIKE SOME GUIDANCE OR ADVICE ON HOW YOU CAN SUPPORT YOUR CHILD, CLICK THE LOGOS FOR INFORMATION.



LET'S GET SOCIAL



**E Safety:**

This week's topic is: **What Parents and Educators Need to Know about Helldivers 2**

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about HELLDIVERS 2



## WHAT ARE THE RISKS?

Within weeks of release, Helldivers 2 had become one of 2024's biggest gaming success stories. The sequel to a top-down shooter from 2015 has smashed sales expectations, owing to its frantic gameplay and tongue-in-cheek humour. However, the game comes with several risks to younger players, as indicated by its 18+ rating.

### PEGI 18 RATING

Due to its intense violence and the presence of in-game purchases, Helldivers 2 carries a PEGI 18 rating. While players are generally fighting fantastical enemies like giant bugs and robots, their characters can be killed in various gruesome ways, up to and including dismemberment. It's certainly worth considering whether such a game is appropriate for younger players.

### IN-GAME PURCHASES

In Helldivers 2, players can use real money to buy in-game currency, with which they can unlock cosmetics and new weapons. At the time of writing, all the in-game items can be acquired without spending so much as a penny – but excited young players wanting to keep up with their friends may still feel the temptation to purchase new weapons more quickly, rather than laboriously earning the in-game currency through play.

### VOICE CHAT AND MESSAGING

Helldivers 2 is always played online with others, who often use voice chat or in-game texts to coordinate, strategise or just joke around. This does mean that children who play without their friends will be put in contact with strangers. Unfortunately, this represents a roll of the dice, as the game can't control how people treat each other online. However, you can easily report other players for abusive behaviour via the game's 'Social' tab.

### FRUSTRATION TRIGGER

The thrill of barely scraping through a dangerous mission in one piece is integral to Helldivers 2's appeal. To accentuate this feeling of achievement, the game includes some very difficult levels that could prove to be too hard for some players – even those who are legitimately old enough to play. Losing streaks can be incredibly annoying, so repeatedly failing in missions could easily provoke frustration or anger in younger players.

### LACK OF ACCESS

The game is available on PC and PS5, but not (as yet) on other consoles. Some people will naturally be disappointed they can't get involved and might look for similar alternatives to play on their own console – alternatives which may contain similar levels of violence and gore but lack the same balanced approach to user misconduct and in-game purchases as Helldivers 2.

## Advice for Parents & Educators

### GIVE IT A GO FIRST

Helldivers 2 is a third-person shooter with intentionally humorous elements, but much of its comedy is rooted in satire which may go over the heads of some players. Consider playing the game first yourself – while shooting bugs and robots feels too unrealistic to be upsetting, seeing your character get torn to pieces may be too much for young players.

### SET EXPECTATIONS

At the time of writing, Helldivers 2 costs £34.99. It could turn out to be an expensive and wasteful purchase if a player gets irritated and gives up shortly after receiving the game. If a young person tends to become frustrated easily, it's worth considering whether Helldivers 2 is really the game for them.

### CONSIDER ALTERNATIVES

If playing on Xbox – where Helldivers 2 isn't available – consider something like Halo: The Master Chief Collection as an alternative. One of its game modes – Firefight – replicates Helldivers' mechanics to some degree. Alternatively, younger players may be better suited to the more light-hearted Deep Rock Galactic, which sees them play as fantasy dwarves in space, involving far less gruesome violence.

### KEEP AN EYE ON PAYMENTS

Many titles offer in-game purchases, but Helldivers 2's are comparatively cheap. You'll still need to monitor your payment information (or use a prepaid card on the account), in case your child buys the in-game currency in bulk; on the whole, however, the game's selling methods are far less egregious than most similar titles on the market.

### MONITOR COMMUNICATION & ADJUST SETTINGS

Thanks to an in-game "Ping" system (allowing players to highlight important details without speaking), communication isn't as integral to Helldivers 2 as it is in other games. You can turn off the chat options in-game on PC, or on the PS5's own settings, and feel more secure in the knowledge that your child won't be speaking to people they don't know.

### Meet Our Expert

Lloyd Coombes is the Editor in Chief of GGRecon, and has been working in the games media industry for five years. As well as being an avid long-time gamer, he is also a parent and therefore understands the importance of online safety. Writing mainly about tech and fitness, his work has been published on sites including IGN, TechRadar and many more.



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MONDAY 27TH – FRIDAY 31ST MAY

All  
welcome

AGES  
5-11

Inclusive,  
challenging,  
fun

# SPORTS HOLIDAY CLUB

BRING A  
PACKED  
LUNCH!

dodgeball or nerf wars

St. Mary's C of E Primary School  
The Green  
Bitteswell  
LE17 4SB

cost:

10am-3pm £15  
8.30am - 4pm £20



Book your place now by emailing:  
[jay@mrnicssportsacademy.co.uk](mailto:jay@mrnicssportsacademy.co.uk)

Include child's name, age, medical conditions,  
emergency contact. Payment via bank transfer.