

VPA Newsletter



18th February 2022

Message from Mrs Bailey

It looks like we've made it! I am absolutely delighted to look back on these first 7 wonderful weeks of 2022 together, and the very many achievements we have to celebrate as a community. Thank you to all of you for all that you have continued to do to support your child and your school – together we have made sure our children have skipped into 2022 and made the most of their days. With so much going on already this year the highlight for me has to be the smiles on the children's faces, which have told the stories of their own successes.

As the mornings get lighter and the weather (fingers crossed) improves, we have all of those delightful spring and summer events to look forward to. In Spring 2 we have our Easter celebrations, which includes the Easter Egg competition and Disco. We also have World Book Day, trips to the Abbey House Museum, Red Nose Day, and LUFC will also begin their Healthy Schools programme with us!

Have yourselves a wonderful half term week. Stay safe and we will see you all on Monday 28th February.

Mrs B

World Book Day 2022!

Don't forget that **Thursday 3rd March** is World Book Day. Come to school dressed as your favourite story character – there is no need to purchase a new costume as there are many book characters that you can come as e.g., Charlie Bucket, Boy in a dress (football kit), Matilda and Millionaire Boy to name a few.

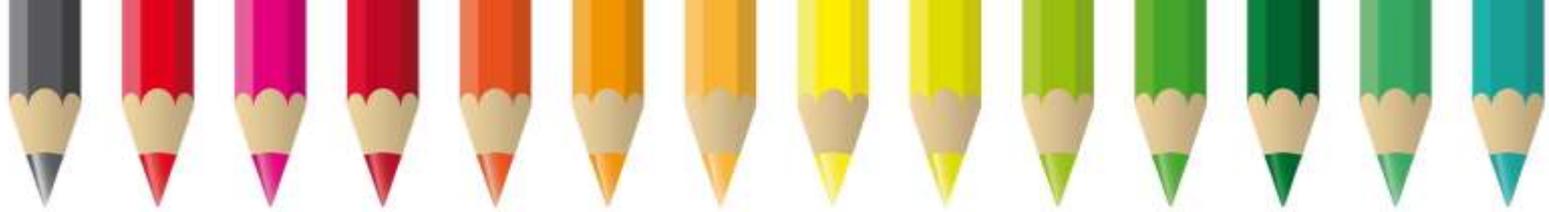
We will also be having a fun themed lunch on the day and a visit from a local author who will be sharing some of her fantastic stories with us. She will also be in the hall after school so you can purchase some of her books, which she is happy to sign.

Goldilocks and the Three Bears visited Reception this week



Reception had lots of fun acting out the traditional tale of Goldilocks and the Three Bears this week. They have then written lots of super sentences about the story and beautiful pictures.





Lego Club Models



National Online Safety Launch

This week, we are proud to announce our new link with National Online Safety, a platform for learning. This app is designed to provide tips and tricks to help support online safety at home. On the site, you will find short videos and one page leaflets on understanding social media platforms like TikTok and Twitter, as well as the information you need to know about games such as Fortnite and Roblox. Getting started is easy - just install the app by searching for National Online Safety or scan the QR code below to register.



Dates For Your Diary

- 3.3.22 - World Book Day
- 18.3.22 - Red Nose Day (for comic relief day)
- 23.03.22 - Y1 trip to Kirkstall Abbey
- 24.03.22 - Y2 trip to Kirkstall Abbey
- 28.03.22 - Easter Egg competition entries.
- 31.03.22 - Easter Disco
- 01.04.22 - Easter Egg competition winners



Safeguarding

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

10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience 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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