



The Apple



The weekly news from Isaac Newton School, Grantham

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Dear Parents/Carer

It's difficult to believe that we are at the end of this academic year. There has been so much to celebrate this year. Since I started at Isaac Newton in April, I have been 'blown away' by our amazing children, dedicated and hardworking staff and the supportive parents and governors. Many thanks to you all for making me feel so welcome.

We have focussed on our school value of Resilience this term, where we encouraged the children to try their hardest in all aspects of school life. We want them to push themselves, in a safe nurturing environment and to feel it is ok to make mistakes, learn from them and improve. A fantastic example of this was during the Rounders tournament, where the children ended up finishing a very close second to eventual winners, Long Bennington. The game could have gone either way and I was incredibly impressed to hear how they conducted themselves after losing such a close final. This made the PE team, all the rest of the staff and parents incredibly proud!

A look back at this term...

As soon as I walked through the door, for my visit last November, I knew this was the right school for me. I have been really impressed with the focus on academic achievements for all pupils, the nurture and care staff show towards them but also on the enriched curriculum with a high quality PE curriculum and a focus on the Arts with music (through support from the Lincolnshire Music Service), exciting trips and specialist visitors that we've had in school to enhance subjects like history. Whilst it was difficult leaving my last school part way through the year, this has given me a really good start and I feel really prepared for September.

Staff have welcomed me and embraced the tweaks and changes that we have slowly introduced. The enthusiastic, talented children are simply amazing! Children are the best part of any school, and this is particularly true at Isaac Newton.

There have been so many highlights this year. We have had lots of success in sport winning the outdoor Athletics, Netball League winners, Grantham Schools indoor Athletics Winners, Panathlon Silver Medallists, Girls Football silver medallists, Swimming Gala Bronze Medallists, Tag Rugby Bronze Medallists, Hockey Winners, Tri Golf Silver Medallists and Rounders Runners Up. As well as this, all of year 6 top up swimmers have achieved at least their 25m swimming badges.

We have finished the year strongly with our Year 6 pupils doing exceptionally well in their SATs. They are above the national average for meeting the expected standard or above in reading, writing and maths. This school has so many strengths. There is an established staff who enjoy coming to work. They are dedicated to supporting our fantastic children and want them to do well and be successful.

Reminders

Please remember that the new term begins on Wednesday 6th September. We are closed on Monday 4th and Tuesday 5th September 2023 for staff training. There will be lots of information about the new term coming out that week, so please look out for emails on Eschools. If you are unsure about anything, please contact the school office on 01476 568616 or email enquiries@isaacnewton-cit.co.uk

Transition arrangements

Transition has been a huge success. When I have spoken to the children, they have said they are excited about moving on after the summer holidays. This includes our fabulous year 6 pupils who will be leaving us at the end of term. Please get in touch through the usual channels, if you have any questions or queries about arrangements for September.

BBC Radio Lincolnshire

On Wednesday 19th July, we were lucky to have Carla and her team from BBC Radio Lincolnshire present their Radio show live from school. Their focus was on Year 6 and sharing interesting and exciting memories of this year. Many thanks to BBC Radio Lincolnshire for choosing us for this but also to the wonderful children who spoke so eloquently live on air about their favourite memories, what they will miss about Isaac Newton but also about what they are looking forward to next year. If you didn't get a chance to listen on the day, it is still available for the next few weeks via this link:

<https://www.bbc.co.uk/programmes/p0fwx3s3?scrlybrkr=a436de83>



Lincolnshire Coop visit to Breakfast Club

On Thursday 20th July, Lincolnshire Coop came to visit us. They spent time chatting to children and staff, took pictures and did a short interview with Mr Milner. We are incredibly grateful to Lincolnshire Coop as they have agreed to sponsor us again this year. Their kind donation has been increased this year to help us keep costs down so that we are able to offer our children the best provision possible. Breakfast Club would run at a significant loss without this valuable contribution from them so we would like to thank them for this support again next year.

Most of the staff from this academic year!

It is very difficult getting everybody together in the building at once. This is a picture of most of the staff. We will be sad saying goodbye to Miss Pickering, Miss Watson, Mrs Dabrowska, Mrs Addlesee and Mrs Pask. Thank you all for your valuable contributions to the children, staff and parents at Isaac Newton!



Mr D. Milner
Headteacher

Dates For Your Diary:

21 st July	End of the academic year
4 th & 5 th September 2023	INSET days (School closed for ALL pupils)
6 th September	Start of Autumn Term
27 th September	PGL Residential
5 th October	Perlethorpe trip
16 th October	School photographs
17 th October	Halloween disco
18 th & 19 th October	Year 3 Stone Age Visits
20 th October	End of term
31 st October	Year 1 Woolsthorpe Manor trip

Sports News

On Tuesday 4th July we held our annual EYFS and KS1 Sports Day on the school field. Each class took part in a variety of races, including sprint, bat and ball and sack. The children were very excited for the afternoon events and took part with huge smiles on their faces. They cheered and supported each other as the afternoon progressed. The event culminated in the relay events, with Class 3 in Year 1 and Class 6 in Year 2 victorious! Each child was rewarded with their very own Isaac Newton 2023 medal for fantastic participation and sportsmanship. Well done to everyone and thank you to all the parents and family members who came to support the children!

Last Thursday we took a team of Year 5/6 children to the Grantham Rounders Tournament, held at the Kings School Playing Field. The children had worked hard at the after school club to learn the often very tricky rules of rounders and were excited for the day of games. We were placed in a group to begin with, playing



and winning 2 games. This resulted in the team winning our group and going through to the semi finals. We played a very strong Year 5 Belmont team who showed some super batting and fielding skills. We were able to win this game and through to the final where we met Long Bennington. The final was a two innings games and after the first innings we were 7 - 5 1/2 in the lead. Unfortunately we were unable to win the final game following the second innings, but were extremely happy to win silver medals!! The team of children were exceptional all afternoon, playing the game with fantastic sportsmanship, fairness and respect. We are incredibly proud of how they conducted themselves. For many, this was the last time they would represent Isaac Newton Primary School and the children returned to school feeling very proud of themselves! A huge well done everyone!

This week we finished the last of the house games in Year 5. The children competed in cricket and rounders, showing super skills they had learned during their PE lessons. Robertson (red) were victorious in both Cricket and Rounders! Well done everyone, a great end to your Year 5 PE lessons.



With the Wimbledon Tennis Grand Slam taking place over the last few weeks, we also held our Year 6 Wimbledon Competition! All children were entered into the knock out event, each playing one game with the winner getting to 10 points first. This has taken place over a few weeks, with

children officiating and organising games during playtimes and lunchtimes. The finals took place on Thursday with two very hard fought games. The runner up for the girls was Maisie and the boys Alfie, both of which were presented with their runner up medals. We are pleased to announce our winners, awarded with their own trophy and medals were Thea for the girls and Finley for the boys. Well done to all year 6s for showcasing excellent racket skills!

On Thursday we held our annual Staff V Children Rounders match! With much talk of the children 'catching the adults out' the game was played with a high stakes competitive edge! The children showed yet again what talented sportsman and women they are, even teaching some of the adults the rules and at times adults succumbing to the tactics the children were taught!! With some outstanding fielding the children were overjoyed at the final result, winning 8 1/2 rounders to 4. The last time the children won this event was in 2018!



This week we said a very sad goodbye to Lewis from Grantham Tennis Club. We have been extremely fortunate to have Lewis in school for two lunchtimes a week, providing extra sessions for children across the school. He has worked at school for many years now and we are incredibly sad to say goodbye. Thank you so much for all you have done for the children at Isaac Newton School both past and present. We wish you all the best for the future!!



This year has been incredibly successful with Sport. Results have included:

- Netball League winners and 6th place in the County Finals
- Girls Football Bronze medallists
- Hockey Winners and Bronze medallists
- Swimming Gala Bronze medallists
- Panathlon Silver medallists
- New Age Kurling Bronze medallists
- Indoor Athletics Silver medallists
- Tag Rugby Bronze medallists
- Tri Golf Silver medallists
- Town Sports Winners
 - Rounders Silver medallists
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These achievements have all been possible because of the hard work and dedication of the children at Isaac Newton. They always give 110% to every event and the PE Team are incredibly proud of each and every one of them. To our Year 6 Leavers; thank you for being a joy to teach. We have enjoyed every session we've had with you over the past 7 years. We will miss you, but look forward to hearing about all your achievements at secondary school!

Safeguarding Update

As a school community we must remember that keeping our children safe is everyone's responsibility. We always appreciate your support and thank you for reporting concerns when you see or hear of incidents outside school.

Online safety

National Online Safety produce online help guides known as #wakeupewednesday to keep children safe online. This week, we are focussing on 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. This has created 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.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

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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.

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.

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'?

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.

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.

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 to 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 Carol 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.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>

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National Online Safety have now produced an app with lots of useful advice, support and guides around being safe online. Find out more by going to <https://info.nationalonlinesafety.com/mobile-app>