



Message from the Head

I cannot believe that we are in the final term of our year.

As summer approaches, I am looking forward to improved weather and summer uniform. With this being said, it is still a bit chilly so you may want to hold off for a few more weeks!



As the weather heats up, please do ensure that your child has a water bottle and sun cream has been applied to exposed areas of skin. A sun hat will be required as we move through the term to protect faces against sun exposure.



This summer term will fly by and we have got a lot to fit in, so please do check the dates so that you don't miss out.

Thank you for your continued support with donations from the Amazon list and FOTO events – these are helping us in more ways than one to offset the rising costs that schools, businesses and homes are experiencing on a daily basis. Every penny counts and, as a school, we are more mindful of how we use our resources to ensure the highest quality of education for the children at Trinity Oaks.

The happiness of each and every child is of the utmost importance and I am so pleased to see a school full of happy children.

Best Regards
Mrs Elizabeth Woods
Headteacher

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

WHAT ARE THE RISKS?

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications on our phones and tablets can be helpful, but they sometimes make one wonder: who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for: if your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.bns.gov.uk/people/populationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourandonlineandwales/yearendingmarch2020>



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YMCA EAST SURREY

Supporting your child with the transition from Primary to Secondary school

Join YMCA East Surrey's Community Wellbeing Team for these informative and supportive online workshops about the transition from Primary to Secondary school and how you can support your child. There will be an opportunity for discussion and questions. These workshops are suitable for parents and carers with children in school Years 5-7.

- ▶ Wednesday 24 May 2023 | 18:30 - 19:30
- ▶ Wednesday 21 June 2023 | 18:30 - 19:30
- ▶ Wednesday 19 July 2023 | 18:30 - 19:30

Register your place at:

www.ymcaeast Surrey.org.uk/parent-workshops/

YMCA

Here for young people
Here for communities
Here for you

The Power of Sleep – Make it your Superpower!

Children need a lot of sleep.

Infants from 4 to 12 months should get 12 to 16 hours of sleep (including naps).

Children 1 to 2 years old should get 11 to 14 hours (including naps).

Children 3 to 5 should get 10 to 13 hours (including naps).

Children 6 to 12 year olds should sleep 9 to 12 hours a night.

Unfortunately, up to 50% of children don't get as much as they need. And the lack of it can impact weight management, intellectual functioning and, especially, behaviour.

How does sleep affect a child's behaviour?

Lack of sleep causes irritability, increased stress, forgetfulness, difficulties with learning and low motivation. Over time, it can contribute to anxiety and depression.

Sleep time guidelines depend on a child's age.

Every child is different, so take time to figure out what works best for your child.

The Benefits of Getting a Full Night's Sleep:

- ◆ Sleep Can Boost Your Immune System. ...
- ◆ Gaining Zzz's Can Help Prevent Weight Gain. ...
 - ◆ Sleep Can Strengthen Your Heart. ...
 - ◆ Better Sleep = Better Mood. ...
 - ◆ Sleeping Can Increase Productivity. ...
 - ◆ Lack of Sleep Can Be Dangerous. ...
- ◆ Sleep Can Increase Exercise Performance. ...
 - ◆ Sleep Improves Memory.



PE days

Reception and KS1 – children bring their PE to school to change into (practise dressing and undressing)

KS2 - children to come into school with correct PE kit on.

Monday	Tuesday	Wednesday	Thursday	Friday
Reception Year 1	Year 3	Year 5 - gym	Year 1 Year 4 Year 5	Year 2 Year 4 - coach Year 6

DIARY DATES

Tuesday 18th April	Back to school
19th/20th April	Bikeability - Year 4
Wednesday 26th – Friday 28th April	YEAR 5 RESIDENTIAL
Thursday 27th April	Teacher strike day – no closures planned
Monday 1st May Monday 8th May	May BANK HOLIDAY BANK HOLIDAY – King’s Coronation
Tuesday 2nd May	Teacher strike day - arrangements to be confirmed
Tuesday 9th – 12th May	Key Stage Two SATs
Thursday 11th May	Dorking Halls – Choir (Year 6 late in to school Friday – 10am)
Monday 15th – Friday 26th May	Year 6 Swimming
Friday 26th May	Last day of half-term
Monday 5th June	INSET DAY – school closed to children
Tuesday 6th June	Back to school
Friday 9th June	MUFTI – bring in bags of sweets for the summer fair
Thursday 15th June	FOTO – Summer Disco!
Friday 16th June	MUFTI – bring in bags of sweets for the summer fair
Saturday 17th June	Horley Carnival – Natural World
Tuesday 20th June	New reception parents meeting – 6pm – 7pm
Friday 23rd June	SPORTS DAY Bring in bottles for the summer fair
Tuesday 27th June	Transition day – meet new teacher
Wednesday 28th – Friday 30th June	YEAR 6 RESIDENTIAL
Friday 30th June	MUFTI – bring in bottles for the summer fair
Monday 3rd July – Friday 14th July	Year 2 swimming
Thursday 6th July	Year 3 – Singing picnic trip
Thursday 13th July	District sports
Saturday 15th July	FOTO – Summer fair!

Monday 17th July	End of Year reports to parents
Monday 17th July - pm Tuesday 18th July - am	Year 6 production – supported by Year 5
Thursday 20th July	Year 6 graduation ceremony – 6.00pm
Friday 21st July	Last Day of term – finish 2pm
Friday 1st September	INSET DAY – no children
Monday 4th September	INSET DAY – no children
Tuesday 5th September	Back to school for all children in Year 1 and above
Friday 20th October	Last day of term (half-term 23 rd – 27 th October)
Monday 30th October	Back to school
Thursday 14th December	End of term – early finish 1.30 pm
Friday 15th December	INSET DAY – no children

DATES FOR NEXT YEAR

Academic year 2023 to 2024

Autumn term 2023

Start of term	Half term	End of term
1 September 2023	23 October to 27 October 2023	15 December 2023

Spring term 2024

Start of term	Half term	End of term
2 January 2024	12 February to 16 February 2024	28 March 2024

Summer term 2024

Start of term	Half term	End of term
15 April 2024	27 May to 31 May 2024	23 July 2024

INSET DAYS for 2023 – 24

Friday 1st September
Monday 4th September
Friday 15th December
Tuesday 2nd January
Monday 3rd June

Attendance

Leave of Absence

Just to remind parents/carers that if they take their children out of school without authority for 5 or more days (which do not have to be consecutive), they will be liable to receive a penalty notice.

Currently the amount payable under a penalty notice is £60.00 per parent/carer per child if paid within 21 days. Thereafter the amount increases to £120.00 if paid between 21 and 28 days.

If the penalty notice remains unpaid after 28 days, the Local Authority will consider a prosecution in the Magistrates Court.

Please note that penalty notices are issued per parent/carer per child so a family of two parents and two children will receive 4 penalty notices.

The absence policy can be found on the school website :

<http://www.trinityoaks.surrey.sch.uk/wp-content/uploads/2022/12/Csu10-Attendance-Policy-2022-updated-Dec.pdf>

Sick leave

Please send a Studybugs message let us know the reason your child will not be in school.

Please do this by 8.30am on each day of absence.

If we do not hear from you by the time the registers are taken we will contact you directly.

RED – STAY AT HOME	Vomiting & Diarrhoea, Rash, Temperature 24hour absence unless there is an outbreak and we will then inform you of a 48 hour absence
AMBER – TAKE ADVICE	Headache or Cold
GREEN – COME TO SCHOOL	Minor cold, Sore throat (not linked with any other symptoms) Feeling tired

Doctor's appointments.

If your child has a Dr appointment within the school day you will be required to provide evidence of your appointment. Please email this to office@trinityoaks.surrey.sch.uk

Job opportunities

Please see these adverts for some exciting opportunities to join our teaching team here at Trinity Oaks.

<https://www.eteach.com/jobs/trinity-oaks-church-of-england-primary-school-jobs-39507/?oo=ag>

We are looking for a full time teaching assistant to work in Reception and a midday meal supervisor who will lead play and engage children in their own play.



Trinity Oaks

CofE Primary School

Rated
'GOOD'
in our most recent Ofsted

FRIENDSHIP, RESPECT, COURAGE & THANKFULNESS



Provision from: 7.45am - 3.00pm
for 3-4 year olds



Ofsted 2022 quotes:

- Parents and carers praise Trinity Oaks as an 'incredibly welcoming, nurturing school at the heart of our local community'
- Skilled early years staff enable children to progress well in Nursery and Reception
- Trinity Oaks prepares pupils well for their next steps and future learning

Trinity Oaks CofE Primary School, Brookfield Drive, Horley, RH6 9NS.

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