School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 9th December	• KS2 Qualitas After School - Netball
Tuesday 10th December	• **Whole School trip to Buxton Opera House - Jack and the Beanstalk – We are due back at school at approximately 5.00pm** • **NO Qualitas KS1 Multi Skills after school** **NO After School Club**
Wednesday 11th December	• Infant Nativity - 2pm in school • Qualitas KS2 Dodgeball after school – FULL
Thursday 12th December	• Little Smiles Toddler Group 9.00am -10.30am • Christmas Crafts and Jumper Day • PTFA Secret Santa – see details below • **NO SWIMMING FOR CLASS 2** **Infant Nativity - 5pm in school – Please can children from Class 1 and Class 2 be back at school by 4.30pm**
Friday 13th December	Lunchtime Choir
Monday 16th December	• Qualitas After School Club – KS2 Netball
Tuesday 17th December	• Christingle Service 2.00pm in St Giles Church • Qualtias After School Club – KS1 Multi sports
Wednesday 18th December	• Christmas Dinner • Class 2 to the ARC for Christmas Sports Festival 1-3. Please give consent on Parent Pay • Qualitas After School Club – KS2 Dodgeball
Thursday 19th December	• **NO SWIMMING FOR CLASS 2**
Friday 20th December	• Last Day of Term • Lunchtime Choir • **NO AFTER SCHOOL CLUB**

CHRISTMAS EVENTS

Jack and the Beanstalk – Buxton Opera House – Tuesday 10th December
We will have an early lunch and depart school at 12.15pm for Buxton, the performance is at 1.30pm. We expect to be back at school for collection at approximately 5.00pm. Children should wear school uniform and bring a named water bottle**. T**hey will not need book bags today.

- **Infant Nativity** – **The Innkeeper's Breakfast** - Will take place on **Wednesday 11th December at 2.00pm** and **Thursday 12th December at 5.00pm.** Parents and Grandparents are all very welcome and there is no need for tickets. You may take children home following the Wednesday afternoon

performance. Other children and those with older siblings will remain in school until normal collection time. On Thursday 12th December please can children from Class 1 and Class 2 be back at school by 4.30pm.

- **CHRISTMAS CRAFTS AND JUMPER DAY** - **Thursday 12th December** - Children are invited to wear Christmas Jumpers and/or accessories, no uniform needed for this fun day.

- **SECRET SANTA - Thursday 12th December** Our PTFA have once again very kindly offered to organise our **"Secret Santa"** event which will take place in school during the afternoon of Thursday 12th December. Children will have the opportunity to choose a gift and have it wrapped for £1.00. **Children cannot buy more than two gifts**. If your child would like to take part, and for this to be a success, we would be extremely grateful for donations of gifts. (e.g. unwanted gifts such as: toiletries, chocolates, candles, bric a brac etc.) We especially need gifts for men.
  There is a box for donations in the school entrance. Thank you if you have already sent in gifts but we still need more! Especially gifts for Dads! Thank you in advance for your help.
  There is no obligation for your child/children to take part.

- **Christingle Service – Tuesday 17th December 2.00pm in St Giles Church –** Please join us in church for our Christingle Service.

- **Friday 20th December – Last day of term. NO AFTER SCHOOL CLUB TODAY**

- **Saturday 21st December** – Cake and Carols at St Giles Church 4.00pm. Some of our children are taking part in the service

OTHER NEWS

- **ParentPay – Please check your accounts and ensure all outstanding debts are settled before the end of term. Help us by making regular payments to avoid balances increasing. Thank you for your support with this.**

- **PTFA CHRISTMAS HAMPER** – Tickets are available from the school office. £1 a ticket. Thank you for your support.

- **Walesby Forest Residential** – The next payment for the Year 5 and 6 residential is due on 31st January. Thank you if you have already paid. Please contact the school office if you have any questions at all.

- **Qualitas Clubs for Spring Term 1 are as follows:**
  Mondays – KS2 Badminton
  Tuesdays – KS1 Dance
  Wednesdays – KS2 Benchball
  These will be available to book and pay for next week

Please do not hesitate to contact us on 01629 56813 or by email with any questions or queries.

Friday updates can be found in the Newsletters section of our school website.

FURTHER DATES FOR YOUR DIARY	
Saturday 21st December	**Cake and Carols in St Giles Church 4.00pm – featuring our very own St Giles Christmas Choir Refreshments and cakes after the service Everyone is welcome.**
Monday 6th January 2025	**Back to school Qualitas After School Club – KS2 Badminton**
Tuesday 7th January	Qualitas After School Club – KS1 Dance
Wednesday 8th January	Qualitas After School Club – KS2 Benchball
Monday 13th January	Qualitas After School Club – KS2 Badminton
Tuesday 14th January	Qualitas After School Club – KS1 Dance
Wednesday 15th January	Qualitas After School Club – KS2 Benchball
Monday 20th January	Qualitas After School Club – KS2 Badminton
Tuesday 21st January	Qualitas After School Club – KS1 Dance
Wednesday 22nd January	Cross Country Event at Whitworth Park – further details to follow Qualitas After School Club – KS2 Benchball
Monday 27th January	Class 4 to Young Voices in Sheffield
Wednesday 29th January	Class 2 trip to the Space Centre, Leicester
Thursday 13th February	Last swimming lesson for Class 2. Class 3 start swimming after half term
Friday 14th February	Break up for half term
Monday 24th February	**INSET DAY – School closed**
Tuesday 25th February	Back to school
Wednesday 26th February	MAD Infant Sports Event – Fun Run at All Saints Juniors – rearranged from 16th October
Thursday 27th February	**First Swimming for Class 3**
Friday 4th April	Break up for Easter
Monday 21st April	Easter Monday
Tuesday 22nd April	Back to school
Wednesday 30th April	Class 2 Multi Skills Festival at All Saints Juniors This Girl Can – Whitworth Park 930 – 11.30
Monday 5th May	**MAY DAY BANK HOLIDAY**
Monday 12th May	KS2 SATS – English Grammar Punctuation and Spelling
Tuesday 13th May	KS2 SATS – English Reading Paper
Wednesday 14th May	KS2 SATS – Maths Papers 1 and 2
Thursday 15th May	KS2 SATS – Maths Paper 3
Friday 23rd May	Break up for half term
Monday 2nd June	**INSET DAY – School closed**
Tuesday 3rd June	Back to school
Wednesday 18th June	Class 2 Dance and Gymnastics Festival at All Saints Juniors

Tuesday 1st July	Highfields Transition Day for Y6 pupils
Wednesday 2nd July	Walesby Forest Residential – Class 4
Thursday 3rd July	Walesby Forest Residential – Class 4 Last swimming for Class 3
Friday 4th July	Walesby Forest Residential – Class 4
Wednesday 9th July	Class 2 Sports Day at All Saints Juniors
Thursday 10th July	NO SWIMMING FOR CLASS 3
Thursday 17th July	NO SWIMMING FOR CLASS 3
Thursday 24th July	Last day of the school year **NO AFTER SCHOOLCLUB**



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about

MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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://nationalcollege.com/guides/mental-health-apps

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 04.12.2024

SAFER Neighbourhood NEWS

December 2024

Christmas time and protecting yourself against Scams!

Criminals are experts at impersonating people, organisations and the Police. They spend hours researching you hoping you'll let your guard down for just a moment. They can contact you by phone, text, email, letters, social media or in person. They will try to trick you into parting with your money, personal information, or buying goods or services that do NOT exist.

With Christmas around the corner, and the time of year being very busy for shopping and ordering online, don't let yourself get distracted and become a victim of a scam.

Don't let the Grinch steal your Christmas!

Here are a few common holiday scams to watch out for:

🧢 Fake Charity Scams – Be cautious when donating! Scammers may pose as charities asking for holiday donations. Always research the organization first and donate through trusted websites.

🎁 Fake Holiday Deals – Too good to be true? It probably is! Beware of "too good to pass up" sales that lead to fake websites or stolen credit card information.

📦 Package Delivery Scams – Watch out for texts or emails claiming there's an issue with your delivery. Don't click on suspicious links—always verify with the company directly.

💳 Online Shopping Scams – Shop smart! Stick to reputable sites, avoid unfamiliar sellers, and use secure payment methods. Make sure your website's URL starts with "https://."

Engagements

Fri 6th – Street meet outside St Giles Primary School – 08.00am-09.00am

Fri 6th – Tansley Café – 10.00am-11.00am

Weds 11th – Street meet outside of All Saints Juniors School – 08.00am-09.00am

Weds 11th – Bike Marking Event, Crown Square, Matlock – 12.00pm-14.00pm

Thurs 12th – Street meet outside of Tansley Primary School – 09.00am-10.00am

Fri 13th – Business walk-around with Business Crime Reduction Partnership, Matlock Town Centre – 09.00am-13.00pm

Mon 23rd – Street meet at Sainsbury's, Cawdor Way – 10.00am-12.00pm

Tues 24th – Street meet at Marks & Spencers, Bakewell Road – 10.00am-12.00pm

Mon 30th – Street meet at Sainsbury's, Cawdor Way – 16.00pm-17.00pm



Throughout December, your local Safer Neighbourhood Team will be conducting proactive patrols throughout Matlock targeting retail crime. Throughout this week they will be planning to deter and disrupt theft, educate and support businesses who are regular victims of theft and take positive actions and pursue enforcement to any identified offenders. They will be raising the awareness to members of the local community, providing advice and materials to minimise the risks of harm and loss, both business and personal. Reduce the risk of personal loss by:

- Never leaving your bags unattended whilst shopping.
- Carry your bags close to you, with the clasp facing inwards, keep it zipped up and make sure that purses and wallets **CANNOT** be seen.
- Avoid carrying unnecessary valuables, documents containing personal information or large amounts of cash.
- Consider the use of a handbag/purse alarm, these are inexpensive and could alert you to someone trying to steal your personal possessions.
- Never carry you PIN number with your bank cards.

Throughout these patrols, they will also be mindful of violence against women and girls, in relation to the 16days of action against Domestic Violence. This campaign started on 25th November and ends on 10th December.

BE VIGILANT! It only takes a moment to lose your belongings!

DARKER NIGHTS ARE HERE… IF YOU'RE NOT IN, DON'T LET EVERYONE KNOW!

To help deter offenders, consider reviewing your home security.

- Window & door alarms.
- Motion activated doorbell and perimeter cameras that can instantly notify you of activity.
- Security lighting.

Should items be stolen, you can also do the following to help identify offenders:

- Use smart grease on boundary walls and fences.
- Use smart water or property marking kits.
- Make a note of serial numbers, take photographs of valuable items.

Many thieves are opportunists, don't make it easy for them. The more obstacles in their way, the less likely they are to strike.

Your local Safer Neighbourhood Team are currently offering FREE Bike & Tool marking as a crime preventative. If you are interested in either, please email MNT@derbyshire.police.uk to arrange.