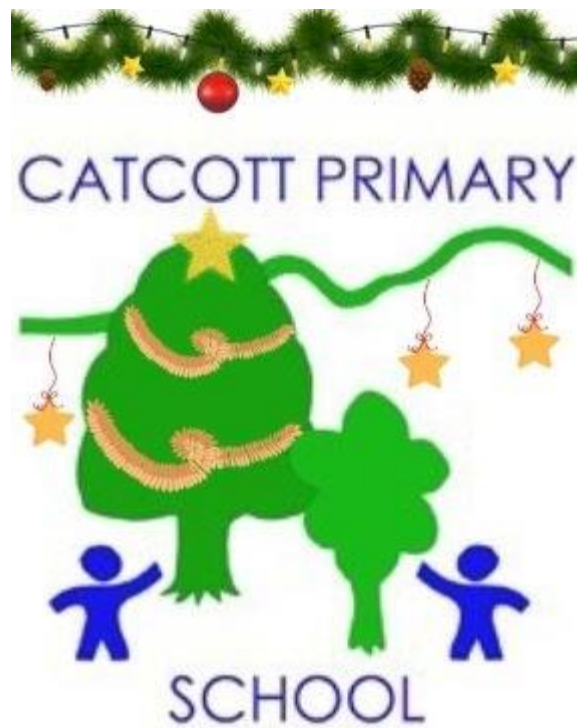




Catcott News - December 2024 - Website
Version

Headteachers welcome



Dear Families,

As we approach the festive season, it's a joy to reflect on the wonderful experiences and achievements that have brought our school community together this term.

Our students have had incredible opportunities to learn beyond the classroom, with memorable trips to **Caerleon**, where history came alive, and **We The Curious**, sparking curiosity and wonder about the world of science.

In true festive spirit, our school Nativity 'Midwife Crisis' delighted audiences with its unique take on the Christmas story, featuring a cast of **sheep, kings, and even a midwife!** Meanwhile, the beauty of the season shone through in our traditional **Carols Around the Tree**, bringing warmth and togetherness to all.

A heartfelt thank you to our amazing **PTA** and our **School Council** for their fantastic fundraising efforts, helping to make a real difference in our community.

Wishing you all a joyful Christmas and a peaceful New Year.

Mrs Constanza

Headteacher

Reception



The Reception children have had a wonderful second half of the Autumn term. They have settled into the school routine with ease and are all enthusiastic and eager learners.

Maths

This term, the children have looked at the numbers from 1-10. We have looked at subitising and composition of 1-5. We have also explored concepts of size, weight, and measurement, exploring in the maths area during discovery time.

Literacy

The children have enjoyed writing Christmas cards and letters to Father Christmas, practicing their digraphs, and reading simple captions and sentences.

Art

In art, the children have worked with various materials to create vibrant firework pictures and painted beautiful rangoli patterns. Everyone, including the staff, had a fantastic time exploring music through dancing, making music, and listening to Indian tunes.

Language

There have been lively discussions about celebrations and special occasions, such as Diwali, Christmas, and Bonfire Night.

In addition, the children have made great strides in their physical development. Through their Wilderness Warrior sessions and PE lessons, they have gained confidence in using a variety of indoor and outdoor apparatus, refined their ball skills, and practiced object manipulation.

The children have been a joy to teach this term. Wishing you all a very Merry Christmas, and I look forward to seeing you again in January.

Mrs. Kennedy and Mrs. Thomas





Year One and Two



Year 1 and 2 have had a busy and productive half term filled with exciting learning opportunities. We've been exploring London landmarks through our Literacy text 'A walk in London' and even linked our studies to a walk around Catcott village, connecting our Literacy and Geography learning. In Science, we've been investigating the properties of materials by testing for magnetism, waterproofing, and floating and sinking. In Computing we have been learning to take photos and add effects and in DT we have been exploring and designing how hinges and catches work. To top it all off, we've worked incredibly hard (and shared plenty of laughs!) while learning lines, cues, and dances for our Christmas performance of *Midwife Crisis*. Well done, everyone!

Mrs Ashburne



Year Three



Science

In science, we have been using our working scientifically skills to plan and carry out different investigations. We investigated which biscuit is best for dunking in a cup of tea. The class did brilliantly planning this investigation! FYI: a white chocolate digestive is an excellent dunker! We set up an observation over time. investigating which liquid is the best at cleaning dirty coins. We left the coins in lemon juice, vinegar, ketchup and coca-cola and cleaned them off a week later. Our results showed that lemon juice was the best. Finally, we discovered oobleck (cornflour slime). The children watched me demonstrate how this mixture can act as both a solid and a liquid. They then came up with questions that they wanted to investigate. For example: can it be rolled into a ball? Can it stick things together? How far can it be stretched?

History

We finished off our Romans topic with a trip to Caerleon Roman Baths and Fortress. We started the day with a walk around the Roman baths. We learnt about who would come here and the different types of leisure activities Romans would take part in. We then went to explore the amphitheatre- learning about the battles between beasts and gladiators- then we moved on to the remains of the army barracks. Finally, we toured the museum and got the opportunity to wear Roman armour, see what it would've been like inside the barracks and discovered the hidden treasures that have been uncovered from the site.

Christmas question

Over the last couple of weeks, we have been exploring what Christmas traditions are and how we can make sure traditions are environmentally friendly. We discussed handmaking cards and decorations; using leftover food to create new Christmas dishes, such as a turkey pizza; ensuring lights are turned off overnight, or using friendlier LED lights; and donating old toys to charity, before asking Santa for lots of new ones.

Mrs Brogden & Mrs Flint





Year Four



Writing

We explored persuasive writing and investigated rhetorical questions, the use of alliteration, repetition and humility. The children loved to write a battle cry in the role of Boudicca. Well done everyone!

Computing

We focused on Audio Recording and Podcast. We discussed and explored what makes a good podcast and recorded some of our battle cry speeches. We also had a fantastic opportunity to take part in a workshop lead by Young Engineers Mid Somerset. What a treat!

Forest School

We loved learning new facts about trees, how they grow, how they communicate and how they care about each other. We also looked at the life cycle of a tree and the changes within seasons. To finish our session, we used acorns to make necklaces.

Caerleon: Roman Fortress

We had a day full of fun and learning. We took part in a role play workshop, we have been introduced to the museum objects and explored a reconstructed Roman Barrack Room, as well as discovering the remains of a Roman Amphitheatre and the only legionary barracks still on view in Europe. We finished the day with exploring the Roman Baths. What a day!

Mrs Cook



Year Five and Six



This has been a very busy term. The children have been working hard in all areas of their learning and have shown some great progress.

In writing we have been focusing on non-chronological reports and memoirs. The children have been developing their understanding of writing features and have produced some lovely pieces of writing using these features. For our non chronological reports we focused on Pandora, the fictional planet from Avatar. This allowed us to use our imagination to create our own planets and creatures that would live there! We particularly enjoyed reading Hidden Figures and finding out about the remarkable women at NASA, who showed great strength, courage and determination to achieve their dreams.

In maths, we have been focusing on fractions which the class are really enjoying! They have a much better understanding of how to add and subtract fractions. They have used various methods to support this learning.

In geography, the children have been learning all about extreme weather and how to use a data base to find evidence of extreme weather. We have used the Tambora volcanic eruption to learn about the impact this had on the UK and how to use data bases to record our evidence.

The children have really enjoyed computing this term where we have been learning about video production. They created some fantastic videos, following their story boards and had lots of fun making them!

In RE we have come to the end of our unit on Agape. We have also been learning about the true meaning of Christmas and discussing whether we think the true meaning of Christmas has been lost.

In our DT project this term we have been developing our cooking skills, making ginger bread biscuits. We have experimented with different designs and have created a box for them to be presented in.

Our topic in Science has been Earth and space and we have enjoyed learning more about how our planet fits in to the solar system, how we have seasons and days and nights and why the moon looks different at different times of the month. After learning more about the moon and its lunar cycle, we planned an enquiry to test how we could make craters on the moon bigger or smaller. We thought about independent and dependent variables as well as the control variables we would keep the same to make it a fair test. We really enjoyed carrying out these investigations and recording our results!

In PSHE, we've been learning about celebrating differences, so we took the opportunity to try out some Paralympic sports to better understand how these incredible athletes engage in various activities. With the help of a delivery from BBC Super Movers, we got to experience blind football. We started with trust-building games, where we guided blindfolded partners, learning to rely on communication and teamwork. Next, we played a game called "penguin feet" to practice moving the ball between our feet, before progressing to dribbling. This experience gave us immense respect for anyone who plays blind football—it's truly impressive!

Finally, we all really enjoyed our trip to W the Curious. The children had a fantastic time investigating all the activities and experiments. Highlights were the Aardmann animation experience and the wheel to generate power to make a waterfall work. The planetarium was an amazing experience, and the children really enjoyed their workshop and showed off their impressive knowledge of the planets.

We hope you have wonderful break and a festive Christmas!

Mrs Berkley, Miss Lintern, Mrs Mynott and Mrs Darby





Whole School

KS1 Performance

The children from Reception, Year 1 and Year 2 all worked extremely hard (and shared plenty of laughs) whilst learning lines, cues and dances for their Christmas performances of 'A Midwife Crisis'. All the children were fantastic and they should all be extremely proud of themselves, as are we!



Carols Around the Tree

Our KS2 children and families joined us for a festive evening on Monday 16th December. The children all sang beautifully and readings performed well. Thank you to all the families for joining us and the wonderful PTA for supporting the event with refreshments.



Librarians

Introducing our five new Librarians who are doing a fantastic job supporting Mrs. Gibbons in keeping the Library organised and tidy. They have been working hard to deliver advent calendar books each day, which are being enjoyed by classes during their daily story time. The Librarians are very excited to start planning new ways to promote a love of reading across the school!



House Points



1 - 05.11.2024 - 20.12.2024

Well done to Robins who won this terms highest house points!

School Council



The members of the School Council have all worked really hard towards raising some great funds for the school. They have all got involved with planning and hosting some wonderful

events for both Children in Need and for the School. Some of the money raised for the school has gone towards paying for some fantastic end of term parties for the children.

Mrs Kennedy

Children in Need

For Children in Need 2024, our children were challenged to cover Pudsey with small change. The Families were amazing in their support and we raised a huge £201.91. This has been banked by Mrs Kennedy and is already on its way to the official Children in Need collection. Thank you to each and every family who supported us to raise the funds.



Christmas Fair

On Friday 6th December, the School Council held their inaugural Christmas Fair under the leadership of Mrs Kennedy. It was a huge success and raised a massive £367.98. The School Council children helped out with the stalls. Thank you to all the families for supporting the festive event



Whole School Assemblies

PCSO Assembly

The local PCSOs attended school to provide an informative assembly for the children. They spoke about keeping safe both in the real world and online. They explained how important behaviour is and how our golden rules fit well within society's expectation.



TLE

Jarrod from TLE came to school to talk to the children about what is involved from TLE and the types of adventures that occur during the sessions and the holiday clubs. Needless to say there was much fun to be had, especially with the nerf guns!

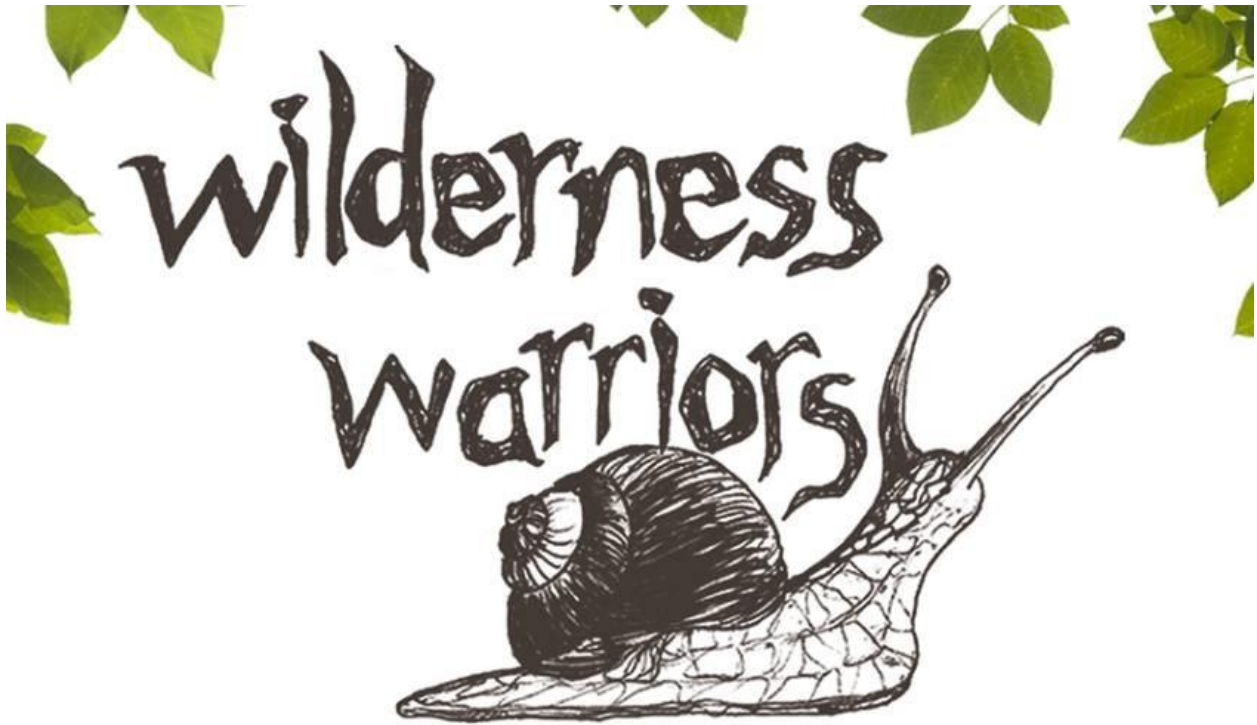


Sorting Ceremony

Our wonderful Reception children recently were 'sorted' into their school house. Its really important for the children to be part of the community by joining one of the four houses - Robins, Woodpeckers, Kingfishers and Goldfinches During the sorting ceremony the children are presented with their house coloured PE t-shirt. Congratulations to all our Reception pupils!



Wilderness Warriors



Reception

In October, Reception class had their first introduction to Forest School. The session started with a discussion about the history of Halloween and the Samhain fire festival. The children learnt about bats and made bats using stencils and sticks they found. They also learnt about spiders and how they make their webs. the children then got crafty making spiders webs from clay, bamboo skewers and white wool. The session ended with reflection and toasted marshmallows around the fire!



Year 1

The Year 1 Children spent their Wilderness Warrior sessions making bird feeders. They started by thinking about birds and their habits and how the cold months would affect them, why migration happened and the importance of supporting them by providing food and water. The children all made bird feeders using seed, ice cream cones and lard. The session ended with marshmallows around the fire.

"I liked snapping all the sticks for the fire" - Shay

"I liked making the bird feeder using the cones, seeds and lard." - Elektra

"I made a house for a worm." - Freddie

"I liked playing with the water in the mud kitchen." - Farley

"I liked lighting the fire." - Rowan



Year 2

Year 2 had a wonderful time learning all about leaves during their Wilderness Warriors session. They had a discussion about leaves, their purpose and why they fall during Autumn. They then all produced a clay leaf print tile and between them made large group mandala. This was followed with yummy marshmallows around the fire.

"I helped Freddy to roll out his clay ready to put leaves on." Rufus

"It was hard to light the fire because I had to use the flint and steel." Conor

"We collected leaves, sticks and berries to make a gigantic mandala." Elizabeth

"I enjoyed making my tile using leaves and clay." Xanthe



Year 3

We began by looking at some of the trees and plants in the Nest and on the field, discussing: how those plants grow, if they have any special properties, myths and legends that surround them, how they have traditionally been used in the past, our own feelings/experiences with them.

We then collected different leaves/seeds/pods etc which represented powers and properties to create magic potions!



Year 4

Year 4's Forest School session was all about trees. They had discussion about the life cycle of trees where the children loved learning new facts about trees, how they grow, how they communicate and how they care about each other. We also looked at the life cycle of a tree and the changes within seasons. They were shown how to create an acorn necklace using a screw eye and string, and using the bradawl to make a hole for the screw eye.

Max – I have enjoyed creating a spiral using leaves

Ivy- I loved working with acorns and adding wax to the inside

Millie- I liked making a necklace using an acorn

Evan- Working with others, collecting leaves and creating autumn art

Tiggie- Learning how trees communicate with each other and hugging a tree. I felt peaceful.

Kester- making a necklace



Year 5

Year five had a fab morning using clay and natural, spikey materials they could find to create hedgehogs. They have also made hedgehog homes around the school site to help the creatures during the winter. They use lots of leaves and thought about how they could make the homes as warm and safe as possible.

Henry S- We used clay and spikey things to make our hedgehogs. We also make a home out of leaves and sticks for the hedgehogs. We used as many leaves as possible!

Eva- I really enjoyed building the hedgehog homes.

Henry T- I think I would like to sleep in leaves like a hedgehog!

Amber- I really enjoyed lighting the fire!





Year 6

Year 6 have really enjoyed their second forest school session where they have been learning how to whittle using the correct tools and techniques. They also did an extensive clean up of the school environment after not being used over the half term. There were a lot of leaves to sweep!

Alfred- " I really enjoyed our forest school today, the whittling was really fun!"

Layla- "I enjoyed doing the whittling because it made some really cool pattern son the wood."

Yvonne- " It was fun to whittle the wood, it was sometimes easy and sometimes hard."

Oscar – " I enjoyed collecting sticks for the fire."

Travis- " I really enjoyed the whittling because it was fun to see the patterns in the wood!"

Sophie- " I loved being buried in the leaves!"



School Enrichment

At Catcott we want all children to experience a wide variety of sports and physical skills which will enhance long life fitness and wellbeing. This is why we are continuing our commitment to offer half termly sports enrichment in a variety of alternative sports- to help children find their own sporting passion. From fencing to archery, street surf to dance...we truly believe there is a sport for everyone.

Year 2



Year 3



Year 5

We've been learning about celebrating differences, so we took the opportunity to try out some Paralympic sports to better understand how these incredible athletes engage in various activities. With the help of a delivery from BBC Super Movers, we got to experience blind football. We started with trust-building games, where we guided blindfolded partners, learning to rely on communication and teamwork. Next, we played a game called "penguin feet" to practice moving the ball between our feet, before progressing to dribbling. This experience gave us immense respect for anyone who plays blind football—it's truly impressive!



Community

Remembrance 2024

Our children joined the Catcott Village Remembrance service on Monday 11th November. The year 5&6 children read the poem 'In Flander's Field' and all children paid their respects to those who lost their lives to keep us all safe.



Music achievements at Catcott



2 - Charlotte Hollow has taken her first piano exam, Pre-Grade Introductory, and achieved a fantastic result of Distinction.



Talking to your young person

TIK PROGRAMME

"It was great realising you're not alone" - feedback from June '24

Learn how to talk with and understand your young person better



Help your young person to manage their emotions



Teach your young person to manage conflict and prevent behaviour problems



Create a closer more connected relationship with your young person



Young Somerset are offering a six week programme completely FREE to parents

"Great tutors very understanding also learning to take a step back so not to escalate things" - feedback from June '24

Our first session is -

VENUE: Catcott Primary School
DATE: Friday 28th February
TIME: 9:00 - 11:00AM
(Every Friday thereafter for 5 weeks)

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators ENCOURAGING CHILDREN TO CHOOSE RESPECT

Sometimes, differences between children can escalate into bullying, potentially impacting their mental health in a way that can persist into adulthood. While it's natural to disagree sometimes, teaching children the importance of respect is essential – especially in difficult situations. This guide provides strategies for encouraging considerate behaviour, even during a dispute, to foster a kinder, more inclusive environment for everyone.

1 LEAD BY EXAMPLE

As adults, we play a crucial role in modelling respectful behaviour for children: they observe and learn from our actions every day. Be mindful of the way you interact with others in front of children. Keep in mind that you should always approach others with an attitude of mutual respect, even if you disagree with them. Demonstrating this behaviour can influence young people and help them to handle their own conflicts in a healthy way.

2 AGREE TO DISAGREE

Make sure children know that it's fine to have differing opinions – and that disagreeing with someone doesn't mean you can't get along or respect each other's point of view. Help them understand that sometimes we can 'agree to disagree'. Using active listening skills when doing this can also help to build empathy and understanding of others.

3 PROMOTE ACTIVE LISTENING

Teach children about the importance of active listening: that is, making a genuine effort to listen to the other person's perspective without interrupting, before responding in a way that shows you understand their viewpoint, even (or perhaps especially) if you disagree with it. This makes people feel respected and allows for a better comprehension of their point of view, which in turn can make it easier for you to communicate your own opinions to them.

4 ENCOURAGE THE USE OF "I" STATEMENTS

If a child finds themselves in a disagreement with someone, it can be useful to encourage them to use "I" statements during the discussion. Framing their thoughts and feelings using statements like "I feel..." or "I think..." can help them avoid an accusatory tone and encourages them to take responsibility for their own emotions.

5 FOCUS ON BEHAVIOUR, NOT CHARACTER

When disagreements happen, encourage children to focus on critiquing and addressing the specific actions or behaviours that caused this upset, rather than attacking the person's character. For example, "I didn't like how you interrupted me" is better than "You're so rude". This can help children avoid hurting someone's feelings, which is likely to inflame the situation.

6 STAY CALM AND TAKE BREAKS

It's perfectly normal to feel upset during a disagreement – especially if it's getting heated. Remind children that if they feel overwhelmed, they should try to take deep breaths or even go for a short break to help them stay composed. If a conversation becomes too intense, remind them it's OK to suggest continuing it later or in a different setting. This can prevent things getting out of hand, allowing cooler heads to prevail.

7 START CONVERSATIONS ABOUT RESPECT

Talk openly to children about what respect means – to you and to them. Discuss how they might show respect to each other, to friends, to strangers and even to people we might disagree with. You could use examples of considerate or inconsiderate behaviour in books, films or TV to open discussions about the importance of giving others due regard.

8 SEEK COMMON GROUND

When a disagreement has occurred between children, they may find it hard to move past it. You can support them in finding a more positive way forward by helping identify areas of agreement or common ground with the other party. This can help to build bridges between differing opinions and foster a more cooperative atmosphere, as well as preventing those involved from demonising each other.

9 AVOID MAKING THINGS PERSONAL

It's important that we make it clear to children they must avoid name-calling, swearing or derogatory remarks in a disagreement with others. Respectful language sets a positive tone and helps keep the conversation productive. Reminding children to stay calm and take breaks – as mentioned previously – can help them avoid getting too emotional and saying or doing something hurtful.

10 REFLECT AND LEARN

After a child has had a disagreement, encourage them to reflect on the experience and think about what they can learn from it. What did they handle well? How might they improve their communication skills to handle conflicts more effectively in the future? You could use role play, writing and drawing pictures, or hypothetical examples to further develop their skills in showing respect during a disagreement.

Meet Our Expert

The Anti-Bullying Alliance (ABA) co-ordinate Anti-Bullying Week each year. ABA is a unique coalition of organisations and individuals, working together to achieve their vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn. They welcome membership from any organisation or individual that supports this vision and support a free network of thousands of schools and colleges.



Source: See full reference list on guide page 40.



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10 Top Tips for Parents and Educators

TEACHING CYCLE SAFETY

Cycling is an amazing way to spend quality time together as a family, as well as keeping everyone healthy and active – and it's an excellent exercise, whatever the age of your children. Getting started can sometimes be daunting, and there are obvious safety concerns over youngsters who are still getting used to a bike – so follow our top tips to help you ride with confidence.

1 CONSIDER CYCLE TRAINING

Courses like Bikeability are extremely useful, and training in general has come a long way since cycling proficiency began; there are bikeability courses for adults, too. Cycle training teaches invaluable skills (such as good road positioning, signalling and visibility), and can help both parents and children feel more at ease on busy streets.

2 USE A SUITABLE BIKE

Find a bike of an appropriate size for its rider and resist the temptation to have children 'grow into' theirs by buying one too large for them. A bigger size will be heavier and more difficult to control, making accidents more likely and potentially putting youngsters off cycling forever. If your child has any specific physical needs, or has dyspraxia, then try out a trike, handcycle or other adaptive cycle to see what works best.

3 TRY A CARGO BIKE

Cargo bikes, particularly the box-bike style, are ideal for transporting small children around. Depending on the type of bike chosen – as well as the size and age of the children – it can be possible to transport up to four little ones in this way, with additional space for other cargo as well.

4 INSPECT YOUR CYCLE

It's a good idea to do some routine checks on any bike before going for a ride to make sure everything's working correctly. The 'M check' is particularly useful: assessing the condition and position of the bike's wheels, handlebars, brakes, pedals, chain and saddle, working from front to back. Online tutorial videos can also teach you how to carry out basic repairs if needed. For more complicated fixes, head to your local bike shop.

5 BRING SUITABLE GEAR

Ensure whatever you're wearing, and any attachments for your bike, are suitable for the ride. A waterproof jacket will let you cycle safely in almost any weather. Make sure any helmets are fitted correctly. If you're riding after dark, remember to fit your bikes with a white front light, a red rear light and a red rear reflector. These are required by law.

6 STICK TO FLAT TERRAIN

Take a smooth, flat route if possible, so it's more suitable for younger cyclists. You might be surprised by how many quiet roads or back streets there may be in your area. Don't be put off by an indirect but easier path as opposed to a shorter, busier one. Look out for the National Cycle Network, canal towpaths and even parks that you can cut through.

7 STAY ALERT AND IN SAFE FORMATIONS

For maximum protection and visibility, ride in a line with children in the middle and adults at either end. If you're the only adult present, take up a position at the rear to ensure all children remain in your sight. Don't be tempted to hug the kerb if cycling on the road – riding approximately a metre out will make you more noticeable to other road users, and you'll also stay clear of any debris in the gutter.

8 AVOID PARKED CARS

When riding past parked cars, try to stay at least a metre away, just in case anyone inside opens a door unexpectedly or the vehicle itself starts to move. This precaution will also deter anyone driving behind from trying to squeeze past you when there isn't enough space, so don't be afraid to ride in a prominent position.

9 START A 'BIKE BUS'

Cycling to school with other families is a potentially fun experience – one which comes with the added benefit of safety in numbers, in case anything goes wrong along the way. Team up with other parents, carers and educators and pick a day to cycle to school together. Who knows – maybe, in time, you'll have other folks asking to join you?

10 HAVE FUN!

Keep in mind that cycling should be fun! A good bike ride can be really enjoyable for adults and children alike, while also being a superb form of exercise. Ease children into the hobby by starting them off with shorter journeys – such as a trip to the park – and build them up to longer, more complicated outings. Some children may get bored on a longer ride, so try to keep a conversation going with them.

Meet Our Expert

Sophie Gordon is the campaigns manager at Cycling UK, a charity which inspires and enables people to start cycling. She has spent six years campaigning for safer roads and more protected cycle paths, while supporting communities to call for better cycling conditions where they live.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/teaching-cycle-safety>



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SNAP STREAK

97

DAYS

WHAT ARE THE RISKS?

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

PREDATORS AND SCAMS

Predators can exploit Snapchat's disappearing messages by, for example, telling a user they have naked photos of them and will post them unless they're paid. Snapchat's own research found that 65% of teenagers had experienced this – on this app or others. This likely isn't helped by 'Snapmaps' – a feature which highlights your exact position in real-time. This is meant to help friends keep track of each other, but could be used for more sinister reasons.

MY EYES ONLY

Snapchat has a hidden photo vault called 'My Eyes Only'. Teens can conceal sensitive photos and videos from parents and carers in this folder, which is protected by a PIN. You can check for this by clicking on the icon which looks like two playing cards. This takes you to the 'Memories' folder which stores photos, stories and the My Eyes Only folder.

What Parents & Educators Need to Know about SNAPCHAT

AGE RESTRICTION
13+

Snapchat is a messaging app which allows users to send images, videos and texts to others. Its best-known feature is that anything sent 'disappears' 24 hours after it's been viewed; however, users are known to take screenshots or use another device to obtain a photo of their screen. In 2023, Snapchat added a chatbot function called 'My AI'.

SCREEN TIME ADDICTION

Snapchat prioritises user engagement, with features like streaks (messaging the same person every day to build up a high score). The app also has sections called 'Discover' and 'Spotlight', which show tailored content to each user. However, this could also be seen as an attempt to hook users into watching videos endlessly. Furthermore, constant notifications can lure people into using the app.

INAPPROPRIATE CONTENT

Some content on Snapchat simply isn't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people to share explicit images on impulse – so sexting continues to be a risk associated with Snapchat.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body image expectations – creating feelings of inadequacy in younger users. Snapchat also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

Advice for Parents & Educators

UTILISE PARENTAL CONTROLS

Snapchat's 'Family Centre' lets you view the details of the child's account – their friends list and who they've spoken to in the last week – and report any concerns. You must invite a child to the Family Centre for them to join. To keep the child's location hidden on the app, go into settings and turn on 'Ghost Mode' and 'Hide Live Location', and ensure they know not to share their location with anyone.

BLOCK AND REPORT

If a stranger does connect with a child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, the child can tap the three dots on that person's profile and report or block them. There are options to state why they're reporting that user – such as annoying or malicious messages, spam or masquerading as someone else.

FAMILIARISE YOURSELF

Before you allow a child to download Snapchat, download it yourself and familiarise yourself with the app. Snapchat has produced a parent's guide to the app to help you understand how it works and any protections they have in place. A link for this can be found in the sources below.

ENCOURAGE OPEN DISCUSSIONS

Snapchat's risks can be easier to handle if you nurture an open dialogue. For example, discuss My AI's responses to questions and how reliable they are. Talk about scams and blackmail before letting children sign up. If they're lured into a scam, encourage them to tell you immediately. Talk openly and non-judgementally about sexting, emphasising its inherent risks. Furthermore, explain how popular 'challenges' on the platform can have harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/snapchat-2021>

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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON.

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>



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10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep appraised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inlay is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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The National College

*Source: See full reference list on guide page at <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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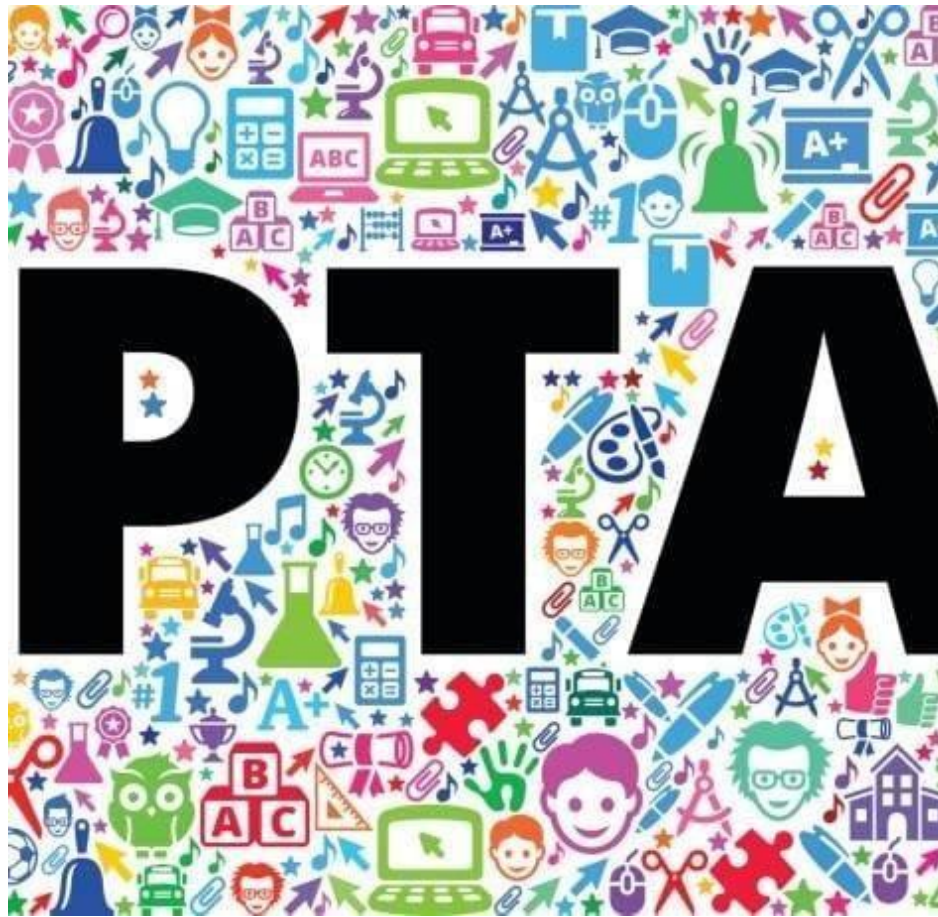
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PTA @ Catcott Primary School



Dear Friends and Families

As the year draws to a close, the PTA would like to thank you for all your support this year.

We are so fortunate that as a school we have such an amazing and supportive community and this reflects on how well attended and successful all our events are – thank you.

As we prepare to say goodbye to 2024, we wanted to provide you with an update on the fundraising so far:

After a well attended AGM in September, we kicked off with the Halloween Discos in October. GT parties were invited back to school after hosting a hugely successful disco for the

previous year 6's in the summer. Again, they didn't disappoint and had all the vampires, witches, werewolves, ghosts and everything in-between, dancing and playing some fun games! Prizes were awarded for best dancing and costume and everyone enjoyed a dinner of pizza and chips at the end. This event raised **£386.91**.

Also in October, we held the pumpkin carving competition. Yet again we were wowed by the children's creativity making picking winners and runners up very difficult. This event raised **£27.25**.

In November it was the return of movie night. Children changed into their pyjamas once school had finished and settled down to watch their chosen film whilst tucking into popcorn followed by sausage and chips. This raised **£484.50**.

We have also had some fantastic donations this year; the Asda Cashpot scheme has raised **£196.24** (this will be payable in the Spring). A year 2 parent, through their workplace Trelleborg, has donated **£250**. Another parent of a year 4 child has donated **£3,303.75** through the Bright Funds scheme.

This month we have written a cheque to school for £1,817.98 to enable them to purchase 3 technology programs/software for key stages 1 and 2 (Beebot, ABU Data Logger & Crumble Class).

Our next fundraising target is raising £4,300 for 15 ipads and cases. We have no doubt that with your continued support we will be able to achieve this.

We end the year by supporting the reception and key stage one nativity and key stage two carols around the tree by selling refreshments and holding a raffle, we have some amazing prizes up for grabs so please bring some change 😊

Wishing everyone a Merry Christmas and a Happy 2025.



3 - The PTA very kindly funded a Beetbot, Crumble Kit and a Data logger for use in classes in the new year

<https://www.facebook.com/profile.php?id=61551895721019>

TLE





**FUN-filled, Action-packed
Active-Camps**

During The

Christmas Holidays



4 Days of Activities

9:00—3:00pm

**£18.00
Per Day**

Catcott Primary School, Manor Road, Catcott, Bridgwater
TA7 9HD

Christmas Holidays—December 30th and 31st 2024, January 2nd and 3rd 2025

For more information visit: tlesportscoaching.co.uk or call 07951 291471

After School Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Netball	Arts and crafts	Gymnastics	Science	Archery



Spring 1 Term

(6th January to 13th February)



After School Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Netball	Hockey	Arts and crafts	Board games	Science



Spring 2 Term

(24th February to 4th April)



After School Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Founders	Science	Tennis	Arts and crafts	Lego



**Summer 1 Term
(22nd April to 23rd May)**



After School Clubs

Monday	Tuesday	Wednesday	Thursday	Friday
Founders	Athletics	Science	Board games	Arts and crafts



Summer 2 Term
(2nd June to 23rd July)



Christmas Holiday Adventures 🎅👶👶👶👶

Below are lots of local activities that are happening throughout the Christmas Holidays

Family Holiday Activities

at Wells Cathedral

Festive Foliage

Saturday 21 December 2024

Get the holidays off to a festive start with this creative workshop for children!

- **Make a seasonal centrepiece** to adorn your table this Christmas using natural materials, including foliage from the Cathedral gardens
- **Explore the Cathedral** with our free Christmas Story trail

FREE with adult entry

No need to book – simply drop in on the day!

Sessions in the Education Room of Wells Cathedral

11.15am – 3.15pm

There is no charge for children. Standard adult admission tickets include re-entry for 12 months from date of purchase, so you can enjoy access to a number of seasonal events, including exhibitions and Family Holiday Activities beyond your initial visit. Only assistance dogs are allowed at this activity.



EXPLORE • CREATE • DISCOVER

Wells Cathedral Registered Charity Number 1207269

Bridgwater Library

Helping you stay warm this Winter!



Warm Winter Coat Bank

You can take a coat without making a donation.

You can donate a coat without taking one.

All donations must be of good quality and in a clean condition.

Any shape or size, for adults or children.

Please hand all donations to a member of staff.

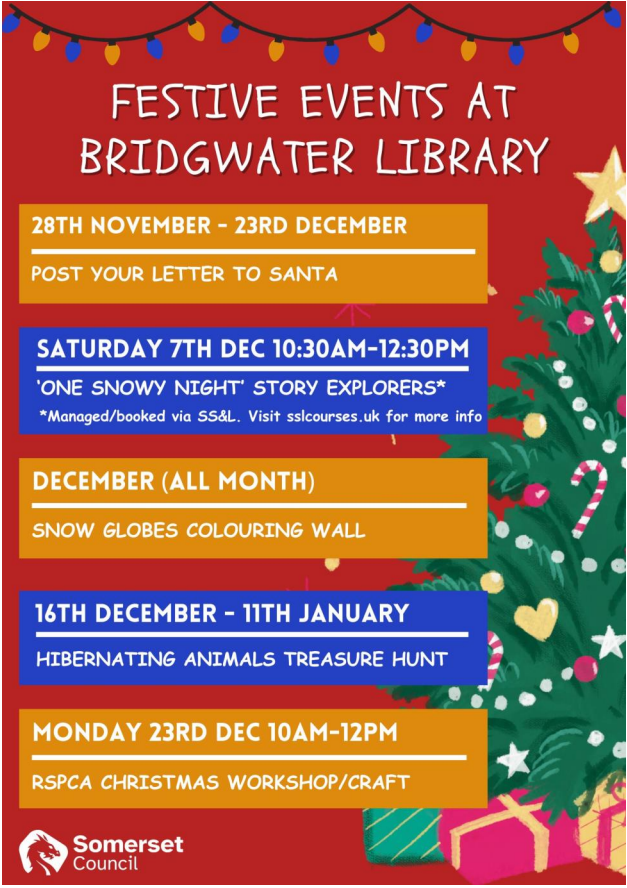


St George's
Church Edington

Christmas Eve Nativity

Tuesday 24th
December 5.30pm

**Please bring children who
would like to be in the nativity
to St George's Church on
Monday 23rd December at
11am to choose a part,
costume and for a short
rehearsal**

A festive poster for Bridgwater Library events. The background is red with a string of colorful lights at the top. On the right, there is a green Christmas tree decorated with gold and red ornaments, candy canes, and a yellow star on top. Several wrapped gifts in green, pink, and yellow are at the bottom right. The text is organized into colored boxes: orange for dates and general events, and blue for specific activities.

FESTIVE EVENTS AT BRIDGWATER LIBRARY

28TH NOVEMBER - 23RD DECEMBER

POST YOUR LETTER TO SANTA

SATURDAY 7TH DEC 10:30AM-12:30PM

'ONE SNOWY NIGHT' STORY EXPLORERS*

*Managed/booked via SS&L. Visit sslcourses.uk for more info

DECEMBER (ALL MONTH)

SNOW GLOBES COLOURING WALL

16TH DECEMBER - 11TH JANUARY

HIBERNATING ANIMALS TREASURE HUNT

MONDAY 23RD DEC 10AM-12PM

RSPCA CHRISTMAS WORKSHOP/CRAFT



The poster features a collage of judo practitioners in blue and white uniforms performing various techniques against a background of the Union Jack. In the top left, the text 'BRITISH JUDO' is displayed. In the top right, the 'STREET JUDO CLUB' logo is shown, which includes a silhouette of a person in a judo stance and the Japanese characters '柔道' (Judo).

Want to get fit?
Have fun?
Improve your self-defence?
Make new friends?
Play an Olympic sport?
Learn from experienced and qualified British Judo coaches?

Join Street Judo Club
Strode Sports Centre
Tuesdays 6.00 – 7.10 (ages 5-11) 7.10 – 8.20 (12+ & adults)
In June – first two sessions are free!
www.streetjudo.com / info@streetjudo.com





U12's
Year 7
Term 2024-25
Vixens

U13's
Year 8
Term 2024-25
Irons

Training
Thursdays
18:00 - 19:00
Walton Village Hall

www.wessexfc.co.uk
07971675080
info@wessexfc.co.uk

Wessex Youth FC

GIRLS FOOTBALL
Official FA Charter Standard Club

Join your local **All Girls** Football Team

Wessex ALL girls Football team "Irons" was started in 2023 and had an exceptional first season finishing mid table playing in the all-girls Somerset league. With dedicated coaches and facilities the players skills and performance has grown to be a competitive side with high hopes for the 2024-25 season

With over 30 girls training every week we are now looking to build on last years success and have added a new team "Vixens" to continue the huge interest of local girls wanting to play with a well established Football Club.

The Wessex FC programme is intended to help children and parents find a club that meets FA standards of quality, and safe coaching.

In 2002 Wessex FC were awarded the prestigious status of **FA Charter Standard Club**

U12's and U13's Girls teams train together once a week on Thursdays 6-7pm at Walton village hall playing fields. We have excellent coaches and facilities to support the progression of young players who want to enjoy the game.

Come to a session and see if this game is for you

Wessex Youth FC



We support the FA's Respect Campaign

Respect





Swim School

Now enrolling SEN Lesson

Learn to swim in a safe, friendly and fun atmosphere
at **Strode Swimming and Fitness**

- Every Sunday 9am-1030am
- 8 + 9am Main Pool
- 4+ 930-10am small pool
- Pre- School 10am-1030am
- Swim England approved

INCLUDES FREE GENERAL SWIMMING*

Ask at reception or book a call back:
fusion-lifestyle.com/swimschool

Strode Swimming & Fitness
Strode Road, Street
Somerset BA16 0AS
01458 443918

*ISC app

Limited places! Don't miss out...

fusion  **Somerset Council** 

Strode Swimming and Fitness

Meet the teacher

Jemma



About the teacher

Meet Jemma, our passionate swim teacher with a focus on young children and knowledge of those with special educational needs (SEN).

Jemma's expertise ensures a well-rounded approach to swimming instruction. Her patient, inclusive methods create a supportive environment where every child can thrive and enjoy the water.

Join Jemma for a swimming lesson that caters to the unique needs of each swimmer.

Following the **Swim England** Learn to Swim Programme

Swim School



STREET & DISTRICT SWIMMING CLUB

Spaces Now Available

Do you love swimming and what to improve your skills?
Do you want to make new friends and keep fit?
Have you achieved stage 6 in your swimming lessons?
Street & District may be the club for you

Expert Coaches – National Results – Competitive Swimming Programme

Book a FREE taster trial session

www.streetanddistrictsc.co.uk
taster@streetanddistrictsc.co.uk



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www.catcottprimary.co.uk

[Catcott Primary School \(@catcottprimary\) • Instagram photos and videos](#)

<https://www.facebook.com/profile.php?id=61557036028853>



4 - Please remember to keep the office updated with any changes to phone numbers or email addresses. It's important for us to have the most current information on your child's records.