



# The Parkland Federation

Aim High, Work Hard, Dream Big

If you see someone without a smile, give them one of yours

11th November 2022

Dear Parents and Carers,

A very warm welcome to our first newsletter of Term 2. I would like to start by thanking you all for your very generous harvest donations at the end of Term 1. The local Food bank were highly appreciative and our community really helped to make a difference. We hope that Year 3 parents enjoyed the celebration at St Mary's Church too. Pupils at Parkland Infant School put on a wonderful performance for the nursery as well as the local residential home. The performance can be watched on the blog at the bottom of our school website. [Parkland Website](#).

We have also recently launched a new video which can be found at the front of our website. This is to support those parents looking to choose our school for their child ready for September 2023. Please do feel free to take a look at some of the activities that happen during and after the school day at Parkland. We are exceptionally proud of it! New intake [video link](#)

# WELCOME BACK!





## EYFS

EYFS have enjoyed learning about our new topic 'People Who Help Us'. This week we've been learning about firefighters and the important role they play in our community. We've listened to a new story called 'George's Dragon at the Firestation' as well as thinking about bonfire night and Diwali. We loved learning about the special traditions some people follow.



In Maths, we've been learning to find one less than a given number. The children have been busy in our new role play area for police officers and postal workers. All very exciting! We've also been super impressed with how well they've settled back into school after the break. Well done, Kerr and Inkpen!

Congratulations to our Stars of the Week Emily (Kerr) & Olivia (Inkpen) and also to our Dojo winners Amelie (Kerr) & Aletheia (Inkpen).



## Year 1

Year 1 have had a very productive first week back! We have written a recount of the story of 'Juniper Jupiter' the superhero and have solved some tricky mathematical word problems.

We have also begun a new Geography topic looking at a variety of different maps. We have looked carefully at the 'key' on a map and the different symbols used too.

In RE, we have drawn and written about our favourite gifts and in PSHE we have been thinking about similarities between us and our friends.



Congratulations to our Stars of the Week: Sam & Alfie JD (Blake) and Teddy & Summer (Donaldson) and also to our Dojo winners Hayden & Jaxson (Blake) and Lily & Scarlett (Donaldson).



## Year 2

This week, Year 2 have enjoyed learning how to make effective instructions in English. Now we all know how to make the best jam sandwiches! In Maths, we have been learning how to find related facts using part-part-whole models.

In dance, Year 2 used their knowledge of dinosaurs to create their own incredible dance routine. We were able to listen to some dinosaur inspired music which helped us to choreograph our own dance moves.

We have begun a new RE topic where we are exploring the different values of Christianity. So far, we have talked about what it means to be kind and linked this to the story of 'The Good Samaritan'.

Congratulations to our Stars of the Week Darcy & Yasmin R (Santat) and Kitty, Ava & Nya (Beaty) and also to our Dojo winners Clara & Rose (Santat) and Victoria, Tyler & Lillie (Beaty)



## Year 3

Before the half term break, the children did a fabulous job of representing the school for our Harvest Festival. They performed well and behaved beautifully in St Mary's church. It was lovely to see so many parents join us and share the celebration.

The children have returned to school ready and eager to learn! In art, we took the opportunity to practise observational drawings of leaves and for science, we have begun to look at what makes a healthy diet as well as the different food groups. Our maths this week has been focusing on using the column method to add and subtract with exchanging. In English, we have been drafting and publishing our own descriptive writing of the rainforest. It has been very impressive.

Congratulations to our Stars of the Week : Madison, Tinni & Skye (Harrison), Pallavi & Koli (Woodson) and also to our Dojo winners Victoria, Ifei & AJ (Harrison), Layla & James (Woodson).

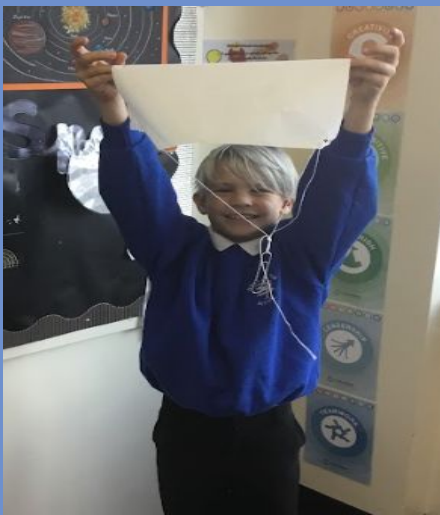
## Year 4



Year 4 have been hard at work during PE sessions, creating a dance routine in response to Egyptian-style music. The children listened to the music, worked together as part of a small group and then choreographed the first part of their Egyptian dance. The children all worked incredibly hard on their performances and will continue working on them next week. Year 4 took part in some excellent conversation work during French where they were greeting each other and asking one another how they were feeling. *Félicitations la classe, vous êtes merveilleux!*

Congratulations to our Stars of the Week: Amelia, Eric & Romeo (Blackman) Ellie, Lukas & Lucy (Walliams) and also to our Dojo winners Isobel, Isabella & Serene (Blackman) Emelia, Sophia & Alfie (Walliams).

## Year 5

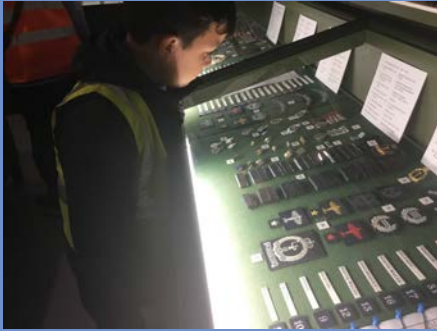


Year 5 have been working so hard over the past two weeks! We have been practising for our Christmas Show - Panto Pandemonium! We are so pleased with how the children have responded to this and how excited they are! We have already learnt some of the songs and have begun rehearsing! We can't wait for you to see it! In science, the children made their own parachutes of different sizes and timed how long they took to reach the ground. We have also started to write our biographical recount for our key adult, Katherine Johnson. We have researched her life and achievements and are looking forward to presenting our findings!

Congratulations to our Stars of the Week: Hollie and Jaiden (Wilson), Elizabeth and Henry (Zephaniah) and also to our Dojo winners Noah and Bella Pal(Wilson), Beth and Eden (Zephaniah).



## Year 6



Year 6 had a fabulous day at Newhaven Fort (despite some adverse weather conditions). It provided the children with the opportunity to experience a snippet of life in WW2. The children wowed the staff at the fort with their knowledge! It was a fun and informative trip and everyone had a great time.

Electricity is our new topic in Science and the children had great fun making circuits with switches, lights and buzzers. In English, the children are independently writing a set of instructions about a subject of their choice. There are some amazing cooks within the year group! RE is all about commitment and how difficult it can be to keep these. We are focussing on commitments made by Muslim people.

Congratulations to our Stars of the Week Lilly (Rosen) Tag and Tommy (Mian) and also to our Dojo winners Jesse (Rosen) Laila and Jason (Mian).

## This week's Attendance:

Excellent attendance at school allows a child to have the best possible start in life. All pupils should aim for at least **97%** attendance in order to ensure they do not miss out on their education.

Inkpen Class (YR) 93%	Kerr Class (YR) 94%	Blake Class (Y1) 95%
Donaldson Class (Y1) 95%	Santat Class (Y2) 95%	Beaty Class (Y2) 95%
Harrison Class (Y3) 95 %	Woodson Class (Y3) 94%	Walliams Class (Y4) 96%
Blackman Class (Y4) 96%	Zephaniah Class (Y5) 96%	Wilson Class (Y5) 95%
Mian Class (Y6) 94%	Rosen Class (Y6) 95%	The Highest Attendance Award goes to Walliams, Blackman, and Zephaniah class. Well done!



## Eco Committee

The children have been so **proactive** in their approach to ensuring that lights are turned off around the school and our school is litter free. Our **Eco tip** this fortnight is to ensure that lights are turned off when they are not needed! It will also help save on ever increasing electricity bills!



## School Council

Our Junior **Citizen of the Fortnight** this week is Benjamin from Walliams class for always working hard and being a positive role model to others.

Our Infant **Citizen of the Fortnight** this week is Theo from Kerr class for always looking after the environment.



A huge **thank you** for all of the donations from Term 1. All of our Harvest donations were gratefully received by the local **Food bank** who will let us know soon how many meals we managed to provide.



Our **Children in Need** mufti day is fast approaching and we will be joining in with the Nationwide fund raising event on **Friday 18th November**. This year our theme is **spots** so we would love to see all of the children in a variety of spots. Donations for this event can be made via [Parentpay](#). We appreciate your support with this event.





## Coming In Routines

Thank you to everyone at home for helping ensure all children have a smooth transition in the morning by following our one way system. Don't forget that if you have a message for the teacher, please pass these to the teaching assistant at the gate/door as teachers begin teaching as soon as children arrive. If you would like to speak to the teacher directly, please wait at the end of the day when they will be happy to help. A gentle reminder that our day starts at 8.45am when the register is taken and children start their formal learning. Thank you so much for your support with this.



## Uniform Expectations

Don't forget to ensure that your child attends school in the correct school uniform (including footwear) from September. The link can be found here: [Website - Uniform Link](#)

Please remember that children should not wear any jewellery other than stud earrings. Bracelets, rings and necklaces etc are not permitted for health and safety reasons. Now that the weather has become colder, please ensure that children come to school with jumpers and jogging bottoms for PE rather than shorts as we will continue to be outside. Thank you in advance for your support.



## Science Awards

Congratulations to Cayden in Santat class, for his amazing work in science in Term 1. Miss Wilson is so pleased with you! Well done!

The Junior award goes to Bridie in Mian class. Miss Williams says, she is always sharing her amazing knowledge and working really well as a team, supporting her peers. Bravo!



**Congratulations**

## American Teachers

We are really excited to have five American teachers join some of our classes recently. They will be with us until the end of term to look at how an English school operates and will be sharing with the children what school life is like in America. A huge Parkland welcome to Miss Davidson, Miss Gaspardo, Miss Kirchgessner, Miss Murray and Miss Stewart.

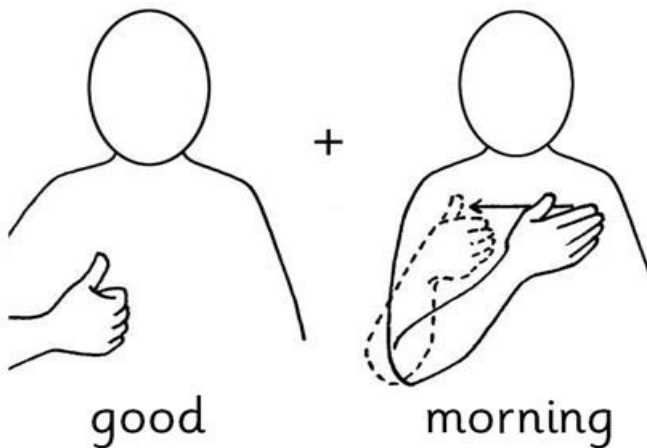




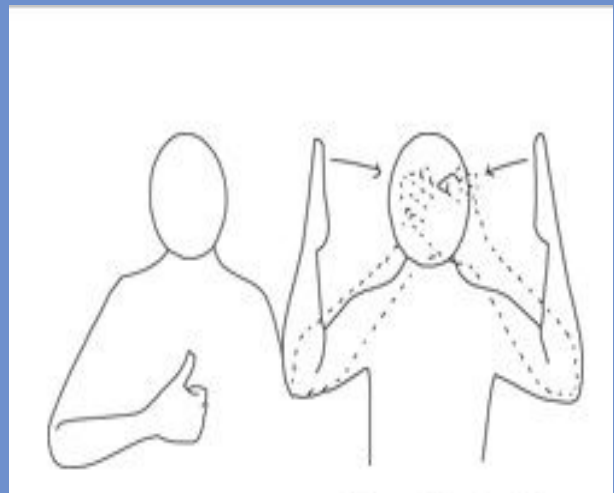
At Parkland, we are always looking at ways we can be more inclusive and are always striving to ensure our pupils are prepared to be successful citizens in the wider community. To develop this further, we have started to teach Makaton to the children. Makaton is a unique language programme that uses symbols, signs and speech to enable people to communicate. Each week, the children will be taught 3 or 4 new signs and symbols and will be encouraged to use these alongside their communication. Here are some of the signs we have learnt over the last few weeks!

Click on the sign to watch a video that shows the sign in action.

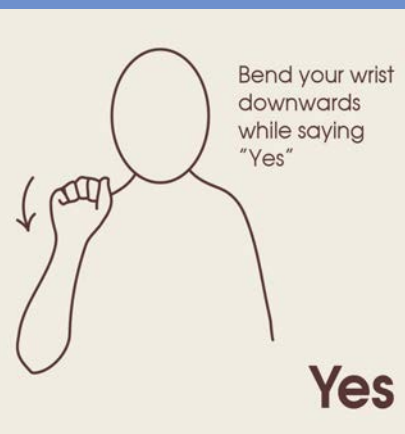
## Good morning



## Good night



## Yes



## No



# Mental Health and Wellbeing Support



Swale  
ACADEMIES  
TRUST

CLICK  
HERE



on Safeguarding For Parents Curriculum **Health & Wellbeing** Remote Education



## HELLO NOVEMBER!

We hope you can join us at our events this month:

### 11TH NOVEMBER

Hastings/Bexhill Coffee Morning  
10am – 12pm

The Pelham, Hollier's Hill, Bexhill, TN40 2DD

A safe space for parents to meet, chat and connect  
with each other

### 14TH NOVEMBER

Online Parent/Carer Coffee Morning  
8pm-9pm

Come and listen to a CAHMS talk on supporting  
young people who are struggling with their mental health.  
Please email us for the Zoom link.

### 24TH NOVEMBER

Eastbourne Coffee Morning  
10am - 11.30am

Printers Playhouse, 49A Grove Rd, Eastbourne, BN21 4TX

We will be joined by Ticktock Therapy: Tourette's support  
& advocacy

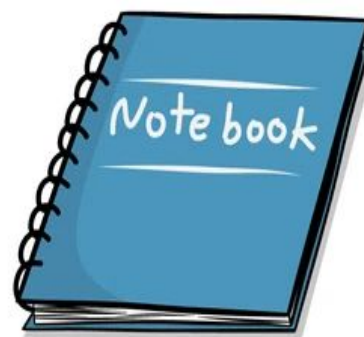
Email holding space at [hello@holdingspace.org.uk](mailto:hello@holdingspace.org.uk) to book  
your place



# Important Dates and INFORMATION

## Diary Dates

18th November	Children in Need - Mufti £1 Donation
22nd November	Van Cols - Infant pupil photos (individual) - <b>For a family photo - please arrive at 8.15am (usual gate) and access the school hall via the Office foyer.</b> No family groups during the school day.
23rd November	Van Cols - Junior pupil photos (individual) - <b>For a family photo - please arrive at 8.15am (usual gate) and access the school hall via the Office foyer.</b> No family groups during the school day.
Going up to Junior School?	Apply online by <b>15th January 2023</b>
Starting School for the first time (Born between 1 September 2018-31 August 2019)	Apply online by <b>15th January 2023</b>



thank you!



# What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



## 1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

## 2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

## 3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

## 4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

## 5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

## FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

**Childline:** talk to a trained counsellor on 0800 1111 or online at [www.childline.org.uk/get-support/](http://www.childline.org.uk/get-support/)

**National Bullying Helpline:** counsellors are available on 0845 225 5767 or by visiting [www.nationalbullyinghelpline.co.uk/cyberbullying.html](http://www.nationalbullyinghelpline.co.uk/cyberbullying.html)

**The NSPCC:** the children's charity has a guide to the signs of bullying at [www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/](http://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/) and can be reached on 0800 800 5000

## 6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

## 7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

## 8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

## 9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

## 10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





# What Parents & Carers Need to Know about OVERWATCH 2

A long-awaited sequel to 2016's massively successful Overwatch, this is a futuristic shooting game with a focus on teamwork and strategy which gives it an extra dimension to the majority of titles in the genre. Its cast of characters is diverse and memorable, while there's a definite (and rewarding) learning curve to players improving their skill. Created by established developers Blizzard Entertainment, Overwatch 2 is free to play, with an emphasis on competitive multiplayer action – meaning that children may want to play the game even more simply because their friends have it.

AGE RATING

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12

## WHAT ARE THE RISKS?

### MULTIPLE PASSWORDS

Overwatch 2 supports convenient cross-play across consoles and PC – as long as users link all their devices under a unifying account on the Blizzard battle.net platform. This has other benefits (preserving a player's original skins for use in the new game), but if your child does want to link their accounts, be warned: the process can be extremely tricky and requires multiple passwords.

### VOICE CHAT

As a shooting game which focuses on fast-paced, competitive play, teamwork is central to getting the most out of the Overwatch 2 experience. Many players use voice chat to coordinate with other users – often with friends, but sometimes also with strangers. In either case, this means your child is in contact with others, who may – for example – use offensive language in the heat of the moment.

### IN-GAME PURCHASING

Like many free-to-play games, Overwatch 2 offers in-game purchases for unlocking its colourful skins. While new characters arrive as part of a free 'battle pass' each season (normally lasting around three months), players can unlock them much earlier by buying a premium version of the pass. There are also in-game bundles (with varying costs) themed around certain characters or events.

### VIOLENT GAMEPLAY

Overwatch 2 heavily features combat, although the on-screen shootouts are relatively sanitised. Most of its characters are of a fantastical nature (there's a gorilla scientist with a laser weapon, for instance, and a DJ on roller-blades who fires sound energy), but some – such as Reaper, an assassin in a wrath-like metal mask – are a little on the darker side and could unnerve younger players.

## Advice for Parents & Carers

### ASSIST WITH ACCOUNT LINKING

If your child is trying to link their accounts from different devices together, it might be wise for you to help them set it up. Not only should it enable the process to run more smoothly (and save you being asked for the passwords for each account), but you'll also be able to make sure that the website for linking is correct. We've put the right web address under the expert's bio at the bottom of this guide.

### MONITOR COMMUNICATIONS

Playing Overwatch 2 with friends is almost universally the most popular way to enjoy the game. If your child is playing with a new friend they only know online – or a stranger – you may want to monitor the chat to make sure they aren't being exposed to anything unsavoury. You might also decide to adjust the in-game voice chat settings so only confirmed friends can speak to your child.

### USE IT AS INSPIRATION

Overwatch characters represent many races, nationalities, gender identities and sexual orientations. This eclectic roster of heroes offers a superb jumping-off point for discussing racial, sexual or gender diversity with your child. Whether it's finding Nepal on a globe together or talking about non-traditional relationships, the game could be an excellent conversation starter.

### LIMIT IN-GAME SPENDING

The loot boxes featured in the first Overwatch have been replaced by a rotating storefront – so users only have a set time to purchase a skin or item before it becomes unavailable. Your child can still earn plenty of items, however, through the free Battle Pass. In any case, we'd advise removing any payment methods – or at least setting limits in advance – if you're worried about in-game spending.

### WATCH SOME GAMEPLAY

Overwatch players fight with an array of weapons and explosives, but the battles are presented in a way that forgoes blood, gore or dismemberment, regardless of the mode or characters selected. The game also usually avoids the word "kill" – referring to "eliminations" instead. Watching footage of Overwatch 2 on YouTube could help you decide whether it's suitable for your child before they play.

## Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of gaming, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Safety®  
#WakeUpWednesday