

Dear Parents,

Following the Harvest food donations, we received a lovely email from the St Neots Foodbank this week:

A big thank you for all the food that was collected at your Harvest Assemblies last Thursday - it came to an amazing amount of 214.38 kg.

Please pass on our grateful thanks to your pupils, parents and teachers for their very generous donations.

We do appreciate your continuing support for the Foodbank.

We enjoyed a wonderful assembly from LF5 this week—well done to you all!

This week, you should have received a letter inviting you to book your Parents Evening appointment for after half-term. The booking system goes live on **Monday, 16th October at 10am**. Please make sure you book an appointment.

Next week, the Year 3 children will be visiting the St Neots museum and going on a St Neots Tour—this brings together their learning about St Neot himself, and the Priory that was once in St Neots.

We also have a coffee morning, hosted by Year 4, on Tuesday morning. Please do drop in between 9-10am.

Enjoy the weekend.

Best Wishes,

Mrs Keefe

FOPJS Coin Drive

There has been much enthusiasm in school for the Coin Drive this week. Classes will be estimating the weight of their coins today, and prizes announced next week. Together, they have raised £553 which is amazing! Well done!

Secondary School reminder.

The portal for Secondary applications closes on 31st October. Please ensure you have applied through the council you pay your council tax too.

Health Promoting School

As a school, we are very keen to promote the importance of being healthy. One part of this is our commitment to PE and active lifestyles. We also are keen to support children to be healthy in food choices too.

We all understand that children enjoy the occasional treat, however we have seen an increase in juice in water bottles and more recently, sweets/chocolate bars in packed lunches. These sugary items are not allowed in lunch boxes or at snack time.

We also see in our afternoon lessons, the impact these high-sugar items are having on concentration and learning. Please work with us to ensure that our children have healthy bodies and healthy teeth during the school day by:

- Ensuring your child has a water bottle—with water in it each day.
- Healthy snacks at breaktime. No crisps, cakes or biscuits for break times.
- Healthy lunch boxes-no chocolate bars, sweets or sugary drinks.

Diary Dates

TM3 St Neots Tour and Museum Visit	16th October
Year 4 Coffee Morning	17th October
LP6 Class Assembly	18th October
AN3 St Neots Tour and Museum Visit	18th October
EW3 St Neots Tour and Museum Visit	19th October
Half-Term Holiday	23rd—27th October
Autumn 2 Half-Term Starts	30th October
Y5/6 Tag Rugby Tournament	31st October
Parents Evenings	1st / 2nd November
Year 4 Egyptian Day	3rd November
Bag2School Collection	7th November
Panathlon Event	7th November
FOPJS Committee Mtg	8th November
Individual Photographs	9th November
National Anti-Bullying Week	13th—17th November
Year 5/6 Mixed Football Tournament	14th November
Flu Vaccinations	16th November
Children in Need Day	17th November

Supporting Children with Upsetting News

We know that the world news can be quite upsetting at the moment, and children may inadvertently be exposed to images and stories when online.

There is a useful guide on the next pages about supporting your children with this.

If you have any concerns about your child, please do not hesitate to speak to your child's class teacher in the first instance.

Bag2School Collection

As part of our fundraising initiatives and our pledge to help the environment school takes part in Bag2School. It is a very good excuse to have a good clear out and also at the same time help to raise much-needed funds for school. The more bags we fill, the more money we raise for school projects. You can use any heavy duty bags and bring them to our collection on the morning of 7th November. Thank you.

Year 6 Sale

On Friday, 20th October a fundraiser for sports equipment will be held at school. Items on sale are:

Cookies 50p Brownies 50p Bookmarks 25p
Customised bookmarks 50p Cupcakes 50p
Friendships bracelets 50p

Please can you remind your children to bring money on this day.
Ana, Ellie, Penny, India and Emily, Year 6

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 the war in Ukraine and the conflict in Israel, 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.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://www.bbc.com/news/health-61047905> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



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BIG BIOLOGY DAY

Saturday 14th October 2023 From 10am - 4pm

- A free, fun-packed, educational day of biology
- Get hands-on with science activities
- Talk to research scientists, health professionals and other experts
- Learn about different careers in biology
- Meet birds of prey

Hills Road Sixth Form College, Cambridge CB2 8PE
NO PARKING IS AVAILABLE ON SITE
www.facebook.com/BigBiologyDay

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St. Neots Store

Would like to invite Priory Junior School to a

Preparing For Winter 20% OFF EVENT*

STARTING Saturday 21st October 2023

FINISHING Monday 23rd October 2023

This event is open to all students, staff members, family and friends of **PRIORY JUNIOR SCHOOL**.

Please mention **PRIORY JUNIORS** at the till point or present a copy of this flyer to receive your discount during the event weekend. EVENT CODE: **STN20**

*Offer includes already reduced and multibuy offers. Offer cannot be used with other discount vouchers, to purchase gift cards or in conjunction with any other promotion or online. Discount is only valid in MW STN store during the date and time specified as presented on flyer.

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