

Shinewater Primary School

"Together We Shine!"

Shinewater Champions

Thursday 10th March 2022...the day Shinewater became champions. A day of fitness and fun with Two-time Kickboxing champion Jessica Fleischer! Years reception all the way up to year 6 took part in brilliant fitness sessions led by Jessica; even trying some completely new exercises that they've never done before! Jessica then led assemblies for both KS1 and KS2 about her journey to becoming a kickboxing champion and even brought her championship belts to show everyone! We cannot thank Jessica enough for coming in and inspiring everyone and her message from the whole day was loud and clear...DREAM BIG AND NEVER GIVE UP



Easter Bonnet Parade in EYFS

To celebrate Easter, the Reception children invited their grownups into school to help them make an Easter bonnet. The children looked at a range of hats and then designed their own. There were a range of resources to use including chicks, eggs, feather and sequins. We think the parents had as much fun as the children!



Happy Easter to all our Christian families. Peace on Earth is I am sure a prayer for all.

Digital Leaders at The Bett Show



Some of the digital leaders and children from years 5 and 6 went to the ExCel in London for the Bett show on Friday. They loved all of the interactive, hands on technology and the freebies! They have seen lots of technology that they would love for us to have. They were amazing ambassadors for our school and had a brilliant time.



Competitions in the Community

On Friday the 11th March four of our students made a trip to the Town Hall for the annual 'Wild Coast Sussex in-Bloom' competition! The children were tasked to design three floral carpet bed designs, which drew upon the work of brave explorers.

The children had to present their ideas to four judges (one being the **Mayor!**) They were being judged on overall design, appropriate choice and use of flowers, cross curricular links, and business links. The winning design will be planted in a circular bed in Holywell, along the seafront.



There were 18 designs in total, and Shinewater came a very respectable **3rd place!!**

Not only did we place 3rd, but one of our children's designs was the **highest marked design across ALL the judges!**

They did an absolutely phenomenal job presenting to the judges. They spoke clearly, made clear references to their cross-curricular work, and justified their choice of flowers. They also did a wonderful job of supporting each other- they made a brilliant team.

Another amazing achievement for 2 of our students last week...

Our local Morrisons launched competition PLANET ART, which tasked children to show their hopes and dreams for a better world through exploratory art in the form of an A4 picture.

The winners, who are chosen by the **Mayor** of Eastbourne, will have their pictures printed on a suitable community bin near the winners home, and outside the Town Hall in Eastbourne town centre.

Out of the 100's of competition entries, **TWO** of our very own year 6 Shinewater students have gone and won the competition!!! What a great achievement, we are so very proud of our talented pupils!!



An author visits Shinewater!

BOOKS are proof that humans can do MAGIC



Last week Shinewater Book Club was very excited to host an author event! Each year, Shinewater Book Club takes part in the East Sussex Children's Book Award; children read six recently published books and then vote for their favourite. Tamzin Merchant, the author of 'The Hatmakers', visited the School to talk to the children about her book, tell everyone about the life of an author and to sign books. All of Year 5 and Year 6 children were invited and so were book clubs from five other local schools.



STEM Week @Shinewater!

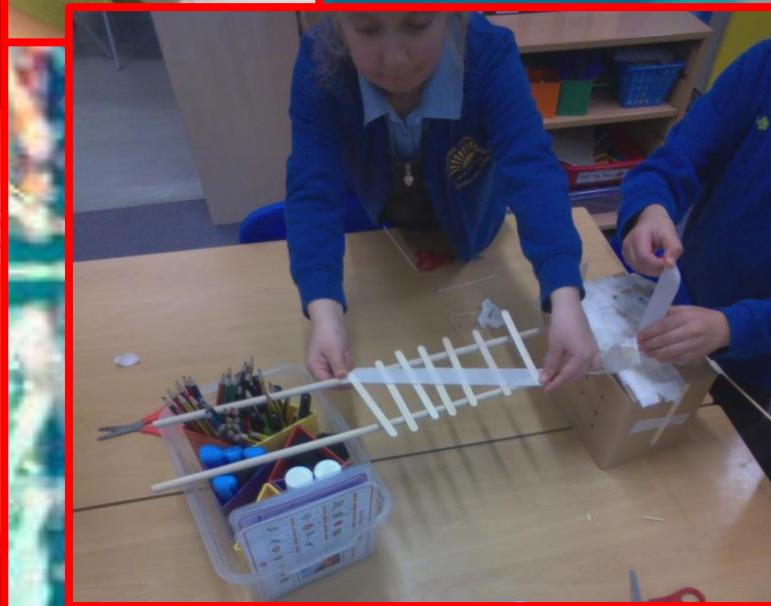
The week beginning 14th March was STEM Week at Shinewater! The children all know that STEM stands for Science, Technology, Engineering and Maths and they worked on activities encompassing all of these areas of learning throughout the week. We had paper plane competitions, with the older children supporting the younger ones with measuring flight distance and flight time; we made hot air balloons and found out the science behind how heat affects the density of air enabling the balloons to rise. We engineered one-wheeled vehicles to carry a heavy load, designed and tested boats to hold weight and to travel at speed, and further-developed our technology skills with Mrs. Boddy by using technology to control different devices.



STEM Week @Shinewater!



The children had a great week immersing themselves in STEM activities. Pupils made links between learning in different areas and saw real-life applications for many of the skills and concepts that they learn in their regular lessons. There was a really exciting buzz of learning around the whole school all week!



A Fond Farewell from Mr. Hubbard

Dear Parents & Carers

I have been diagnosed with a Spinal Cavernoma and have therefore decided to take retirement. It has been a privilege working with both you and your children. I will miss the hustle and bustle of the school and the fantastic staff but not the early mornings!! I would like to wish you and your family my very best wishes.

We wish Mr. Hubbard a happy retirement and wish him well. He will be missed.

Bedrock Champions

Congratulations to our Bedrock 'Word Champions' for February: **Louis** in 6KJ, who scored the most points in the school and **Adam** in 6KJ, who made the most progress!

We are very **impressed** with their **immense** vocabularies!

Term 5

The children should return to school on Tuesday 3rd May. Monday 2nd is a bank holiday.

The Queen's Platinum Jubilee Holiday

All schools have been granted an extra day of holiday in recognition of the Queen's Platinum Jubilee.

Shinewater will be taking ours at the end of the year so...

20.07.22-Last day of term for Pupils

21.07.22-INSET Day for staff

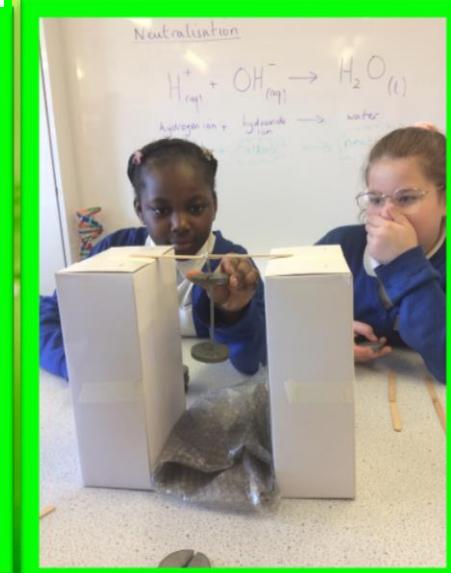
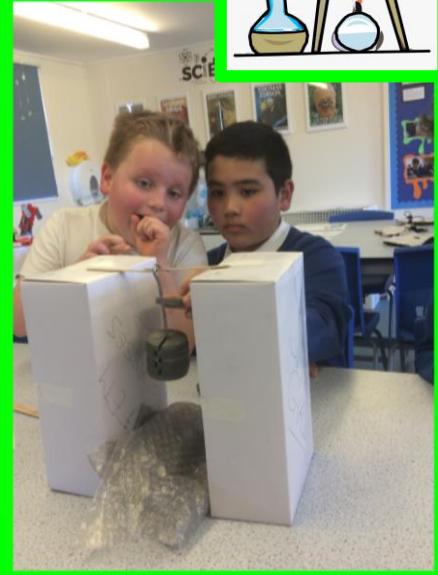
22.07.22-Queen's Jubilee Day

The Y6 Leavers' Assembly will be on
20.07.22



Science Scholars Day

On Friday 18th March, Shinewater hosted Year 6 pupils from Langney and Parkland along with some of our own pupils for the second of our three Science Scholars days. The children made and tested glue, experimented with Murphy's Law by dropping toast, designed, tested and refined homemade discuses and calculated wind speed using bubbles! It was a busy and exciting day full of scientific discovery. As always, it was a pleasure to host the other schools and to see the children mixing with each other. Our final day is planned for Term 6 and looks set to be really rather spectacular!



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From the continuing impact of COVID-19 to the war in Ukraine, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they have seen.

RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.

KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what is happening – but again, do stay aware of their emotional state.

EMPHASISE HOPE

Upsetting content can make us feel angry, scared. Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.

MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.

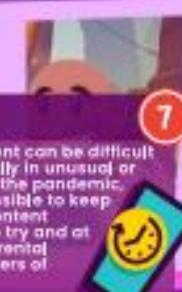
CONSIDER YOUR EMOTIONS

It's not only young people who find upsetting news difficult to process; adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



SET LIMITS

Managing screentime and content can be difficult at the best of times, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try and at least limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screentime limits.



TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jongersma is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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Make Lunch for Families in Receipt of Free School Meal...



Pull up a seat, you are welcome!

We all know that feeding hungry children is expensive.
And 2 weeks at Easter can seem to last a really long time!

Tuesday 5th April

Register from 1145

Delicious hot meal with pudding at 1230

**Easter Treasure Hunt
& Craft**



A free
show and
circus skills
workshop!

Thursday 14th April

Register from 1045

The Flying Seagulls show starts at 11am

Fab Food served at 1230

(We cater for all dietary requirements.)

St Barnabas Church, Kingfisher Drive, BN23 7RL
By Langney Shopping Centre

Please book (by Fri 1st April) with the following information:

Your name:

How many children will be with you:

How many other adults will be with you:

Which school the children are at:

Any dietary requirements:

Use 07835 597688 or makelunchstbs@outlook.com.

Julie and the team look forward to seeing you soon

MakeLunch @ St B's is a local initiative with Transforming Lives for Good (tlg.org.uk). The project is overseen and supported by The Well Community Church Eastbourne