



# Shilbottle Primary Newsletter

Week 3 – 20 September 2019

**YEAR 6** parents PLEASE REMEMBER to do this sooner rather than later 😊 APPLY [the online portal is now open] for your child's Year 7 school place.

It's the open night @ DCHS on:

Wednesday, 25 September 2019

5:00 – 7:30 p.m.

[Online application for Duchess' High School \[current Year 6\] click here to get started](#)

## After School



from 9 Sept

Monday	Ceilidh Band	Y2 – Y6
Tuesday	Football – Newcastle Football Foundation	R – Y6
Wednesday	Normal Activities	WS
Thursday	Tennis/Badminton – Grant	R – Y6
Friday	Basketball	Y2 – Y6

## STAR OF THE WEEK



RECEPTION: Osian Duran

YEAR 1: Malakai McMillan

YEAR 2: Charlotte Maddison

YEAR 3: Ciara Hattel

YEAR 4: Nuala Hutton

YEAR 5: Euan Roberts

YEAR 6: Harriet Gaines

## BEST PRESENTATION &

## HANDWRITING

RECEPTION: Tommy Charlton

YEAR 1: Amelia Gaines

YEAR 2: Lucas Pringle

YEAR 3: Maisie Charlton

YEAR 4: Amelia Stewart

YEAR 5: Scarlett Jackson

YEAR 6: Sian Grimes



## Pearl of Africa



On Thursday, Year 5 had an excellent and very informative

workshop with the Pearl of Africa Choir. Several pupils also attended the evening concert in St Paul's Church 😊 where their performance was well received.



PIC•COLLAGE



## ATTENDANCE WINNERS THIS WEEK

RECEPTION CLASS 100%

Remember ... Keep checking our School Website Facebook & Facebook Pages 😊

[www.shilbottle.northumberland.sch.uk](http://www.shilbottle.northumberland.sch.uk)



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## HEAD TEACHER AWARD

RECEPTION & KS1: Emilia Wilson

KS2: Francesca Stewart

## SMALL GROUP

### VIOLIN/GUITAR/KEYBOARD

Just to remind parents whose children have signed up that the above lessons and ASC Ceilidh Band will start on Monday 23<sup>rd</sup> September - Don't forget to bring their instruments into school.

## Friendly Frogs Pre School Nursery

Do you have a child or know someone who does [aged 1 – 4 years] who is ready for Pre-School Nursery? A small number of spaces are available so ... call in and have a look!



### Children younger than 1?

Have you put their name on the Friendly Frogs waiting list to secure their place?



Please pay online whenever possible ☺ it saves everyone time and it helps you to keep track of your payments – we're happy for you to be in credit!

### ARE YOU ENTITLED?



HAVE YOU APPLIED?

**Free School Meals**

Are you entitled?



## WHOLE SCHOOL BEAMISH TRIP THURSDAY 26<sup>TH</sup> SEPTEMBER

Remember ... Keep checking our School Website Facebook & Facebook Pages ☺  
[www.shilbottle.northumberland.sch.uk](http://www.shilbottle.northumberland.sch.uk)





# Fun, Respect & Friendship – Every child matters to us

## Shilbottle Primary Newsletter



Social media has its benefits for connecting with friends, sharing experiences and widening their understanding of broader issues beyond their local community. The challenge with connecting and sharing experiences via social media is that these shared experiences are often via images. Wanting to fit in and caring about their physical appearance is a perfectly normal part of adolescence. However, with the easy access of image changing software and filters, this physical appearance is often not the reality, further increasing the pressure for young people to gain or portray unreal perceptions.



### What parents need to know about **SOCIAL PRESSURES LINKED TO 'APPEARANCE'**



#### ONLINE APPEARANCE AND MENTAL HEALTH

The opportunity to change physical appearance through social media apps is creating a high level of perfectionism for children to portray themselves faultless and compare themselves to images which are sometimes unreal. This can lead to anxiety, depression and poor self image and an overall sense of never feeling good enough. Having poor self image can affect the way that your child interacts with others and how we care for ourselves.

#### AIRBRUSHING

Refers to the retouching done to an image that changes the reality of the photo. It may include removing people, objects, altering body shapes or removing blemishes like acne or scars. The digital technology to enable airbrushing is now widely and easily available for desktop computers and social media apps. It is sometimes known as 'Photoshop'.



#### FILTERS

Filters applied to manipulate a photograph are another way of creating a distortion of what is real. Software within social media apps reconfigure your face and skin to look more aesthetically pleasing. As innocent and fun as these filters may seem, they are sending a message that we are more attractive when our features are modified.



#### APPS WHICH CHANGE APPEARANCE

These relate to free downloadable apps or options within social media apps which create a fun and easy way to alter your appearance. They are designed to be fun and can become addictive because once an altered image is used, it is very difficult to revert back to an unaltered version of themselves.



#### MULTIPLE PHOTOS FOR THE PERFECT IMAGE

Taking multiple shots to capture the perfect image to put onto social media is another way of disguising reality. Creating an image which receives approval from peers through multiple comments and likes exacerbates the desire for a perfect picture and the approval for continuing to achieve the perfect image.



### Safety Tips For Parents



#### QUESTIONS TO CONSIDER BEFORE TALKING TO YOUR CHILD

- Do most of their social media photos have a filter/image changing app on them?
- Do they often talk about wanting to gain comments and 'likes'?
- How often do they talk about their physical image in a negative way?
- Are they excessively anxious about their physical appearance, to the point it impacts on their every day life?

If you have answered yes to most of these questions, then it would be a good idea to have a discussion about their use of image altering apps.

#### DON'T GO COLD TURKEY

Talk with your child about taking new unaltered images of themselves and sharing it with family first and then posting on social media. Perhaps ask other members of the family to send or post on social media unaltered pictures of themselves.



#### BE COMPLIMENTARY

Whilst improving body image starts with the child's image of themselves, complimenting them daily on their personality and qualities will provide external, positive encouragement about themselves, away from just their physical appearance.



#### DAILY APPRECIATION

When we have the sense that we are not good enough, we can feel like we are always falling short. You and your child together might want to create a gratitude journal, board with post-it's or wipe board where you write down things that you are grateful for or appreciate. This could range from the weather to a kind deed or to a piece of work that went well.

#### CHANGE THE STORY

We all have a narrative or a story we've created about ourselves that shapes our core self image. Sometimes automatic negative thoughts like 'you're fat' or 'you're ugly' can be repeated in your mind so often that you start to believe they are true. These thoughts are learned, which means they can be unlearned. You can start with helping your child reframe the story into a more positive assertion or story. This will link to complementing and daily appreciation.



#### WHEN TO GET HELP

If your child becomes overly dependent, withdrawn or there is a change in behaviour over a prolonged period of time, they may need some professional support to help them. <https://www.nacp.co.uk/search/therapists> <https://www.themix.org.uk/> is good organisation as a source of support if your child wants to reach out for support themselves



#### Meet our expert

Anna Bateman is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

Twitter - @natonlinesafety

Facebook - /NationalOnlineSafety

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## Dates at a glance [so far...]

Mon 23 Sept	Ceilidh Band starts	Year 2 – Year 6	3:15 – 4:15
Thurs 26 Sept	BEAMISH	Whole School	All day
Fri 27 Sept	MacMillan Coffee Afternoon	Parents & Friends	2:00 – 3:00
Fri 11 Oct	HARVEST FESTIVAL	Whole School	1:30 – 2:30
Tues 15 Oct	Nasal Flu vaccinations	Rec – Year 6	Pm
<b>26 Oct – 3 Nov</b>	<b>OCTOBER ½ TERM</b>		
Mon 4 Nov	<b>STAFF TRAINING – SCHOOL CLOSED</b>		
Tues 5 Nov	<b>School STARTS</b>	<b>WHOLE SCHOOL</b>	<b>8:40</b>
Fri 8 Nov	INTO FILM – Horrible Histories @ Vue	Year 4 – Year 6	morning
Sun 10 Nov	Remembrance Sunday		
11 – 15 Nov	Anti-Bullying Week	Whole School	All week
Wed 13 Nov	INTO FILM – Lego Movie 2 @ Vue	Reception – Year 3	morning
25 – 28 Nov	Book Fair	Whole School	3:00 – 3:30
<b>21 Dec – 5 Jan</b>	<b>CHRISTMAS HOLIDAY ☺</b>		
Fri 14 Feb	<b>STAFF TRAINING – SCHOOL CLOSED</b>		
<b>15 Feb – 23 Feb</b>	<b>FEBRUARY ½ TERM</b>		
Thurs 5 Mar	World Book Day	Whole School	All day
Fri 13 Mar	Sports Relief	Whole School	All day
	<b>EASTER HOLIDAY ☺</b>		

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## Shilbottle Primary Newsletter

### What's on in the wider community...

<b>All Stars Cricket</b>	<a href="https://www.ecb.co.uk/play/all-stars/register-interest-for-2019">https://www.ecb.co.uk/play/all-stars/register-interest-for-2019</a> Alnmouth CC, Alnwick CC or Warkworth CC
<b>Alnmouth Golf Club</b>	<a href="#">Alnmouth Golf Club - juniors</a>
<b>Alnmouth Juniors FC</b>	<a href="#">Thursday night training</a>
<b>Alnwick Academy of Dance</b>	<a href="#">Alnwick Academy of Dance</a>
<b>Alnwick Bears RLFC</b>	<a href="http://www.alnwickbears.co.uk">www.alnwickbears.co.uk</a>
<b>Alnwick Highland Dancers</b>	Wednesday 7:00 – 8:00, Lindisfarne Middle School Hall Reception upwards
<b>Alnwick Junior Harriers</b>	Tuesday & Thursday 6 – 7 pm @ Lindisfarne Sports Centre contact Alison Hutchings on: <a href="mailto:ah.juniorharriers@gmail.com">ah.juniorharriers@gmail.com</a>
<b>Alnwick Town Juniors FC</b>	<a href="http://www.alnwicktownjuniors.co.uk/">http://www.alnwicktownjuniors.co.uk/</a>
<b>Amble Junior Netball</b>	Thursday evenings [6:30 – 7:30pm] for Y3 upwards at James Calvert Spence College [JCSC] Amble. Y2 are welcome but parents need to stay. £1.50 per week.
<b>Alnwick Mini &amp; Juniors Rugby [Year 1 upwards]</b>	Every Sunday 10:30 – 12 noon ☺ Year 1 – Year 3 = tag rugby; Year 4 upwards = contact rugby.
<b>Beavers, Cubs &amp; Scouts</b>	Wednesday evenings, Felton or Alnwick <a href="mailto:info@northumberlandscouts.org.uk">info@northumberlandscouts.org.uk</a>
<b>Coquet Shorebase</b>	<a href="https://www.coquetshorebase.org.uk/">https://www.coquetshorebase.org.uk/</a> windsurfing, kayaking, sailing and more
<b>Cricket</b>	Juniors [Y3 – Y8] Alnmouth, Alnwick, Warkworth Cricket Clubs
<b>FC Amble Juniors</b>	<a href="#">FC Amble Juniors</a>
<b>Felton Juniors FC</b>	<a href="#">Felton juniors</a>
<b>Judo Alnwick</b>	<a href="#">Alnwick Judo</a> <a href="https://www.getintomartialarts.com">https://www.getintomartialarts.com</a> Monday, 4:00 – 4:45 pm
<b>Karate</b>	Monday and Friday evenings @ Willowburn
<b>Longhoughton Rangers FC</b>	<a href="#">Longhoughton Rangers Football Club</a>
<b>Morpeth Junior Hockey</b>	<a href="#">Morpeth Juniors Hockey Club</a> Sunday 9:30 – 11:00
<b>Rainbows, Brownies and Guides</b>	Register your interest at <a href="https://enquiryym.girlguiding.org.uk/">https://enquiryym.girlguiding.org.uk/</a> Monday evenings during term time at Warkworth Primary School.