

THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



Friends of Liscard Primary School (FoLPS)

Thank you for all your donations for the 'Show Some Love Sale' that takes place this Friday March 17th 2023. All children will have the opportunity to visit the sale. The costs of gifts range from £1 to £4.



Comic Relief Friday 17th 2023



We will be supporting Comic Relief this year. Children can wear anything red to school this Friday. We would appreciate children bringing in a donation of £1 to school.

FRIDAY 17 MARCH Our donations will be used to contribute to the support for victims of the recent earthquakes in Turkey and Syria. Thanks for your support.

Cold Weather



We may experience really cold weather. Please can you make sure that your child is dressed appropriately for school (sweatshirt/jumper and a warm coat with your child's name in).

Many thanks for your understanding about the school closure on Friday. A large number of teaching staff travel a considerable distance to work. Weather conditions were such that it was unsafe for them to travel. The school site was also not safe due to the snow fall and frozen water.

School Sensory Room

We have converted an attic space into a fabulous multi-sensory room. Thank you to our SENDCo, Mrs Squirrel, the Admin and Site team for all their work in planning, preparing and organising the resources.



School Discos- March 23rd 2023



NEU Strike Action

The next planned strike for NEU members is planned for Wednesday 15th March and Thursday 16th March 2023. As I have mentioned previously, union members are under no obligation to inform the headteacher they are striking. We are lucky to have a good relationship with our union representatives. NEU members at Liscard have told SLT their intentions as to whether they will be coming into school. If your child's class teacher was not in work last time please assume that this will be the case again. A message has been put on dojo on the class story of the classes where all children are expected to attend school. Please check your child's class dojo. Thank you for your patience and understanding.





Celebrating Great Work From Last Week

*Thank you for
going above
& beyond.*

Year 6



The Year 6 children have been using the techniques they learnt from Faith Bebington to make 3 dimensional models of key words. The children used tape and newspaper to create empowering words.

BRILLIANT

Year 5

The children enjoyed creating multi track compositions using a variety of apps. They discussed how modern music is created and how they can use their computing skills to produce music digitally. The children are looking forward to using Garage Band to create our final multi track composition!



Year 4



Year 4 children have been using a new app called Blooket. It is a really fun way for the children to practise and apply their knowledge of multiplication tables.

Year 3

The children in Year 3 have been exploring the properties of rocks as part of their science lessons.



Year 2

The children have been learning about the importance of exercise.



ATTENDANCE AWARDS

5JS 100%
2CL 98.5%
FSC 93.5%

Let's see which classes have the highest attendance this week!



WALL OF RECOGNITION

Well done to the following children who have consistently followed the school rules of being kind, working hard and never giving up.

F1 KASPER

F2 REILLY

Y1 ANYA

Y2 ZAYN

Y3 OLIVIA

Y4 HENRY

Y5 MAGGIE

Y6 ADEM



Attendance

Well done to Mrs Keast's and Mrs Joynson's class who were winners of the attendance trophy for Key Stage 1. Congratulations to Miss Swaby's class who were the winners of the attendance trophy for Key Stage 2 with 100% attendance.

Mrs Cahill's class had the highest attendance across Foundation 2.

The overall attendance this week is 94.9%.






There were twelve classes that had attendance above the national average. Twelve classes improved their attendance from last week.



Every Day Counts



School Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Curry Day Choose from a homemade creamy chicken curry or a sweet potato & lentil curry served with basmati rice, Naan bread and sweetcorn. 	 Pitta Pockets Pitta filled bread with Mexican chicken, onions & peppers. Served with diced potatoes and peas.	Roast Dinner Choose from either home roasted meat of the week or a Quorn fillet served with roast potatoes, carrots, cauliflower, Yorkshire pudding and gravy. 	 Fish & Chips Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans.	
Jacket Potatoes are also available daily as a hot alternative. Or A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna, Chinese chicken, turkey and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, beetroot and peppers.				
Dessert A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yogurts and Cheese and Crackers.				

National Online Safety

The latest guide from the National Online Safety below provides support and guidance for parents/carers

Diary Dates

Monday 13th March – Friday 17th March –

Neurodiversity Week

Friday 17th March Show Some Love Sale

March 23rd 2023 School Disco

Friday 31st March School Closes for Spring Break

Monday 17th April School Opens

Monday 1st May Bank Holiday

Monday 8th May King's Coronation

Tuesday 9th May – Friday 13th May – KS2 SATs



Mrs. Sue Talbot

Headteacher

B.Ed(Hons) M.Ed NPQH LPQSH

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cathy Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of *Engage Support*, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National
Online
Safety®**

#WakeUpWednesday