



I'd like to begin this week's Newsletter with a particular note of thanks to the parents off of the back of last week's one. I have seen a noticeable improvement in the standard of uniform this week: far more pupils with ties, shoes and skirts without leggings. As a school, we really appreciate your support with this and it really does get noticed.

This week at BPA there have been trips galore. I was very fortunate to be part of many of them including: Year 3 and 4's trip to Yorkshire Water where our tour leaders were very impressed with the high level of existing knowledge the children had around the water cycle and the processes involved in water treatment. We also had our Gold Award Trip to the Cinema on Thursday morning which was amazing and a thoroughly deserving treat for all of those pupils who had been on Gold on our behaviour chart 10 or more times during the Autumn Term. We have another exciting trip planned at the end of the Spring Term and then again in the Summer, so keep encouraging the children to get on that Gold level as much as they can so that they can be part of these wonderful trips out.

I'd like to end by once again thanking everyone in our school community for their support this half term and wish you all a relaxing February half term break.

OF the WEEK!

Miss Greenwood: Edie
Miss Axall: Teddy
Mrs Millington: Kayla
Miss Gregory: Lucas
Miss James: Cady-Leigh
Miss Wightman: Logan
Miss Roebuck: Poppy
Miss Beck: Miguel
Mrs Hrintchuk: David
Miss Marr: Charlie
Mrs Spivey: Joshua
Launchpad: Charlie
Mrs Willets: Elissa

Ready for dance!



well
done!



Parent notices

ASTROTOTS!

Every Thursday morning from 9:00am - 10:00am in the school house. Please ring the school office and book your place.

APPOINTMENTS

If your child has a dental/medical appointment, you **MUST** provide the appointment card at the office for us to be able to authorize this absence.

CLUBS!

All after school clubs restart Monday 21st February.

Valentines Day Dinner

We will be having a special Valentines day dinner menu on Tuesday 21st February.



IMPORTANT DATES

- Monday 20th February: School reopens
- Tuesday 21st February: Valentines Dinner
- Friday 3rd March: World Book Day!

VALENTINE'S DAY

Cupid's Cheese & Tomato Pizza
Hearty Vegetable Quorn Nuggets
Served with Arrow Chips, Be My Baby Baked Beans or Golden Sweetcorn
Dreamy Chocolate Muffin

Talk to your catering team for more information



WELL DONE!

This week at BPA...

WELL DONE!



Children's mental health week! We played a game called 'Let's talk behind your back'. We all wrote nice things about our peers on their backs. The children loved reading them after, we even had some happy tears. We loved getting involved too.



Child's mental health week. Here we are connecting with our friends by creating our own valentines cards



Amazing Science experiment in Year 6 this week.

Why do polar bears have a layer of fat under their skin?

IMPORTANT

Uniform Policy

IMPORTANT

As a school we have noticed lots of children without ties, some in leggings and some wearing trainers. Our school uniform policy clearly states that children should come to school in the full uniform they were provided with at the start of the year along with a suitable pair of black shoes **NOT** trainers.



Follow us!



FUNANZA DAY



FRIDAY 17TH FEBRUARY 2023

Participants aged 5-12

1st session 10am-12pm

2nd session 1pm-3pm



ELLAND ROAD FOOTBALL STADIUM

Explore Elland Road with challenges, games, and prizes to be won.

Come with your friends, family, and make new friends while you explore the home of Leeds United.

**£25
PER TICKET**



To register interest please scan the QR code or contact:

sean.benn@leedsunited.com

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.

REMIND 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 RAISE (Raising 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 RSHE curriculum.



National Online Safety®

#WakeUpWednesday

