

Shinewater Primary School

"Together We Shine!"

Shinewater's Cross County Team



A Message from Mr. Birch our Fabulous Sports Coach

A massive congratulations to the first ever Shinewater Cross Country who took part in the Eastbourne PE association cross country event on Tuesday at Eastbourne Rugby Club. They went up against 12 other schools and showed fantastic determination and resilience to finish the race in bad weather conditions. They all did the school proud. It is great to be attending so many different sporting events. Well done all of you!

Squirrels and Hedgehogs-EYFS Video

As well as our Nursery video, we now have a new EYFS video on our website and Facebook page. We hope you enjoy it. Facebook appears to be having a great impact we would like to thank you for all of the kind words and comments you are putting on our page. It really does help to promote our wonderful school in the community. We are grateful to you for sharing the posts and for spreading the word that Shinewater is an amazing school.



Our School Values

As a school we have created new values. We have cuddly toys to represent them, posters in every room and baskets of new books about these values to share with each other and to learn from. These values are being used alongside the British Values and our Rainbow Rules. The children are loving them! We are looking out for children who demonstrate positivity, resilience, kindness, aspirational attitudes, respect and teamwork skills. (They always do...but it is nice to celebrate it).

Respectful
Raccoon



Kind
Kangaroo



Resilient
Rhino



Positive
Panda



Teamwork
Tiger



Aspiring
Alligator



WHAT ARE BRITISH VALUES?



- *Democracy
- *The rule of law
- *Individual liberty
- *Mutual respect
- *Tolerance of those with different faiths and beliefs.

Our Rainbow Rules

We are honest.
We listen.
We have good manners and walk sensibly around school.
We look after property.
We are gentle and calm at all times.
We are kind and helpful.
We work hard.



More News from Our Sporting Heroes...



Last week our Year 5 and 6 girls competed in an under 11 Albion Cup Football Tournament. This was an exciting opportunity to compete against other local schools in what were the first fixtures to have been arranged, since the Coronavirus Pandemic. Although we were unfortunate not to win any games, the girls scored the first EVER competitive goal for any girls team at Shinewater Primary School. We are all immensely proud of the girls and look forward to future matches to see them progress as a team even further. Well done girls! Hannah Blundell, former pupil and Man United player would be proud of you.

Our Year 5 and 6 boys competed in the U11 Albion Cup Football Tournament held at Eastbourne Borough Football Club. They competed against 4 other schools in their group and the whole tournament had 15 schools across all of East Sussex. They finished 3rd in a very tough group and won Shinewater's first EVER competitive game of football! Not only that, they pushed the eventual finalists to the very limit in their final game and the oppositions' coach said it was the best game they had played all tournament. Their behaviour both on and off the pitch was exceptional and the way they carried themselves during games was a joy to watch. Well done boys, everyone is so proud of you.



Community and visitors



October 2021

THANK YOU

Shinewater Primary School

for your generous Harvest Celebration collection
of 79.6kg of food (3 days food for 8 people)



Phone us

01323 409925



Email us

admin@eastbourne.foodbank.org.uk

We raised £177.47 for
the NSPCC whilst
completing fun maths
challenges for Number
Day



Year 3 Cats Protection Talk

The lovely people from this charity group came in to explain to Y3 how to care for cats, careers with animals and how to behave around animals. They have a super website for children with lots of activities and games. Have a go.



<https://education.cats.org.uk/for-kids/>

FUN STUFF FOR KIDS

Looking for cat-related activities, or perhaps you're feeling crafty? Have a look at our fun stuff for kids.

GAMES MAKE & DO LEARN ABOUT CATS

Year 1 pupils are loving exploring early coding and programming concepts with "Colby" the robot mouse. They are enjoying programming the mouse to perform a sequence of steps to race through a variety of maze formations to get the cheese.



BBC
Children
in Need



We raised £300.
Thank you from Pudsey

Wildlife Warriors

Miss Logan was overwhelmed by the response for this. Thank you to all of the children who filled in their applications to become a Wildlife Warrior. Sadly, not everyone could get through, but well done to those who did. All of our children believe in championing wildlife and caring for the future of our planet.

Information Noticeboard

Board games

Langney Library volunteers have kindly purchased us some new board games. Your class teacher will be inviting you to come and play with the children either this term or next. The benefits of playing board games in this age of technology cannot be underestimated. We do hope you can come.

School Trips

The class teachers are planning lots of exciting trips for the classes. We very much appreciate voluntary contributions. Some trips may not be able to go ahead if we are unable to cover the costs. The school has some funds that we can use to support families in need.



EYFS Parents and Carers Read and Feed

There was an overwhelming response from the parents and carers at our EYFS 'Read and Feed' session. Thank you so much to all the parents, carers and friends who came. It was a little snug, but we hope you enjoyed the breakfast and time spent in school. The importance of sharing books and reading with your child cannot be underestimated. Reading is the building block to everything. Thank you for reading with your child everyday at home. Bedtime stories are wonderful for winding down in the evening and for calming the mind ready for a restful sleep.

Holding Space & Help Groups



Yoga Classes

Every Monday
9.30AM - 11.30AM

With funding from Active Sussex/Sport England we are offering yoga classes to parents/carers who are struggling with their mental health. A gentle, relaxing class suitable for everyone with small numbers in a safe space. There will also be time at the end for refreshments, a chat and to share how we are feeling.

Classes will be led by our Yoga teacher Emma. Any questions you can contact her directly:
sunshineyogawithem@gmail.com

Deerfield Centre
233A Seaside
Eastbourne
BN22 7NR



Funded by:



<https://www.eastsussex.gov.uk/socialcare/healthadvice/mental-health/directory/services>

Sussex Mental Healthline

Phone: 0800 0309 500 (free phone)

Website [Sussex Mental Healthline](#)

Health in Mind

Phone: 0300 003 0130

Email: sprnt.healthinmind@nhs.net

Money worries and mental health

[Mental Health and Money advice Toolkit](#)

The Money Advice Service

[Money Navigator Tool](#)

[Free debt advice services and locator](#)

Wellbeing centres

Eastbourne: eastbournewellbeingcentre@southdown.org

Bereavement support

HCP [Bereavement Guide during Covid-19](#) (opens new window)

Sussex bereavement helpline: 0300 111 2141

Dear _____

Join Holding Space and artist Maja Jones aka 'Typebox' for our Collage and Wine evening.

We will be creating mini collage postcards with 'Notes To Self' to use as your own daily reminders and affirmations in times of need.

No experience necessary and all materials will be provided.

When: Monday 6th December
From: 6.00pm - 7.30pm

Where: Port Hotel
11-12 Royal Parade, Eastbourne, BN22 7AR



notes
to
self



ONLINE CONTENT

10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.



Internet Matters six tips for keeping children safe while online gaming

internet
matters.org

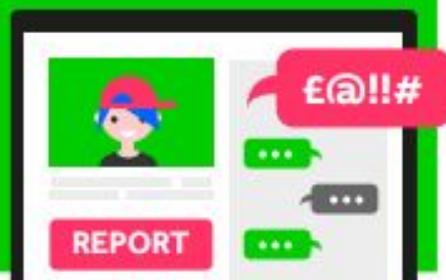


Take an active interest in the games your children are playing to get to grips with how they work and why they enjoy playing them

1

2

Ask who they play with online, who they meet and talk to, and talk about what kind of language is being used. Make sure your child knows how to do report abusive or anti-social behaviour



For younger children, use 'airplane' mode settings on your tablet or smartphone. That way, they can play offline without making accidental purchases or connecting with someone they don't know

3

4

Use PEGI ratings and App store ratings to ensure your children are playing age appropriate games. Help children understand why some games are allowed and others aren't



Gaming can be very addictive, so agree boundaries and how long they're allowed to play for and with whom they are allowed to play online with. Remind them that people may hide behind fake profiles and not be who they say they are

5

6

Teach your children to protect themselves by thinking critically – remind them not to share personal information and to keep gaming friends in the game only rather than adding them to their other social networks

