



Dear Families,

It's been another exciting and productive week at Peareswood School! Our children in Years 4-6 had the opportunity to participate in workshops facilitated by the organisation 'Show Racism the Red Card.' We received overwhelmingly positive feedback from the trainers, who were impressed by the maturity and support our children showed each other. It's heartening to see their responses aligning so well with our school values.

On Tuesday, our children joined the global celebration of Safer Internet Day. Engaging in various activities, they were reminded of the importance of keeping themselves safe online. We consistently integrate these lessons into their daily learning experiences, and guidance for families is shared in our weekly newsletters.

As we reflect on this half term, we are truly in awe of the accomplishments of our children. Their approach to learning has been exceptional, and we're proud to share that they are now extending their support to other schools in Bexley and beyond, contributing to the improvement of learning using technology as a valuable tool.

Looking ahead, our focus for the next term will be on our school value of Ambition. Instilling a sense of ambition in our children is crucial, and we witness them embodying this value every day.

We wish you all a fantastic half term break and look forward to welcoming our families back with renewed energy and enthusiasm after the holiday.

Yours sincerely,
Mrs Ferla and the PWP Team

Please can we ask that parents check their children's hair regularly for headlice to prevent them spreading around the school.
If you need help please contact the school office or check the NHS website.

School Uniform
If you have any spare or old uniform that you don't need we would be very grateful if you could donate this to the school.
Please bring to the school office



Upcoming Events



Monday	Tuesday	Wednesday	Thursday	Friday
19th	20th	21st	22nd	23rd
Year 6 PGL Trip	Year 6 PGL Trip	Year 6 PGL Trip	Reception - Early Morning Phonics 8:30am	Reception - Early Morning Phonics 8:30am
Year 1- Early Morning Phonics 8:30am	Year 1- Early Morning Phonics 8:30am	Year 1- Early Morning Phonics 8:30am		

SAFEGUARDING

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

"Persuasive design" refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION
In the digital world, persuasive design can make certain activities more addictive and harder to walk away from. Some people may begin to feel anxious or irritable without access to their device or their favourite apps, for example. It can also mean there's a feeling of isolation, as - if they spend most of their time online - they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS
Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of new stories (many of them negative images and influencers' posts) can create feelings of anxiety, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING
Social media can draw us in, regardless of age - into a continuous stream of scrolling. Following posts and feeds can rub us the wrong way, leading to feelings of inadequacy or envy. This endless scrolling can also mean we're less productive, as we're not as focused on the task at hand as we should be.

SENSORY OVERLOAD
Excessive scrolling, clicking on links or watching games can create an unending stream of new information and visual stimuli. Put in this way, social media isn't exactly neutral - it's designed to be stimulating and entertaining. Such overstimulation can lead to feelings of being overwhelmed, particularly for young people to handle, resulting in less focused, overstimulated and exhausted.

COSTLY ADDITIONS
Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these microtransactions 'temporarily' enhance the gaming experience, most of the time they are a waste of money. In particular, excited by the chance of a rare item, children could spend quite a little bit very quickly.

PHYSICAL CONSEQUENCES
Hours spent sitting and scrolling means less time moving around and getting exercise. Excessive screen time can also lead to eye strain and discomfort, especially if viewing it in the dark. Prolonged phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS
Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends - or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

ENCOURAGE MINDFULNESS
Acknowledging any addiction is key to overcoming it - and compulsive scrolling is no different. If anything, if you're invested in this guide, it's a good sign that you're already taking steps to be more mindful. It could help to have an honest, open chat with your child about how much time they spend online, and then to look about how often they scroll through social media intentionally or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST
Considering a list of relevant questions can be an effective way of keeping children, figure out why they're scrolling so often, does it seem to be consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're scrolling for fun or if they're scrolling out of boredom or if they're scrolling out of habit. Taking a step back can sometimes help us to see things more clearly.

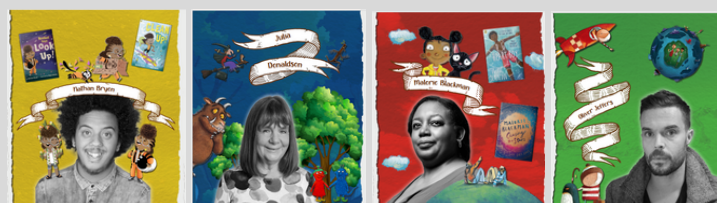
Meet Our Expert
National Online Safety (NOS) is a charity that works to help children and young people stay safe online. They provide advice, resources and support to help parents, carers and schools keep children safe online.

The National College
NOS National Online Safety
WakeUpWednesday

@nationalonline_safety | NationalOnlineSafety | @nationalonline_safety | @national_online_safety

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This free online safety guide provides insight on persuasive design – highlighting its potential effect on behaviour and providing some tips to minimise its impact.



Come on everyone its so close in positions, keep getting these tokens!
Here are the current positions:



1st Nathan Bryon
2nd Malorie Blackman
3rd Oliver Jeffers
4th Julia Donaldson

ELSIE



It's been another busy week but Elsie wants to say well done to everyone for their fantastic effort with learning this half term and for working hard to remember our school rules: Ready, Respectful and Safe. Elsie looks forward to seeing you on Monday 19th February for the second half of Spring term 😊



Congratulations!
We hope you enjoyed
your well deserved
Hot Chocolate!



ATTENDANCE

Current Attendance - 94.2%

Nursery PM- 97.6%	Nursery AM - 93.7%
Lime - 93.1%	Poplar - 88.3%
H/Chestnut- 96.9%	Bay- 93.3%
Bamboo - 95.7%	Box- 91.8%
Cypress - 97.1%	Ash - 99.1%
Acacia - 92%	Palm- 93.8%
Myrtle- 98.1%	Holly- 96.3%
Willow - 90%	Eucalyptus- 93.1%

Green=met the minimum attendance rate



Our Reception teachers all
ready for our stay and play.

Miss
Jackson
came to
school
dressed in
what
makes her
happy!



Our children took part in their first playtime reward today for
'Best Attendance' and 'Most Improved Attendance' for this half
term. Our winners were -

Best Attendance - Horse Chestnut

Most Improved Attendance - Bay

Best Attendance - Myrtle

Most Improved Attendance - Eucalyptus



SCHOOL VALUES

The new focus value is kindness.



Our Year 4, 5 and 6 children have taken part in a 'Show Racism the Red Card' workshop this week, where they showed kindness and respect to the workshop leaders. We are hoping that, from this workshop, our children will continue to take this respect and kindness learnt forward into the next term.

Our children dressed to impress today in aid of Children's Mental Health Awareness Day. They have been saying kind things about each other's outfit choices in the classroom and on the playground.



Spotlight on Humanities



EYFS

Nursery and Reception have been exploring Autumn sights and smells in their learning linked to developing their understanding of the world. They have been making pumpkin soup and carving pumpkins, exploring natural materials and objects.



Pupil Voice

'I liked cutting the pumpkin, it was soft on the inside and hard on the outside.'

Moving on

Nursery are continuing to develop their senses with a science link, exploring bones! Reception are moving onto discovering jobs in their local area, with a local walk around Erith planned.



KS1

Year 1 are focussing on learning the 7 continents and 5 oceans around the world. They have been learning some facts about each ocean and plotting their location on a world map.



Year 2 also have a Geography focus this term, learning about the physical and human features in London. They have started by sorting human and physical features in their locality building on knowledge from Year 1 and are now using aerial photographs to identify features around London.



Pupil Voice

Year 1- *'I liked putting the oceans in the right place on the map.'*

Year 2- *'Human features are things made form people like The London Eye and Big Ben in London. I like learning about the different things in London.'*

LKS2

Year 3 have been exploring the history of the services and services within our locality. They have been locating local services on a map and have begun to explore the history of the NHS, mapping key dates on a timeline.

Pupil Voice

'I like learning about the different services we have to help us. I thought superheroes were just people like Spiderman but they're not.'

Year 4 have been exploring the History of Ancient Egypt. They have created fact files about Cairo using QR codes to complete their research, meaning the children can find the correct information needed as guided by their teachers. They have also explored papyrus, created hieroglyphics and mummified apples!

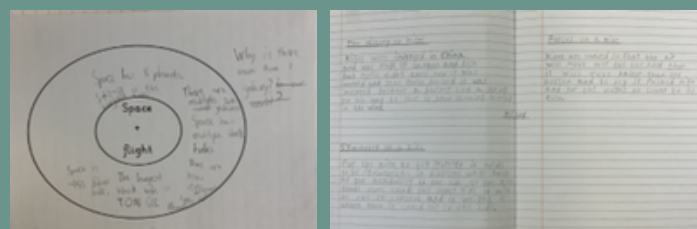


Pupil Voice

'I have mostly enjoyed learning how the Egyptians used papyrus so far, I really liked making it on our Big Bang Day!'

UKS2

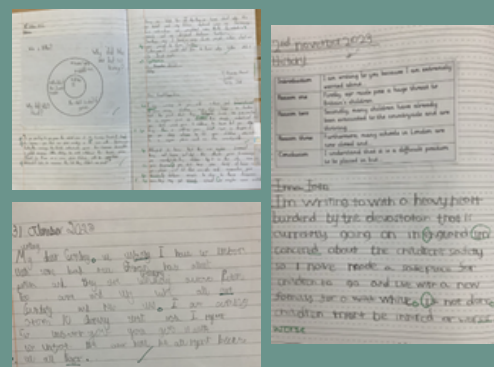
Year 5 have been exploring the history of space and flight, collecting their thoughts on what they already know and want to find out on their Big Bang Day. They have also begun to create double page spreads on kites and their creation.



Pupil Voice

'I have enjoyed learning about the first person to fly an aeroplane.'
'I learnt that kites used to be used in the war as an enemy distracted but they are now used as kid's toys.'

Year 6 have also had a history focus this term, learning about WW2. They have begun writing diary entries from the perspectives of a soldier, with varying levels of support to write independently.



Pupil Voice

'I enjoyed playing a character when I was writing the diary entry about children in war.'
'It is interesting to see how different things used to be in the wartimes and how things have changed.'