

# NORTH STAR 82°

Issue number 11.

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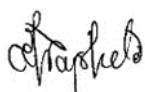
## Headteacher's Message

Belated welcome back after half term. The first two weeks of Term 6 have been very busy as you will see from the next few pages. We are delighted to welcome Mr Crony as our new Forest School and Gardening lead. He is already giving the children some wonderful experiences and opportunities to thrive. And we are also pleased to welcome Ms Redhead back—she is already re-invigorating our daily phonics and reading programmes and the children are making good progress in developing their reading skills.

I wanted to give you some warning of a minor change to school uniform coming up in September. Being aware of how hard it can be to keep white polo shirts white, we are changing to pale blue polo shirts. All other items of school uniform will remain the same with high expectations of school trousers/shorts or skirt or pinafore dress (not joggers etc.).

We will be issuing all pupils with 2 new polo shirts and a sweatshirt when we return in September, and if you wish to purchase further items, then they of course will be available.

Kind regards



*Amanda Tapsfield*  
*Interim Headteacher*



## Forest School fun with Mr Croney

Over the past two weeks, I've had the pleasure of getting to know the pupils at North Star 82 through our outdoor programmes. We've launched a Horticulture and Animal Care Programme, where children have enjoyed painting plant pots, sowing seeds, weeding, pruning, digging, and caring for our adorable chicks, which have been a big hit.

In addition, our Forest School programme has been a huge success. The children have been building dens, setting up tree swings, collecting and sawing firewood, cooking pancakes over an open fire, participating in tug of war, and exploring the outdoors.

Looking ahead to next week children can look forward to creating garden furniture for their Horticulture and Animal Care lessons and engaging in woodcraft activities in their Forest School sessions.



## Rock climbing trip to Red Point

On Wednesday, some of our pupils visited Red Point Rock Climbing. They had a fantastic time challenging themselves to try different climbing walls and had to use their perseverance skills when they got stuck or faced a new challenge. We saw lots of excellent problem solving and supporting peers.

Everyone had an excellent time and it was wonderful to see our pupils enjoying being active. There are more trips planned for later in the term for pupils to enjoy!

# 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 military conflicts around the globe, 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.



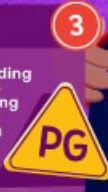
### 2 RIGHT TIME, RIGHT PLACE

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.



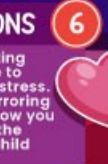
### 5 MONITOR REACTIONS

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.



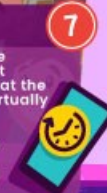
### 6 CONSIDER YOUR OWN EMOTIONS

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.



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Sources: <https://www.bbc.com/news/health-5647006> <https://www.chinnet.com/blog/supporting-your-child-with-upsetting-content/> <https://www.unicef.org/learning/how-to-talk-your-children-about-conflict-and-war>

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