School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 13th November	• Odd Socks Day for Anti Bullying Week • Qualitas after school Mini Trampolines KS2 (to book on ParentPay)
Tuesday 14th November	• Qualitas after school Multi Sports KS1 (to book on ParentPay) • Year 4 MTC parent meeting 5.30pm
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 – 1.30am • Class 3 swimming
Friday 17th November	• Year 4 Forest School AM • Children In Need – Children can wear their own clothes for a suggested minimum donation of £1 for the charity
Monday 20th November	• Qualitas after school Mini Trampolines KS2 (to book on ParentPay)
Tuesday 21st November	• Qualitas after school Multi Sports KS1 (to book on ParentPay)
Wednesday 22nd November	• Qualitas after school Touchball KS2 (to book on ParentPay)
Thursday 23rd November	• Little Smiles Parent and Toddler Group 9 – 10.30am • Class 3 swimming
Friday 24th November	• Year 4 Forest School AM

Other news:

- **CHRISTMAS LUNCH ORDERS**: IF YOUR CHILD DOES NOT NORMALLY HAVE A SCHOOL LUNCH ON WEDNESDAYS AND WOULD LIKE A CHRISTMAS LUNCH ON WEDNESDAY 20TH DECEMBER PLEASE E-MAIL OR CALL THE OFFICE BY WEDNESDAY **15TH NOVEMBER**. Notifications after this date will not be able to be accepted due to the kitchen ordering deadlines.
- Applications for primary school admissions in September 2024 are now open via Derbyshire County Council. They must receive applications by midnight on 15 January 2024.
- 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.

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	
Tuesday 14th November	YEAR 4 MTC PARENT MEETING 5.30PM
Thursday 16th November	OPEN AFTERNOON – 1.30PM
Friday 17th November	CHILDREN IN NEED – NON UNIFORM
Thursday 7th December	PANTOMIME TRIP – CLASS 1 AND YEAR 1 – ALADDIN – CHESTERFIELD WINDING WHEEL
Friday 8th December	CHRISTMAS JUMPER DAY AND CHRISTMAS CRAFTS
Friday 15th December	PANTOMIME TRIP – YEARS 2 – 6 – MOTHER GOOSE - DERBY ARENA
Monday 18th December	SECRET SANTA - pm. Donations by Monday 11th December
Tuesday 19th December	CHRISTINGLE SERVICE 2.30pm
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 June	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
British chicken in a korma or tikka sauce	Margarita pizza creamy mozzarella & tomato on a deep pan pizza base	British roast chicken with stuffing & gravy	Big British breakfast including sausage & bacon	Breaded fish fingers
Vegetable & chickpea curry	Veggie mince tortilla stack	Butter bean & vegetable bake, with a crispy cheese topping	Big veggie breakfast; including vegan sausage & mushrooms	Cheese & tomato puff pasty pinwheel
served on a bed of rice with a homemade flatbread	served with tomato pasta	served with creamy mash potatoes & vegetables	served with crispy potatoes, tomatoes & baked beans	served with chips & garden peas
Cook's choice of cookie	Chocolate & beetroot brownie	Cornflake bar with a side portion of with fruit	Banana muffin	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Organic British beef meatballs in a tomato sauce	Margarita pizza creamy mozzarella & tomato on a deep pan pizza base	British roast pork served with, apple sauce & gravy	Organic British beef casserole, served with a Yorkshire pudding	Breaded fish fingers
Quorn & vegetable stroganoff	Quorn sausage pattie	Cauliflower cheese bake with a crispy crumb topping	Vegan sausage roll	Crispy veggie fingers
served with pasta & homemade garlic bread	served with potato wedges	served with creamy mash potatoes & vegetables	served with potatoes & gravy	served with chips & baked beans
Cook's choice of cookie	Oaty flapjack with a side portion of fruit	Sprinkle cake	Chocolate cracknel with a side portion of fruit	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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti bolognaise made with British beef	Organic British beef burger in a bun	British roast chicken with stuffing & gravy	Macaroni cheese	Breaded fish fingers
Quorn dippers served with pasta in a homemade sauce	Vegan burger in a bun	Warming veggie cottage pie	Veggie balls in a homemade tomato sauce with pasta	Veggie Sausage
served with freshly baked crusty bread	served with potato wedges & coleslaw	served with creamy mashed potatoes & vegetables	served with freshly baked garlic bread	served with chips & garden peas
Cook's choice of cookie	Carrot cake muffin	Jelly & fruit	Chocolate crunch with a side portion of fruit	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 games which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

FIVE NIGHTS AT FREDDY'S

AGE RESTRICTION PEGI 12

WHAT ARE THE RISKS?

Five Nights at Freddy's is a series of indie point-and-click horror games whose word-of-mouth success and widespread spin-off content on YouTube have helped each of the nine instalments so far to sell almost five million copies on Steam (the PC gaming platform) alone. Set in various deserted locations at night, with creepy animatronic characters suddenly coming to life, the games are rated PEGI 12 for disturbing/violent content, mild profanity and horror themes.

FRIGHTENING THEMES

Five Nights at Freddy's (FNaF for short) doesn't feature bloodshed like many horror games – but it does build tension and use jump scares, which may be too intense for young players. The sinister animatronic characters and the sensation of being trapped and defenceless could be particularly unsettling, as could the inclusion of disturbing elements such as murder or possession by evil spirits.

AGE-INAPPROPRIATE CONTENT

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As a result of FNaF's popularity, a sizeable YouTube community based on fan-made content has developed around the game. While the majority of this material is still child friendly, there are a number of channels which are geared more towards mature audiences: they contain adult and disturbing themes, for example, and (in some cases) age-inappropriate language.

STRESSFUL SITUATIONS

Due to FNaF's suspenseful atmosphere, it can be extremely stressful for players. Constantly checking that one's surroundings are safe is a crucial part of the gameplay and could create residual stress or even obsessive-compulsive behaviours. Several media reports have suggested that some younger children have experienced severe nightmares or sleep anxiety after playing games from the series.

PLAYING IN ISOLATION

Many parents will be relieved to learn that Five Nights at Freddy's is a single-player game which doesn't include any online chat functionality. Conversely, however, this could also make playing FNaF quite an isolating experience – especially if your child is spending a lot of time investigating the game's spooky, shadowy environments alone in their room, for example.

IN-GAME SPENDING

FNaF doesn't foreground in-game purchasing as strongly as many other well-known games, but some titles in the series do offer additional content that promises to enhance the experience. Five Nights at Freddy's: Help Wanted, for instance, is complemented by a Halloween-themed expansion pack called 'Curse of Dreadbear' (costing £8.99), which unlocks new levels and mini-games.

Advice for Parents & Carers

USE PARENTAL CONTROLS

Five Nights at Freddy's doesn't have conventional parental controls. However, if you're concerned about the potential impacts of the game's themes and content, you can simply choose not to let your child play it. If they use an Android or iOS device for gaming, you can adjust Apple and Google's built-in parental controls to restrict your child's access to certain content.

TRY IT YOURSELF

Every child is different, of course, so it could be worth playing Five Nights at Freddy's yourself for a while to gauge how your young gamer might cope with the series' more frightening and disturbing aspects. If they're old enough, you could spend some time playing it together – after all, it usually only takes between two and ten minutes to complete a level.

LIMIT SPENDING

Unlike many popular titles, Five Night's at Freddy's doesn't bombard players with tempting in-game purchase offers. It's worth noting, however, that some instalments in the series *do* provide the option for players to spend real-world money. With that in mind, it's important to either keep a close eye on your child's expenditure or limit their access to digital payment options.

SPOT THE SIGNS

If you're concerned that your child might be spending too much time on Five Night's at Freddy's, or you're worried that the game's scary themes are taking a toll, watch out for warning signs. Young people may start to prioritise gaming over everyday essentials like schoolwork or sleep; irritability or a lack of concentration could also indicate that their gaming sessions are going on too long.

TALK ABOUT THE RISKS

Before you allow your child to play Five Nights at Freddy's, it's wise to have a conversation about the game so that they're aware of the potential risks. Ensure that your child understands that the series is purposely designed to be tense and unsettling, and that they should stop or take a break if the intensity of the gameplay is making them feel uncomfortable or putting them on edge.

Meet Our Expert



Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.

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The Diana Award definition of bullying is "repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Cyberbullying is bullying which takes place online. It can involve anything from sending messages to posting offensive comments to uploading and sharing private or embarrassing photos. It is classed as an indirect form of bullying when compared to verbal or physical bullying, given it usually takes place through a digital device. However, for those experiencing bullying behaviour, the consequences can be just as serious and have far reaching effects.



What schools need to know about CYBERBULLYING

3 KEY ASPECTS OF BULLYING BEHAVIOUR

There are three key aspects of bullying behaviour, namely that it is repetitive, negative and intentional. These behaviours apply both offline and online. Cyberbullying can almost heighten these behaviours, particularly with access to the internet available 24/7 and the different ways in which those displaying bullying behaviour online can target others. The fact that they can also easily hide their identity online can make cyberbullying much more difficult to stop.



DIFFERENT DEVICES & CHANNELS

Cyberbullying can take place over any device connected to the internet which allows for two-way communication. This includes mobile phones, tablets, computers and even games consoles as it becomes more and more common for players to chat to other players whilst playing online. From a snapshot of 1,400 students surveyed by the Diana Award in 2018, 33% of young people admitted to have experienced bullying on social media, 11% via text message and 12% whilst online gaming.

WHAT LEADS TO CYBERBULLYING

There is never any justification for cyberbullying and those who display bullying behaviour need to be held to account for their actions. Nonetheless, it can useful to try and understand some of the factors that may lead young people into bullying behaviour. For example, family issues, personal difficulties and a lack of positive reinforcement may push some young children into bullying others as a form of coping mechanism. Similarly, those exhibiting bullying behaviour may blame their targets for provoking their behaviour in the first place or engage in bullying behaviour as a call for attention if they lack social skills or understanding. Others may view their position as dominant which makes themselves less vulnerable to being bullied or they replicate behaviour they have experienced themselves in the past.

SIGNS AND SYMPTOMS

Cyberbullying can affect anyone, at any time, at any place. The impacts of cyberbullying can be long-lasting and leave people feeling scared, anxious and lonely. Some of the more obvious signs that those experiencing bullying behaviour might show include weight loss, crying, mood changes, depression and regularly avoiding school. Other symptoms, which might be less obvious to spot and would be difficult to pick up on in isolation, may include changes in body language like hunched shoulders, walking slower or an inability to make eye-contact. In extreme cases, those experiencing bullying behaviour may have unexplained marks or scars which could be evidence of self-harm.



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Tips for School Staff

TAKE A WHOLE SCHOOL APPROACH

In taking a whole approach towards cyberbullying, schools can cultivate a culture that relies on positivity and behaviour that is emulated by ALL members of the school community including staff, support staff, senior leaders, governors and parents and carers.

BUILD CONFIDENCE IN DEALING WITH INCIDENTS

This can be achieved by having clear knowledge of what constitutes bullying behaviour, having clear sanctions and courses of action and continually updating your knowledge of safety procedures regarding online and offline incidents.

USE CHILDREN AND YOUNG PEOPLE AS A RESOURCE

Ensure you understand what is influencing the behaviour of young people in your community. If schools know what their students are engaging with, it can be easier to develop and implement relevant and effective tactics / strategies to counter cyberbullying issues.

UNDERSTAND THE CAUSES OF BULLYING

As previously mentioned, sometimes those who are behind the bullying are in need of support just as much as those who being targeted. In better understanding the cause of the issue, schools can better position themselves to tackle the problem and also adequately support both those displaying and experiencing the bullying behaviour. Taking a proactive approach means that schools can gear themselves to tackle issues specific to their school environment, rather than treating each case the same.

ENSURE ALL STAFF KNOW THEIR ROLES AND RESPONSIBILITIES

All staff have a role to play in educating and supporting children who are affected by cyberbullying, not just those responsible for safeguarding or online safety. Regular training, continuous professional development and clear school policies can help to empower staff in effectively managing any cyberbullying issues and in providing a united staff front on zero tolerance to all bullying behaviour.



Ask For Help

For further support, advice or guidance to support you students at school, or to sign up to our FREE Anti-Bullying Ambassadors training events, head to www.antibullyingpro.com

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.11.2019