



Alfriston School



Fair, friendly, fulfilling and fun!

Newsletter - 1st February 2021

Children's Mental Health Week

This week is Children's Mental Health Week and this year's theme is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity.

There's never been a more important time to support children's mental health and wellbeing. Throughout the week the children will have the opportunity to complete a video lesson and art activity explaining what it means to **Express Yourself**.

As part of the week's activities, on Wednesday we will be marking **Inside Out Day** and encouraging everyone (whether you're at home or at school) to wear an item of clothing *inside out* as a reminder to always be kind, as you never know how someone is feeling inside. Please email your photos to the school office as we would love to see them and would also like to use some in our next newsletter.

If you or your child are struggling with your Mental Health we have a 'Wellbeing' tab on our website which contains lots of useful contacts, we are also always here if you need us.



Live Catch Up Session

Mrs Hudson and Mrs Fitzgerald had a wonderful live catch up with each class on Friday. Nearly all children attended and it was so lovely to see everyone's faces.

On Friday 5th and 12th February the live catch up with Mrs Hudson will be at the following times:

- 9.15am – Pearl Class
- 9.45am – Ruby Class
- 10.15am – Sapphire Class
- 10.45am – Emerald Class

After the February break these Friday sessions with Mrs Hudson will continue until the children return to school. Next term's times will be:

- 1.00pm – Pearl Class
- 1.30pm – Ruby Class
- 2.00pm – Sapphire Class
- 2.30pm – Emerald Class

We are also excited to advise you that next term the teachers will also be holding a weekly live catch up with their class. More details will follow soon!

Parent Consultations

If you haven't done so already please book your parent consultation appointment via eschools. These are being held by telephone during the week commencing 8th February.

'Virtual' Sussex School Games

Last week we sent out the exciting news that Specsavers 'Virtual' Sussex School Games is coming back.

From today there are 4 challenges each week, during February, linked to a different Winter Olympic discipline. Challenges will be published at 9.30am on a Monday morning, on www.sussexschoolgames.co.uk, the website also has more information about the games. We did so well last time let's get on the leaderboard again and show everyone how 'Small but Mighty' we are!

YouTube - setting up restrictions

YouTube's **SafetyMode** allows parents to restrict the content their children see.

Here's a quick guide to setting it up!

YouTube is incredibly popular with children of all ages. YouTube Restricted Mode enables you to choose whether to limit content on YouTube that might not be against YouTube Community Guidelines but even so may be unsuitable for your children. When you opt into YouTube Restricted Mode, mature content and age-restricted videos won't show up in search, related videos, playlists, shows and movies.

To set up:

- Go to any YouTube page. In the top right-hand corner of the page either click on your avatar OR the three vertical dots if you don't have a YouTube account. You will find 'Restricted Mode' near the bottom of the drop-down menu. Click on it and a box will show up explaining what Restricted Mode is. You will see a slider at the bottom of the box. Click on it to turn Restricted Mode on.

Don't forget:

- You need to be 13 to have a YouTube account.
- Spend some time watching YouTube with your children and check out what they like.
- Pay particular attention to what is shown in the related video menu when your children search for their favourite videos.
- You'll also find lots more information on internet safety on the NSPCC website www.nspcc.org.uk or give the NSPCC a call on 0808 800 5002 to chat to one of their expert advisors.