



Gwladys Street CP & Nursery School



News Letter 24th January 2025 - Boletín informativo 24de Enero de 2025



0151-525-0843



admin.office@gwladysstreet.com



@GwladysStPrim



www.gwladysstreet.or

MESSAGE FROM THE HEAD TEACHER

Dear parents/carers,

There has been some wonderful learning taking place this week with Y2 exploring habitats, using the school garden to conduct their nature study. Y1 enjoyed their 'Weather' themed day and Y4 were making honey biscuits as part of their Design and Technology topic.

A big thank you to all the pupils who attended school today, despite the strong winds. Our attendance raffle will be drawn next week with one lucky pupil from each class receiving a £10 gift voucher.

Sadly, we have had a number of incidents this week whereby parents/carers have behaved inappropriately, being verbally and physically abusive towards staff and other parents. If this behaviour persists, It may be necessary to review our current procedures and not allow any parents/carers past the school gates and onto the playground. We do recognise that this is a minority of our parents/carers and that the majority of our school community do not behave in this manner. Apologies if you witnessed any of these incidents and a big thank you to those of you who checked on the wellbeing of staff.

Don't forget that it is photograph day on Wednesday 29th January 2025 so everyone needs to wear their brightest smile for the camera!

Have a lovely weekend and we look forward to seeing you all on Monday.

Best wishes, Ms Booth

At Gwladys Street we are a

TEAM

- Trust, listen and respect
- Enjoy everyday
- Achieve and believe in ourselves
- Make everyone feel safe and welcome



WHAT'S FOR LUNCH?



[Click here to view](#)

Free School Meals

Are you entitled?

You might be eligible for Free School Meals

[Apply Here](#) and receive an immediate answer.

En Gwladys Street somos un

EQUIPO

- Confía, escucha y respeta
- Disfruta todos los días
- Lograr y crear en nosotros mismos
- Haz que todos se sientan seguros y bienvenidos




Please click [here](#) to view term dates for the school year.

UPCOMING EVENTS



Parents/ Carers of **Class Morocco**
You are invited to share your child's learning experiences in their class assembly.

Monday 27th January 2024 - KS2 Hall 3pm prompt

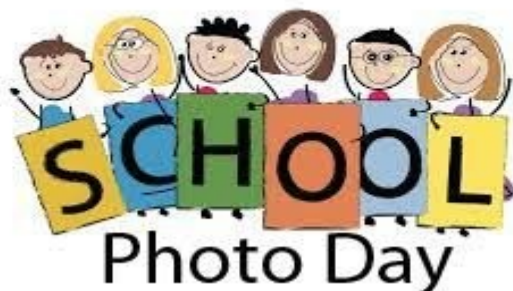
Help support your child with Maths and Phonics

Class China

Wednesday 29th January

To help support your child with Maths and Phonics and to show how this can be done in a fun and exciting way at home, we will be holding some afternoon sessions where you will be able to join your child playing a range of Mathematical and Phonic games whilst laughing, chatting and enjoying biscuits!

We will hold the sessions in the **Breakfast Room in the Key Stage 1 building from 2:30pm** allowing you to spend just under an hour having fun and playing with your child. Your child's class teacher will also be present so you can chat to them about other things you can do at home. This has been made possible by the school successfully receiving additional funding from Liverpool's Adult Learning Service and Liverpool Learning Partnership to be able to buy resources just for these workshops.

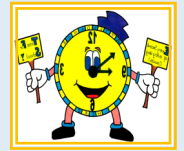


WEDNESDAY

29th JANUARY



Attendance Matters



Whole School Target: 97% -

This week's Whole school attendance: 91.57%

Absence—if your child is absent from school you **MUST** contact the school before 9:00am each day of your child's absence. Failure to make any contact with the school will result in a home visit from staff and Head teacher.

Appointments—should be arranged outside of the school day and if this is not possible,

<u>Class</u>	<u>Attendance %</u>	<u>Position</u>
Japan	98%	1st
Russia	97.93%	2nd
Germany	96.67%	3rd
Morocco	94.14%	4th
India	93.79%	5th
China	93%	6th
New Zealand	92.67%	7th
Butterflies	91.76%	8th
France	90%	9th
Costa Rica	89.73%	10th
Ladybirds	88.80%	11th
Kenya	88.33%	12th
Australia	88.01%	13th
Caterpillars 2	87.98%	14th
Chile	85.33%	15th
Chile	77.01%	16th

Perfect Attendance!



EYFS/ KS1 - Germany

KS - Japan

TEAM

Stars of the Week

<u>Class</u>	<u>Name</u>
Caterpillars -	Denis O
Butterflies -	Damola O
Ladybirds -	Sawda M
France -	Cherry Blossom
Germany -	Finseed E
Australia -	Tarik I
New Zealand -	Nova-Leigh E
Kenya -	Cody H
Morocco -	Isaac O
Chile -	Folarin O
Costa Rica -	Shindy A
India -	Joseph G
Russia -	Tommy G
China -	Tia Rose
Japan -	Lola A



Congratulations to the **232** children who had **100%** attendance this week.



Congratulations!

Classes
Germany
and
Japan

who are this weeks
Attendance winners.

Congratulations!



This Weeks Wonderful Work



NURSERY



This week in magical story box we met evil pea! He told us that he is the best vegetable but we disagree, he is very naughty! He trapped all of our vegetables under the table and we had to rescue them. But before we could catch evil pea he ran away!

RECEPTION



This week, Reception explored 'people who help us'. We have discussed different job roles and how they help us. The children have loved a range of activities this week, especially role play and dressing up.

YEAR 1



On Tuesday, it was year 1 weather day. We had lots of fun and completed lots of different activities. We made a weather diary, made weather plates, pretended to be a weather presenter. We also completed an experiment. We made rain gauges to track how much rain fell over night.

YEAR 2



In science this week we have started to learn about habitats. We went out into the school grounds to explore the flora and fauna that could be found in habitats in our local area.

YEAR 3



This week in music we have been working really hard to learn how to play note C. We have to think really hard to ensure we keep our fingers firmly over the holes. Amazing work this week everyone!

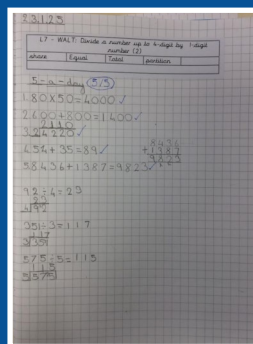


YEAR 4



In DT this week, the year 4 children have made Roman Honey biscuits which were delicious. We practiced lots of different cooking skills.

YEAR 5

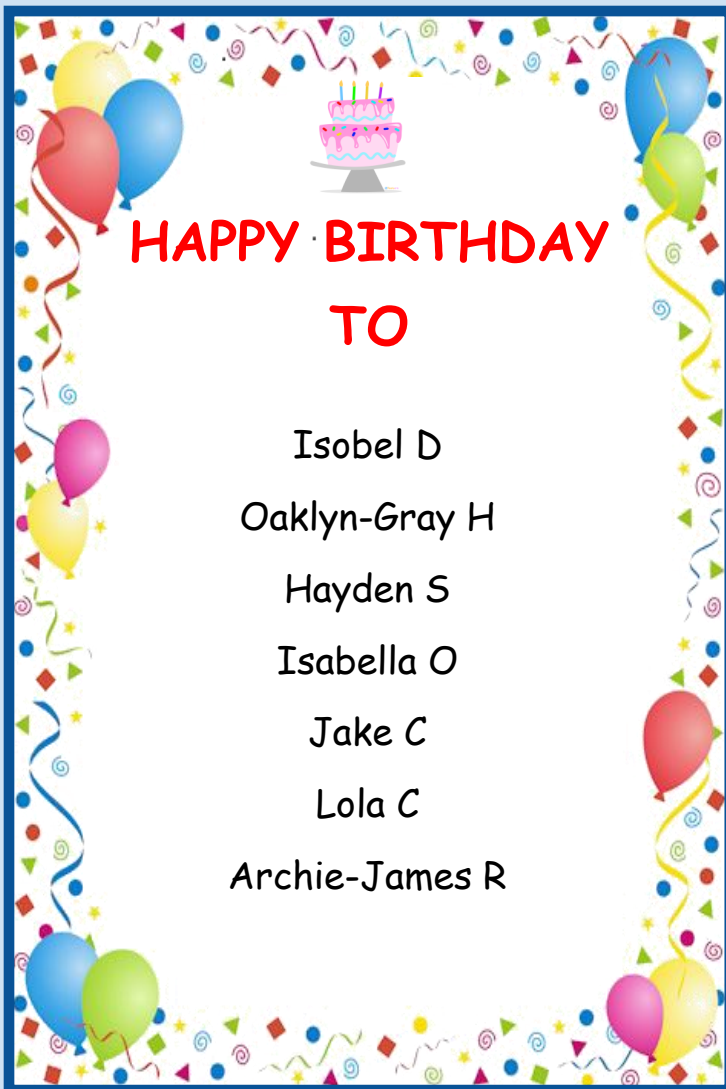


Tugba has worked diligently this week on her Mathematics, both during our 5-a-day and our discover portion of Power Maths lessons.

YEAR 6



This week, we completed our bird houses in our DT lessons using our woodwork skills. We can't wait to put them in the school garden and see what animals visit them.



HAPPY BIRTHDAY TO

Isobel D
Oaklyn-Gray H
Hayden S
Isabella O
Jake C
Lola C
Archie-James R

PE TIMETABLE

Monday:
New Zealand
Year 6 swimming

Tuesday:

Australia
Costa Rica

Wednesday:

France
Chile

Thursday:

Germany
Year 5

Friday:

Kenya
Morocco



All children must wear their PE kit to school on their PE day.

After School Clubs

	<u>Key Stage 1</u>	<u>Key Stage 2</u>
<u>Mon</u>	Art Club EYFS	GPS Club Yr 6 Mindfulness KS2 Times Table Club Yr4
<u>Tue</u>		Maths (AM) Yr 6
<u>Wed</u>	DT Club KS1 Arts and Craft KS1	Reading Club Yr 6
<u>Thur</u>	Reading and Craft Yr 1 & 2	Maths (AM) Yr 6 Times Table Club Yr4 Yoga KS2
<u>Fri</u>		



SCHOOL UNIFORM



Full school uniform must be worn every day.

Please make sure it has your **CHILD'S NAME** in.

Exceptions can only be made if you have contacted school in advance.

Nursery (F1)

pupil's uniform will be:
- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.



Reception (F2)

pupil's uniform will be:
- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.
- Grey socks or tights.



Year 1 and Year 2

pupil's uniform will be:
- Royal blue round neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White polo shirt.
- Grey socks or tights.



Years 3/4/5/6

pupil's uniform will be:
- Royal blue V neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White shirt.
- School tie.
- Grey socks or tights.



All children from Reception through to year 6 also require a PE kit.

This consists of:
A white round neck t-shirt.
Royal blue shorts.
Royal blue jogging bottoms and Sweatshirt can also be worn.
Black pumps or black trainers only.



ORDER ONLINE: 1. www.gwladysstreet.org 2. About Us 3. Parent Pay Shop



You have got to be in to win!

For the whole month of January if you are in school and on time your name will be entered into a draw giving you a chance to win a £10 gift voucher per class.



The more you're in the higher the chance to win!



Healthy Home Event

Friday 31st January

9.30am - 1.30pm

We have lots of support here for you!!

- LCC Healthy Homes Team
- Benefit Advice (BNECC)
- Sp Energy Network/National Energy Action
- Merseyside Fire and Rescue
- Torus Foundation
- Social Brokers
- EitC (Family and Neighbourhood Support)
- Octopus Energy
- Liferooms
- Onward Homes/Riverside Housing
- ZERO Fashion (Free Pre Loved Clothes)
- Free Lunch

Community Shop, 211 Walton Road, L4 4AJ

Community Hub

OPEN for more

Liverpool City Council ASD Training Team

The Liverpool ASD Training Team are providing a series of virtual [drop in](#) advisory sessions via zoom. They are for parent/carers wishing to talk in a private one to one setting about any questions or concerns they may have about their child. You do not require a diagnosis of ASD to book your place.

January 2025 dates and time

AM and PM sessions

7th, 8th, 9th, 10th Jan

9.30- 10.15

10.30 - 11.15

PM sessions

16th, 17th, 21st, 22, 29th, 30th Jan

11.30 - 12.15

1.00 - 1.45

2.00 - 2.45

To book your place please email asdtrainingteam@liverpool.gov.uk

With a choice of your date and time and you will be emailed a zoom link.

For more information about our service please view the Liverpool Local offer Page / Liverpool ASD training team for future training and workshops.

[Liverpool ASD Training Team](#) | [Liverpool Family Information & SEND Directory](#)

The Liverpool ASD Training Team are providing a series of Virtual Group Drop in advisory sessions via zoom.

They are for parents/carers who have any questions or concerns about their child, regarding social communication difficulties, waiting an ASD assessment or your child has a diagnosis of autism. It is also an opportunity to speak with an ASD trainer and other parents.

The sessions will be one half hours long, you can choose to ask a question and leave or stay for the duration.

You do not require a diagnosis to book your place.

Date: [January 2025](#) dates and Times (am / pm sessions)

Dates	Morning Session	Afternoon Session
15 th Jan	X	1pm - 2.30pm
23 rd Jan	X	1pm - 2.30pm
24 th Jan	X	1pm - 2.30pm
27 th Jan	X	1pm - 2.30pm

If you would like to book onto one of the sessions, please

email: asdtrainingteam@liverpool.gov.uk

For Mental Health and Wellbeing

Crisis Care line

*Families/Professionals can call: 0151 293 3577 or 0151 282 4724 or freephone 0808 196 3550.

*Email: CrisisCare@alderhey.nhs.uk

*General enquiries: 0151 293 3662

<https://www.liverpoolcamhs.com/children-young-people/covid-19-liverpool-camhs-support/>

SHOUT (Alder Hey)

A free, confidential, 24/7 text message support service for any CYP who is feeling overwhelmed or struggling to cope.

To start a conversation text the word **GREEN** to 85258

More info here:

<https://www.liverpoolcamhs.com/reach-out/>

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13



Roblox

PopJam

FaceTime

13+



Twitter

Facebook and Messenger

Viber

WeChat

Monkey

Yubo

Dubsmash

Instagram

TikTok

Skype

Google Hangouts

Reddit

Snapchat

Pinterest

16+



WhatsApp

Telegram Messenger

Tumblr

17+



Line

Sarahah

Tellonym

Sourced from NSPCC website October 2019

S **M** **A** **R** **T**

SHARE RESPONSIBLY
We all love to share photographs, fun things we're doing and much more.
Be careful what you share and always ask permission if somebody else is in the photo or video.

MANAGE YOUR PRIVACY
If you're using apps that can communicate with others, turn on privacy.
Only let people you really know follow you unless you've asked permission from your parents.

ASK for HELP
Don't ever be worried about asking for help from someone you trust.
You will NOT be judged.

RESPECT OTHERS
Be kind.
Other people may have different opinions from you.
That's okay, but if they become abusive take screenshots, block and report and tell an adult.

THINK CRITICALLY
TRUST YOUR INSTINCT
Is it true?
Does that person really know me?
Has that really happened?
Always question!

e-safety adviser

Stay safe online



S **A** **F** **E**

Speak to somebody if you need help

Ask an adult before going online

Friends are real people we know

Enjoy play, have fun and stay safe

e-safety adviser

Stay safe online



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. For example, an app with different physical activity goals for 10-12 year olds, but the same calorie burn target for 10-12 year olds, could be inappropriate for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of fitness apps do not. These developers may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical education can offer. For instance, meeting people of fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, preferring that they reward rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may use this data to sell to third parties. We'd advise that any app young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only see the most basic health and fitness. Such as step workouts, nutrition advice or a personalised plan. By signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without their usual frequent rewards and reminders – children would want to lose their nature apps to be active. Young people may also become obsessed with tracking their exercise, health and eating habits. This can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to motivate their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vital to promote a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy/compliance features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or enabling in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

Source: see full reference list on guide page at: <https://thenationalcollege.com/iguides/wellbeing-fitness-apps>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

Is my child too ill for school?

Click [HERE](#) for more information

Click [here](#) to use the online Symptom Checker Alder Hey Children's NHS Foundation Trust

DOES YOUR CHILD NEED TO COME TO A&E?

CHECK YOUR CHILD'S SYMPTOMS AND WHAT YOU CAN DO FOR THEM WITH

ALDER HEY'S Symptom Checker

IT'S FAST EASY TO USE RELIABLE

Should you visit A&E? Or can you treat symptoms at home? OUR NEW SYMPTOM CHECKER WILL OFFER YOU ADVICE YOU CAN TRUST.

Developed by the clinicians at Alder Hey for children
Visit: www.alderhey.nhs.uk

HERE Multi Activities Holiday Camp

Monday 17th February - Wednesday 19th February

Kirkdale St Lawrence
Fonthill Rd, Kirkdale,
Liverpool L4 1QD

Time: 9am - 3pm
Cost: £18
(Includes breakfast & lunch)

Ages: 5-11 Years

Boys and Girls of all abilities welcome

Please bring: drinks, snacks, warm clothing and appropriate footwear for indoor and outdoor surfaces

All staff are fully qualified and DBS checked

Please apply sunscreen when needed

Have fun, make new friends & play sport

CONTACT TO REGISTER:
Email: camps@lssp.co.uk Tel: 0151 530 3010
<https://eequ.org/experience/10996>

Website: lssp.co.uk | X: @Liverpool_SSP

Scan the QR Code to register

PLEASE REMEMBER WE ARE A NUT FREE SCHOOL

Lunch box ideas...

Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Sausage
- Handful of raisins
- Carton of semi-skimmed milk

Packed lunch 2

- Egg omelette and cucumber salad
- Rice pudding
- Sausage
- Bottle of water

Packed lunch 3

- Mashies and potato salad (spiced) mackerel, new potatoes, watercress, pepper, cucumber, olives, low fat mayonnaise
- Sausage rolls
- Sage scones
- Bottle of water

Packed lunch 4

- Fattish leggs, chicken, peas, peppers, sweetcorn
- Sausage
- Slice of crusty brown bread with low fat spread
- Small tub of smooth, satsuma and chopped dried apricots
- Bottle of water

Packed lunch 5

- Pitta bread, feta, tzatziki, vegetable and cucumber dip, lettuce and tomato
- Small pizza
- Handful of plain popcorn
- Bottle of water

Packed lunch 6

- Wholemeal burger with ham and soft cheese
- Pat of cherry tomatoes
- Frozen cherries mixed with fromage frais
- Bottle of water

Packed lunch 7

- Ham roll
- Carrot and pepper sticks
- Wholemeal pizza bread
- Strawberries
- Yoghurt
- Bottle of water

Packed lunch 8

- Chicken, cream cheese and grilled carrot wrap
- Fruit basket
- Sugar free jelly
- Carton of semi-skimmed milk

Packed lunch 9

- Vegetable and meat pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of greek cheese
- Cheese pastiches in natural juice
- Low fat custard
- Bottle of water

Packed lunch 10

- Vegetable cous cous (toasted) chorizo, peppers, onions, chickpeas, cubed cheese
- Canned pineapple in juice
- Soya yoghurt
- Bottle of water

All images are suggestions only.

Gwladys Street CP & N School is a strictly 'no nut' school, for example: no Nutella, no peanut butter, no graze boxes, no chocolate bars containing nuts, etc.

In addition to this, we do not allow hot food caddies/containers and/or skewer sticks.

Also, please cut up grapes, blueberries and cherries lengthways as these are a choking hazard.

If your child is having biscuits, please only provide a portion (1 or 2) and not a whole packet.

FACT Research by the University of Leeds has shown that only 1.6% of primary school children's packed lunches met the nutritional standards set for school meals.

5 Benefits of Reading

Creates Listening Skills

Productive use of time

Boosts your creativity

Improves Vocabulary & Writing Skills

Engages your imagination

