



A Message from Mrs Hewitt

Harvest Festival is Friday 13th October. We are collecting food for The Basement Project. If children would like to donate anything to help- can you please send in non-perishable items on or before Friday 13th October please.

Thank you for your cake contributions and joining us for our coffee morning last Friday, we raised £356.00 for MacMillan. Well done to Year 4 for organising the event

Individual photographs are taking place on Tuesday 10th October.

Year 3 visited Bishops Wood on Monday and had an amazing Stone Age day. They were so well behaved and a credit to our school.



Mental Health Awareness day is Tuesday 10th October.



The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing. The theme for this year's day is 'mental health is a universal human right'. The 'Big Life Journal Company' have donated journals for our children in years 3 and 4. The journals are designed to help children in years 3 and above develop strong Social-Emotional Learning and growth mindset skills through inspiring stories, colourful illustrations, and engaging guided activities. Thank you to Mrs Fox, one of our parents, who nominated Meadows to receive these journals. The children will bring them home on Tuesday – World Mental Health Day.



Please book your Autumn Parents' Meetings for years R,1,2,3 and 4.

Tuesday 24 th October	Thursday 26 th October
3.30- 5.40pm	3.30-7.00

These take place in person in school. Each appointment will be for ten minutes. To book an appointment on the appropriate day we have a simple online booking system. Please go to <https://meadowsfirst.parenteveningsystem.co.uk>

You will then need to enter just a few simple personal details. These details should be of the person whom we hold as the main contact in school. Please ensure that the information you input is exactly the same as the information that we hold in school (e.g. Ms/Miss/Mr etc).

The booking system is available from 4pm today until 20th October at 1pm. Due to time restrictions it is only possible to allow 1 appointment for each child. The system links to the first contact's email address for each child. Hence, if you are not the first contact, and cannot attend at the same time, please contact the School Office to arrange a telephone appointment. If you wish to have an appointment with the SEN team, please email them and they will arrange a meeting-senteam@meadows.worcs.sch.uk. Also, if you cannot attend in person, please contact your child's teacher and they will offer you a telephone appointment.



Meadows Mouse Awards

Cygnets	Grace L – working so hard on writing her sounds. Paul K – showing great focus in his reading group.
Goslings	Alice B – super repeating patterns in maths. Well done Alice. Charlie F – great focus on the carpet. Well done Charlie.
Caterpillars	Adeline – enthusiasm in writing lessons. Aurora S – having good focus in Maths lessons.
Dragonflies	Freya & Jack L – working hard in all lessons.
Owls	Sadie – always being so focused & sharing so many good ideas with the class. Chloe – always being so enthusiastic & working so hard, especially in Maths.
Hedgehogs	Grayson S W – wonderful writing about diving. Sophie – determination in all lessons.
Sharks	Everly – having amazing problem solving ideas on our Stone Age trip. Jake – working so hard and with great enthusiasm.
Dolphins	Ella B – outstanding effort in all lessons. Hudson C – fantastic non-fiction writing.
Jaguars	Noah – excellent knowledge & contribution to class discussion in Science. Rosie – fantastic effort and focus in Maths.
Tigers	Abithera – being extremely focused in lessons & always being determined. Zachary Read – trying hard in Maths & English and listening well.



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 issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

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CENSORED

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls: talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

