

# THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



## Children's Mental Health Week

We will be working with the children to highlight the importance of good mental health. The theme for Children's Mental Health week is 'Let's Connect'.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. When our need for positive social connections is not met, it can lead to feelings of isolation and loneliness. These feelings can have a negative impact on our mental health.

The website Place2Be has resources for parents. Just paste the link below into your internet browser

<https://www.childrensmentalhealthweek.org.uk/families/>



## Protecting Children from Radicalisation on Line

Radicalisation can be really difficult to spot. Signs that may indicate a child is being radicalised include:

- isolating themselves from family and friends
- talking as if from a scripted speech
- unwillingness or inability to discuss their views
- a sudden disrespectful attitude towards others
- increased levels of anger
- increased secretiveness, especially around internet use.

**For advice please use the link below on the NSPCC website:-**

<https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/protecting-children-from-radicalisation/>



## Safer Internet Day - February 7th 2023

As a school we work continually with the children to raise awareness about how to keep safe on line. This week it is 'safer internet day.' There are resources for parents/carers available, just follow the link and register

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2023/parents-and-carers>

Please make sure you

check your child's online history so that you know

the sites that he/she/they are accessing.

Please remind your child about the potential dangers of sharing photographic images.



## Manor Lane - Inconsiderate Parking/Driving!

There have been a number of reports of parents driving up Manor Lane during the times of 8:45 - 9:15 and 14:40 - 15:40. The Police have been informed and they will be making unannounced checks. Anyone breaching the restrictions will receive a fine. We would appreciate you observing the restrictions for the safety of the children, parents and carers.



## LGBT+ History Month

This month we will be

celebrating at the legacy of

key members of the LGBT+ community. The children will

learn about Alan Turing and his amazing work to break

secret codes during World War II. They will learn about the struggles and achievements of Nicola Adams and Tom Daley.







## Celebrating Great Experiences This Week

*Thank you for  
going above  
& beyond.*

### Foundation 2

Thank you to all the parents/carers who attended the maths workshops. We hope you found them useful.



### Year 1

The children have been learning how to look after the chicks. They are growing quickly. The Site Team has built a larger pen for them.



**BRILLIANT**

### Year 3

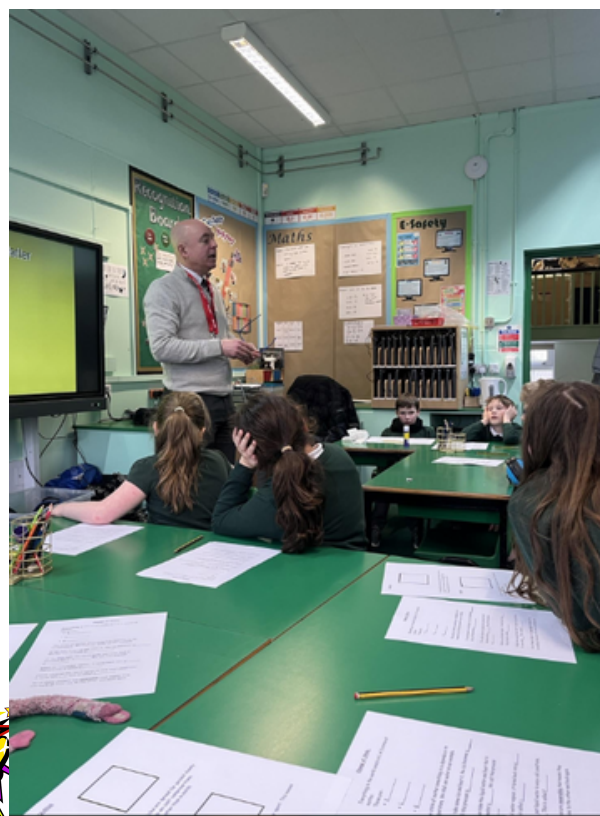
The children had a visitor this week. Bobby Singh talked to the children about his faith. He is a sikh. The children learnt about the 5Ks that mark a sikh's identity.



**SUPER!**

### Year 4

The children had a visitor this week to teach science. Mr Alport teaches at West Kirby Grammar School. He taught the children all about solids, liquids and gases.





## ATTENDANCE AWARDS

5CH	99.5%
5OF	99.5%
2JC	98.6%
FSC	95.3%

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	EMILY
F2	SEBASTIAN
Y1	HARDY
Y2	CHARLIE
Y3	ORLA
Y4	JESSICA
Y5	CHARLENE
Y6	RHEA



## Attendance

Well done to Miss Cogan's class who were winners in the attendance chart for Key Stage 1. Congratulations to Mrs Hughes' and Mr Finch's classes who were the joint winners of the attendance trophy for Key Stage 2.

Mrs Cahill's class had the highest attendance across Foundation 2 for the second week running.

The overall attendance this week is 95.14%

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



## Every Day Counts







## School Lunches



### Liscard Primary School - Week Three



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Homemade Pizza</b> Choose from cheese & tomato, pepperoni or ham & pineapple served with sweetcorn and pasta spirals	 <b>Sausage &amp; Mash</b> Choose from fresh butcher's quality pork sausages or Quorn sausages served with homemade mashed potatoes, peas and gravy	 <b>Fish &amp; Chips</b> Choose from either cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans	 <b>Spaghetti Bolognese</b> Choose from fresh minced beef or Vegetarian cooked with onions, garlic, tomatoes and herbs, served on a bed of pasta and broccoli	 <b>Fish &amp; Chips</b> Choose from either cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans
<i>Jacket Potatoes are also available daily as a hot alternative</i> Or <b>Deli Bar - Available Everyday</b> 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. <b>Dessert</b> 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 regarding strategies to talk to children about going on line safely.

## Diary Dates

<b>February 16th 2023</b>	School closes for half term
<b>February 17th 2023</b>	<b>INSET Day</b>
<b>February 27th 2023</b>	School re-opens
<b>March 2nd 2023</b>	World Book Day
<b>Thursday 16th March</b>	Show Some Love Sale
<b>Monday 20th March - Friday 24th March -</b>	<b>Neurodiversity Week</b>
<b>Friday 31st March</b>	School Closes for Spring Break
<b>Monday 17th April</b>	School Opens
<b>Tuesday 9th May - Friday 13th May -</b>	<b>KS2 SATs</b>



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# Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life...

## MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time; they could be considering how to phrase something specific, or they may be gauging your reaction.

## BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

## REMAND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

## KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

## DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for effect – such as someone's relationship, their body, having perfect skin and so on.

## TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

## CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

## Meet Our Expert

Rebecca Jennings of Balfour Beatty (Publishing Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RSE curriculum.



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