



# Alma Primary School Newsletter

## January 2020

### Dates for your Diary

**Parents Evenings**  
Monday 27th January  
Weds 29th January  
3.30pm—6.20pm

**Children's Mental Health  
Awareness Week**  
Week Beginning 3rd February

**Early Years Fund Raising Week**  
Week Beginning 10th February

**14th February**  
INSET—School Closed

**Half Term—School Closed**  
17th—21st February



We have been teaching our children about the importance of their mental health.

This year's theme for Children's Mental Health Week is **'Find your Brave'**. This is about ensuring that children can talk about their worries and concerns and know who they can go to for help.



**Early Years Fundraising  
Week!**  
Week Beginning 10th February

We are very excited to announce that we are having a fundraising week for our Early Years.

This is going to include a **GIANT CAKE SALE** where every child will be able to buy a cake, a non-uniform day and a raffle. Some of the proceeds will go to the Australia Wildlife Emergency Fund.

If anybody has anything they would like to donate for our raffle, we would be very grateful. We will also be looking for any donations of either cakes during the fundraising week or donations of flour, sugar, eggs etc prior to the week, in order for the children to make cakes to sell. Any help you are able to give would be very much appreciated. Look out for more information nearer the time.



### Whole School Focus

During our New Year Assembly we spoke to the children about the importance of reading for pleasure. We encourage the children to read a book of their choice every day.

We want to encourage our children to put down their i-pads and tablets, switch off the TV and read a book. Your support at home would be greatly appreciated.



### Winter Weather

Please make sure that your child has the appropriate clothing; a warm coat, hat, scarf and gloves. For PE your child will need a long sleeve top and black jogging bottoms. Children in the Early Years are learning outside every day. Please ensure that they are warm and wear wellies to school in the rain. There is no such thing as bad weather only bad clothing!

# KEEPING SAFE ONLINE

Many of your children spend time online. We encourage the positive use of technology and understand its role in fun and learning – at school and at home. But there are risks to all online activity and children need to be taught how to manage this.

Games have age ratings linked to their content, not their difficulty (games are rated 18 for the same reasons as films - inappropriate language, mature themes and violence).



If you need general help and support:

- Call the NSPCC/O2 parent online-safety helpline on 0808 800 5002 for general advice or help with parental control settings for your home internet or devices.
- There is an excellent tablet app from Internet Matters built to help parents have a conversation about online safety with their children. Just search Internet Matters on the app store.

An infographic with five vertical panels, each representing a letter of the word 'SMART'.

- S** Stay Safe: Don't give out your personal information to people / places you don't know. Illustration: a smiling computer monitor and a smartphone.
- M** Don't Meet Up: Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.
- A** Accepting Files: Accepting emails, files, pictures or texts from people you don't know can cause problems. Illustration: two children holding hands.
- R** Reliable?: Check information before you believe it. Is the person or website telling the truth? Illustration: a man and a woman.
- T** Tell Someone: Tell an adult if someone or something makes you feel worried or uncomfortable. Illustration: a green starburst with the text 'Follow these SMART tips to keep yourself safe online!'.