



Important Dates:

Date	Who	Detail, Timing and Venue
February		
Fri 13th	All	School Closed for Inset day.
Mon 23 rd	All	School and Pre-school re-open for term 4.
Fri 27th	All	3pm - Family celebration assembly in the hall.
March		
Thurs 5 th	Ladybirds & Bumblebees	Swimming starts for all children in Reception to Year 2 for 5 weeks.
Fri 6 th	All	World Book Day – see below.
Thurs 24 th	Reception	Height and Weight checks in school. Opt out forms were sent home in January.
Mon 23 rd - Thurs 26 th	All school aged children	Parent consultation week- details to follow re times and dates for each class.
Fri 27th	All	3pm - Family celebration assembly in the hall.

School Lunches: All lunches for after half term have now been ordered so any changes you have made since Weds morning will not be included in the numbers. You will need to provide a packed lunch from home for your child for the first week back.

Swimming: Bumblebees and Ladybirds start swimming the 2nd week back. Dragonfly class have finished their lessons and they will be issued with certificates in due course.

School Library: We are very excited about our new library opening soon. We are still taking donations of good quality fiction and non-fiction books suitable for children including Pre-School. Please bring to the office or hand in at the gate. Thank you to those who have donated already.

Children Mental Health week:

This week we have been busy learning about the advice of the NSPCC, Internet Safety and Child Mental Health week. The theme for this year's health week is 'This is my place' and the children have explored the feeling of 'belonging' and how much this sense of calm and content can foster healthy minds. Well done to all the children for taking part so respectfully and inquisitively.

Fire Engine Visit: Bumblebees and Ladybirds were very lucky to have a visit from the local fire station officers with their fire engine to complete their inquiry unit for this term. They had so much fun and were even able to get inside the engine. The 2nd picture shows Fire Officer Jack who used to be a pupil here at East Brent!



Useful Information

Further information can be found on our website: www.eastbrentcofeacademy.co.uk

Our values
'Peace, Endurance, Aspiration, Respect, Love & Service'

Our Christian Value this term
'Hope - Aspiration'

Safeguarding
Safeguarding children is everyone's responsibility. If you are worried about a child, please email

office@eastbrentcofeacademy.co.uk

Designated Safeguarding Lead:
Katie Whiting

Reporting Absence
If your child is feeling unwell, please contact the school office on 01278 760490 or email using the school email address: - office@eastbrentcofeacademy.co.uk

Current Job Vacancies within WLT

Please visit the Wessex Learning Trust website for all current vacancies [HERE](#)

East Brent CofE Academy
Church Road, East Brent
Somerset, TA9 4HZ
Main Office: 01278 760490

Email:
office@eastbrentcofeacademy.co.uk

Attendance Round up
Ladybird Class: 97.4%
Bumblebee Class: 96.6%
Dragonfly Class: 96.3%
Whole School: 96.6%

Dragonfly Class: We do not need any more cardboard now so thank you to everyone who brought bits in. We were truly overwhelmed.

Football: Burnbridge Wanderers are recruiting. See below.



**BURNBRIDGE WANDERERS
RECRUITMENT MORNING**

**OPEN MORNING FOR AGES
U6,U7,U8,U9'S**

ALL NEW PLAYERS WELCOME

**WE ARE ALSO LOOKING FOR NEW COACHES
& A FEMALE WELFARE OFFICER.
TRAINING CAN BE PROVIDED**

**SATURDAY 21ST FEBRUARY | 09:30 AM TO NOON
AT THE KING ALFRED SCHOOL,
BURNHAM RD, HIGHBRIDGE, SOMERSET TA9 3EE**

The poster features the Burnbridge Wanderers crest on the left and right sides, which includes a soccer ball at the top, the year '19' on the left and '99' on the right, and the word 'BURNBRIDGE' in a banner. Below the crest are three soccer balls. The background is blue with a central black vertical band containing the text.



Glasses: These blue framed glasses have been handed into the office. Please come and collect if they belong to you or someone you know.

Useful Information

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Part of the
Wessex
Learning Trust

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



NOS National Online Safety
#WakeUpWednesday

Sources: <https://www.bbc.com/news/technology-63204905>
<https://specsocial.com/insights/social-media-addictivity/>