

This week's news and notes from ...

Upper Key Stage 2

19.1.24



5A Multitalented Margays (Mr English)

5B Terrific Toucans (Mrs Anderson)

6A Creative Capybaras (Mr Jefferson, Miss Hudson)

6B Dynamic Dartfrogs (Miss Parker)

Homework has been sent out electronically to all year groups, which links to their Commando Joe topic this half term. Please submit homework via our school twitter page adding the correct hash tag:
Year 5A- #hpps5AMultitalentedMargays
Year 5B- #hpps5BTerrificToucans
Year 6A= #hpps6ACreativeCapybaras
Year 6B= #hpps6BDynamicDartfrogs

NEWS

Year 5

This week, Year 5 have finished their writing about building suspense, well done, some fantastic pieces of work. In Maths, we have nearly finished our unit on Multiplication and Division. Keep practising those written methods! Furthermore, Year 5 thoroughly enjoyed our visit from the Army! They learnt that the army has over 201 jobs to offer!

Year 6

In Maths, we have been revising decimals and looking at fractions as division. In Literacy, we have been boxing up our text, Keep off the tracks!, and innovating it in line with our topic of the Blitz! During careers week we have enjoyed speaking to a wealth of knowledgeable professionals and thoroughly enjoyed our trips to ABS engineering and Northumbria Water.

Attendance is our driver to success

Attend today: succeed tomorrow

This weeks attendance winners were... Y5B	Whole School Winner was... Y5B with 99%
Year 5A	97%
Year 5B	99%
Year 6A	94%
Year 6B	92%



Helpful Websites

- www.uk.mathletics.com
- www.myon.co.uk
- www.ictgames.com/mobilePage/coinCalculator/index.html
- [Weekly Online Safety Updates](#)
- <https://www.hadrianparkprimary.org.uk/computing-online-safety/>

Dates for dairy:

5.2.24—Children's Mental Health Week

Reminder!

REMINDERS

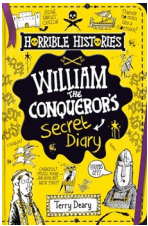
- 5A PE days TUESDAY AND WEDNESDAY
- 5B PE days WEDNESDAY AND THURSDAY
- 6A PE kit days are now Tuesday and Friday
- 6B PE kit days are now Monday and Friday
- Year 6 will be going on bike rides every Friday so please make sure children are dressed appropriately.

Reading in Lower Key Stage 2.

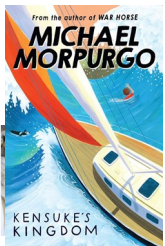


In class, we are reading:

5A and 5B



The Diary of William the Conqueror.



6B

This book is about a boy stranded on an island with his dog.



6A

This book is about a boy with terrible luck.

At Hadrian Park Primary School, **we love** reading! Reading is a fundamental skill that is the key to all other aspects of learning, as it impacts everything your child does. Sharing a book together is a time to connect, explore other worlds and meet new characters. To help support your reading time with your child, please find a few top tips and questions below to help you delve that little bit deeper into a treasured book.

How to support your child with reading at home:

- Enjoy reading together. Find a comfortable, quiet place to read and make reading part of your daily routine.
- Read as widely as possible. Explore fiction and non-fiction.
- Listen to your child reads aloud daily. Try for 10 minutes.
- Read to your child, enjoying books together and showing them how an expert reads.

Questions to ask your child when reading at home:

- How did you work out that word? Can you sound it out?
- What happened in the story? What were the main events?
- What do you think will happen next? What are the most important pieces of information? Why did you think the character did that?
- How do I find out about? What does an index / glossary / contents do?
- Why did the author write that? What do you think the author meant by that?
- How does the story make you feel? What did you like / dislike about the story and why?
- Does this book remind you of another that you have read? Do you know any other books

E-Safety Update...



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

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/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting 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/ 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 stem 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.



National Online Safety

#WakeUpWednesday