

THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ

Friends of Liscard Primary School (FoLPS)

Thank you for all your donations and your support for the 'Show some love sale.' Thanks go to the Friends of Liscard who spent a considerable amount of their own time preparing the gifts to sell.



Comic Relief Friday 17th March 2023



Many thanks for supporting Red Nose Day. We really appreciate you thinking of others, particularly at a time when most people are

struggling financially. Your kindness and compassion is unbelievable.

Neurodiversity Week

	Equality is everyone getting a pair of shoes.
	Diversity is everyone getting a different type of shoe.
	Equity is everyone getting a pair of shoes that fits.
	Acceptance is understanding we all wear different kinds of shoes.
	Belonging is wearing the shoes you want without fear of judgment.

Our assemblies this week have celebrated how we are all different. The children were introduced to famous people who have used their differences as strengths. Role models included the basketball player Michael Jordan (ADHD), the actor Danny Taylor (dyslexia), the singer and songwriter

Lewis Capaldi (Tourettes) and the footballer, sports commentator/ BBC presenter Alex Scott (dyslexia and speech impediment).



Engage - Enrich - Empower



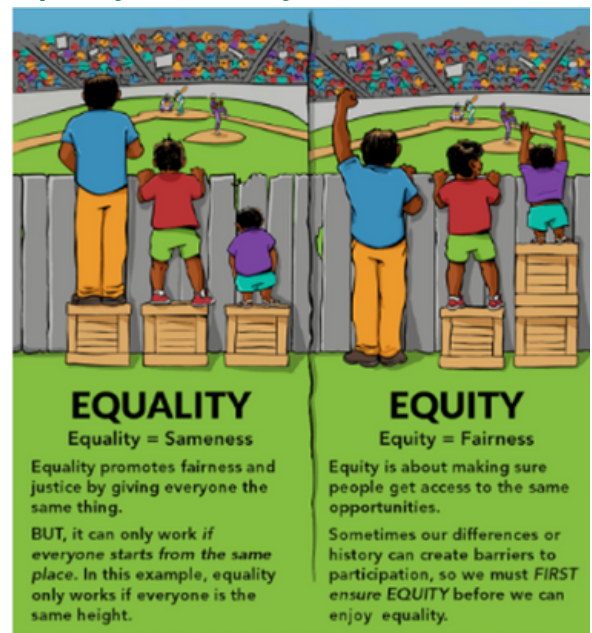
School Discos- March 23rd 2023



Tickets for the school disco are on sale. Please send the money in to your child's class. **FoLPS are really short of volunteers. If we don't get enough volunteers we will**

have to cancel the event. This would be a real shame as the children look forward to it. **If you are able to stay and help (particularly for the Year 5/6 disco), please let FoLPS, or Mrs Talbot know.** Thank you. 🌈 ❤️

Equality & Diversity



We have talking to the children about the differences between equality and equity.

Manor Lane

Please remember that you should **NOT** drive up Manor Lane to drop off, or pick your child up at the beginning, or the end of the school day. The selfish actions of a small number of parents/carers are putting everyone at risk.



Celebrating Great Work From Last Week

Thank you for going above & beyond.

Early Years



BRILLIANT

Mrs Fanning's class enjoyed listening to a story read by one of our mystery readers.

Year 2



The children enjoyed a visit to Hebron Hall. Richard Dodd talked about how and why Christians perform Baptisms and showed the children how they take place in their church.

Year 4



The children have been learning new skills in PE. The skills are actually harder than they look!

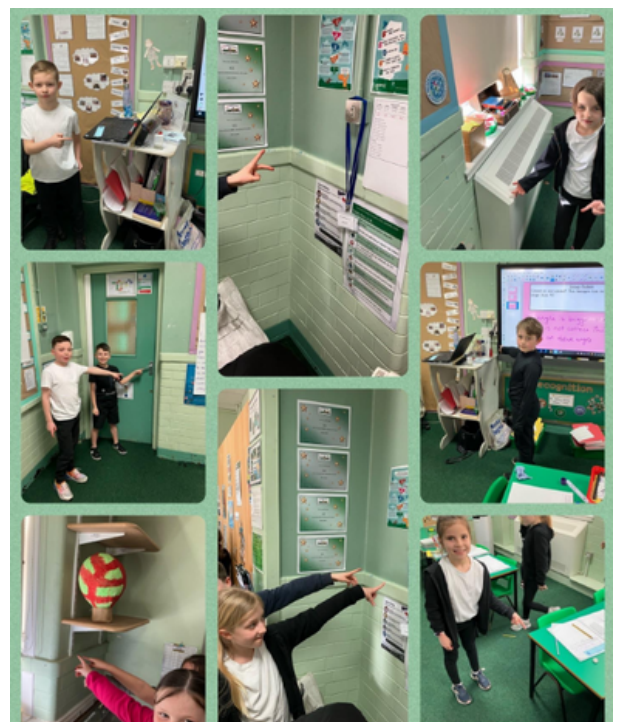


Year 1 - Minibus Mondays

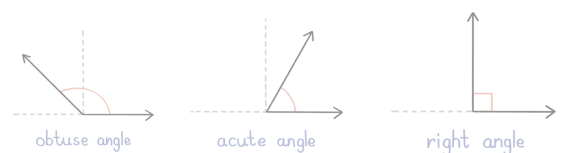


The current group of Year 1 'Minibus Monday' children enjoyed a trip by the coast and sketched the lighthouse at New Brighton. The children have produced some beautiful artwork.

Year 3



The children in Year 3 have been learning about the properties of angles in mathematics. Great fun was had finding examples of obtuse, acute and right angles in the classroom.



ATTENDANCE AWARDS

5JS	100%
4SJ	100%
2JC	98.1%
FJP	93.3%

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	MAGGIE
F2	IVY
Y1	TED
Y2	LILY-MAE
Y3	RONAN
Y4	ALYVIA
Y5	NOAH
Y6	JESSICA



Attendance

Well done to Miss Cogan's class who were winners of the attendance trophy for Key Stage 1! Congratulations to Miss Swaby's class who were the joint winners of the attendance trophy for Key Stage 2 with 100% attendance. Miss Jenkin's class had 100% attendance also.

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

The overall attendance this week is 94.61%.



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



Every Day Counts



School Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Goujons Breaded chicken goujons baked in the oven and served with homemade herb & sweetcorn. Veggie goujons available as a vegetarian alternative.	 Spanish Chicken Chicken breast cooked in homemade tomato and pepper sauce. Served with rice and peas.	Pasta Bar Choose your pasta - spirals or spaghetti. Choose your sauce - homemade bolognese, tomato & herb or cheese. Top with a choice of cheese, ham or tuna. Served with a mixed salad.	 Burger Day Choose from a butcher's quality beef burger or a vegetable burger, served in a bun with a corn on the cob and coleslaw.	Fish Fry Day 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.
<i>Jacket Potatoes are also available daily as a hot alternative</i>				
Or Deli Bar - Available Everyday 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, Yoghurts and Cheese and Crackers.				

National Online Safety

The latest guide from the National Online Safety below provides support and tips for parents/carers on ways to stay safe and healthy when on line.

Diary Dates

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 12th 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