School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 6th November	• INSET DAY SCHOOL CLOSED
Tuesday 7th November	• Year 6 Bikeability • Class 2 – MAD Sports event – 9.30am-11.30am • Qualitas after school Multi Sports KS1 (to book on ParentPay)
Wednesday 8th November	• Qualitas after school Touchball – KS2 (to book on ParentPay)
Thursday 9th November	• Little Smiles Parent and Toddler Group 9 – 10.30am • Open Morning – 9.30am • Class 3 swimming
Friday 10th November	• Year 4 Forest School AM
Monday 13th November	• Qualitas after school Mini Trampolines KS2 (to book on ParentPay)
Tuesday 14th November	• Qualitas after school Multi Sports KS1 (to book on ParentPay)
Wednesday 15th November	• Qualitas after school Touchball KS2 (to book on ParentPay)
Thursday 16th November	• Little Smiles Parent and Toddler Group 9 – 10.30am • Open Afternoon – 1.30pm • Class 3 swimming
Friday 17th November	• Year 4 Forest School AM • Children In Need – details to follow

Other news:

- Year 6 Parents: Deadline for secondary school applications is 31st October
- If not done so already, please activate your ParentPay account to ensure all school communication is received. Contact the school office if you need any assistance with this.
- Next terms Qualitas After School Clubs are on ParentPay to book.
- Year 6 pupils will need their bike at school on Tuesday 7th November for Bikaeability.
- Class 2 – Permission needs to be given using ParentPay Trips for the MAD sports event

Please do not hesitate to contact us on 01629 56813 or by email enquiries@st-giles-matlock.derbyshire.sch.uk with any questions or queries.

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

FURTHER DATES FOR YOUR DIARY	
Friday 27th October	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 6th November	INSET DAY SCHOOL CLOSED
Tuesday 7th November	SCHOOL OPENS FIRST DAY BACK FOR HALF TERM
Thursday 9th November	OPEN MORNING – 9.30AM
Thursday 16th November	OPEN AFTERNOON – 1.30PM
Thursday 7th December	PANTOMIME TRIP – RECEPTION AND YEAR 1 – ALADDIN – CHESTERFIELD WINDING WHEEL
Friday 15th December	PANTOMIME TRIP – YEARS 2 – 6 – MOTHER GOOSE - DERBY ARENA
Wednesday 20th December	CHRISTMAS SCHOOL LUNCH
Friday 22nd December	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES
Monday 8th January	SCHOOL OPENS FIRST DAY BACK FOR NEW TERM
Friday 16th February	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 26th February	INSET DAY SCHOOL CLOSED
Tuesday 27th February	SCHOOL OPENS FIRST DAY BACK FOR HALF TERM
Thursday 28th March	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR EASTER
Monday 15th April	SCHOOL OPENS FIRST DAY BACK
Friday 24th May	LAST DAY OF SCHOOL BEFORE SCHOOL CLOSES FOR HALF TERM
Monday 3rd June	SCHOOL OPENS FIRST DAY BACK
Monday 17th July	INSET DAY SCHOOL CLOSED
Tuesday 23rd July	LAST DAY OF SCHOOL BEFORE SUMMER BREAK

Discover our new Autumn & Winter menu

...etables or salad served with every meal

Week 1

W/C: 06.11.23 / 27.11.23 / 18.12.23 / 22.01.24 / *12.02.24 / 11.03.24

MONDAY

British chicken in a korma or tikka sauce

Vegetable & chickpea curry

served on a bed of rice with a homemade flatbread

Cook's choice of cookie

TUESDAY

Margarita pizza creamy mozzarella & tomato on a deep pan pizza base

Veggie mince tortilla stack

served with tomato pasta

Chocolate & beetroot brownie

WEDNESDAY

British roast chicken with stuffing & gravy

Butter bean & vegetable bake, with a crispy cheese topping

served with creamy mash potatoes & vegetables

Cornflake bar with a side portion of with fruit

THURSDAY

Big British breakfast including sausage & bacon

Big veggie breakfast; including vegan sausage & mushrooms

served with crispy potatoes, tomatoes & baked beans

Banana muffin

FRIDAY

Breaded fish fingers

Cheese & tomato puff pasty pinwheel

served with chips & garden peas

Fruit crumble with custard

Week 2

W/C: *13.11.23 / 04.12.23 / 08.01.24 / 29.01.24 / 26.02.24 / 18.03.24

MONDAY

Organic British beef meatballs in a tomato sauce

Quorn & vegetable stroganoff

served with pasta & homemade garlic bread

Cook's choice of cookie

TUESDAY

Margarita pizza creamy mozzarella & tomato on a deep pan pizza base

Quorn sausage pattie

served with potato wedges

Oaty flapjack with a side portion of fruit

WEDNESDAY

British roast pork served with, apple sauce & gravy

Cauliflower cheese bake with a crispy crumb topping

served with creamy mash potatoes & vegetables

Sprinkle cake

THURSDAY

Organic British beef casserole, served with a Yorkshire pudding

Vegan sausage roll

served with potatoes & gravy

Chocolate cracknel with a side portion of fruit

FRIDAY

Breaded fish fingers

Crispy veggie fingers

served with chips & baked beans

Apple sponge with custard

Week 3

W/C: 20.11.23 / 11.12.23 / *15.01.24 / 05.02.24 / *04.03.24 / 25.03.24

MONDAY

Spaghetti bolognaise made with British beef

Quorn dippers served with pasta in a homemade sauce

served with freshly baked crusty bread

Cook's choice of cookie

TUESDAY

Organic British beef burger in a bun

Vegan burger in a bun

served with potato wedges & coleslaw

Carrot cake muffin

WEDNESDAY

British roast chicken with stuffing & gravy

Warming veggie cottage pie

served with creamy mashed potatoes & vegetables

Jelly & fruit

THURSDAY

Macaroni cheese

Veggie balls in a homemade tomato sauce with pasta

served with freshly baked garlic bread

Chocolate crunch with a side portion of fruit

FRIDAY

Breaded fish fingers

Veggie Sausage

served with chips & garden peas

Bakewell 'No Nut' tart & custard

All desserts are suitable for vegetarians

All schools have the option of either a pasta pot, filled jacket potato or sandwich, please speak to your school for their selection

Yoghurt & fresh fruit available daily

ALLER

* Theme b...

DERBYSHIRE County Council

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

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 climate change to the war in Ukraine and the conflict in Israel, 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.

1 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've seen.

2 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.

3 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's happening – but again, do stay aware of their emotional state.

4 EMPHASISE HOPE

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.

5 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.

6 CONSIDER YOUR OWN 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.

7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, 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 to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.

8 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.

9 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.

10 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.

11 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.

12 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 Jorgensen 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.

Sources: https://www.bbc.co.uk/newsround/59478061 | https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/ | https://www.nationalcollege.com/guides/how-talk-your-children-about-conflict-and-war

National Online Safety®

#WakeUpWednesday