



The Apple



The weekly news from Isaac Newton School, Grantham

Volume 5 Issue: 005

Circulation: 420

Date: Friday 30th June 2023

Dear Parents/Carer

It's been another sensational two weeks at Isaac Newton. As well as the fabulous work the children have completed in class, we have a number of exciting achievements we need to share with you all. We found out we have achieved the Silver Artsmark Award, a group of talented KS2 children won an Athletics Competition, we held our KS2 Sports Day at Meres and so much more.

We are continuing to focus be on our school value of **Resilience** where we will be encouraging the children to try their hardest in all aspects of school life. We encourage 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 our sports day. There were lots of winners who dug really deep to win their races in spite of close competition and a number of children who won multiple events. We also had children who tried their hardest and participated even though they thought they wouldn't win. I was particularly impressed with how gracious our winners were and how well those children who did not win conducted themselves. This is exactly what we want from our pupils.

I spoke in assembly about how impressed I was not just with how well organised it was, but also with the resilient attitude our pupils showed on the day! Thanks must go to all staff for their hard work in preparing the children for the day and to Mrs Atter, Mr Doughty and Miss Jones for organising the event itself.

Reminders

It has been exceptionally hot and humid over the last two weeks. Thank you for sending your children to school with hats, water bottles and with Suncream already applied. This has really helped keep them safe. In extreme heat, we always give the children 'shade breaks' and would not send them outside, if we were concerned about the heat.

Please can you remind the children about being respectful at all times. This is something we do every day, but it really helps if the message is backed up by families at home. We refer to our values of being ready, respectful and safe all the time and also our school values where we encourage our children to show: kindness, pride, responsibility, respect and resilience every day.

Transition arrangements

On Thursday 29th June, we held the first of our transition days where the children got to meet their new teachers. They talked about the expectations of working in the year above, the topics that will be covered and they all produced a piece of work to celebrate what is great about them. This will be up on display in September, when the children return to school. I have had excellent feedback from the children and staff and there will be another chance for the children to spend time with their new staff, next Wednesday morning.

Mr D. Milner
Headteacher

Artsmark Silver Award

We have received a prestigious Artsmark Award. This is the only creative quality standard for schools. We were awarded silver which is an amazing achievement. Many thanks to all the children and to Mrs Clark for helping us achieve this prestigious award.



Summer Disco

As you may have heard, we will be holding a Summer Disco on Tuesday 11th July in the school hall. Year 1 and Year 2 from 4.30 – 5.30pm and KS2 from 6 – 7pm. All tickets cost £2 which includes crisps and a drink. Tickets are on sale in the school office.

Dates For Your Diary:

Week commencing 3 rd July	Year 6 Transition to secondary schools
4 th July	EYFS and KS1 Sports Day
5 th July	Transition Morning
6 th July	Year 3 Roman Day (Theatre in school)
7 th July	Reports out to parents
11 th July	KS1 & KS2 Discos
14 th July	Reports out to Families
19 th July	Year 6 Leavers Assembly (6:30pm)
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

Breakfast Club

Huge thanks to **Lincolnshire Co-op** for topping up our **Breakfast Club Gold Card** again next academic year. This will help us provide nutritious, healthy food for the children at our AMAZING Breakfast Club. Please pop to the school office or call 876487226 If you are interested in getting a place for your child(ren). Please note that you **MUST** prebook at Breakfast Club. Children can not turn up on the day and must be booked in. We have a maximum number that we can look after and do not have the staffing levels or the space to go over this number.



Role Models at Isaac Newton

Cheerleading National Champions
Congratulations to Dalyla and her Cheerleading team from UCLA. They won the National Championships at Loughborough University and have now been Invited to take part in the World Championships! What an achievement!



Home learning

Congratulations to Julia for swimming 800m. Wow! What an amazing achievement, we are so proud of her.



Enrichment Trips at Isaac Newton

Knipton trip

Year 5 went to Knipton Cricket Ground where we learnt a variety of cricket skills such as batting and fielding through some exciting skill games. We managed to dodge the rain by listening to some fascinating talks by a local bee keeper, Belvoir Castle's grounds keeper and even took part in some team games organised by the army! The highlight of the day was definitely meeting the Belvoir Hounds - the children loved it!



Belvoir Farm Trip

Belvoir Farm graciously hosted Classes 11 and 12 on two separate days to assist us with our DT topic of bread making. We learnt what it takes to grow healthy wheat and what happens when it is harvested to turn it into the flour for Warburton's bread. We explored some of the Farm machinery, ground some flour and practised moulding salt dough into different bread loaves. We also found time to go bug hunting!



Sports events

Athletics Winners!



Last week we were crowned winners of the Grantham and District Town Sports Athletic Event at the Meres Leisure Centre. This is extra special, as it is the second year in a row we have won the event! A mixture of sprint, throwing, jumping and relay events, the children had worked hard after school to perfect their events. There were some stand out performances from the children. Thea P ran exceptionally well in her individual 100m achieving a gold medal. She was also victorious in the long jump and part of the 4x100m girls year 6 relay team, anchoring the team to win gold. Soeli L in Year 6 showed very intelligent racing on the 100m sprint, dipping her head on the line to secure a silver medal. Leah W competed in the 800m, completing her own research on how to pace the race and was rewarded with a well deserved bronze medal. Rio in Year 6 raced in the 100m individual, the cricket ball throw and was the anchor in the 4x100m boys relay, achieving two silvers and a bronze medal respectively. The event really was a team effort and each child competed with determination. Whether they were placed in an event or not, it was evident to see the team spirit amongst the children. All cheering and supporting each other throughout the afternoon. The PE Team are incredibly proud of each and every one of you, a real team effort!!

Last week we took a team of year 5/6 children to play a friendly game of rounders against Huntingtower Primary School. They used this as practise for the tournament taking place in a few weeks time and allowed the children to experience a game scenario against another school. They worked hard, showing great batting and fielding skills. The children relished the opportunity to play and learned lots in preparation for the tournament.

This week we held our annual KS2 Sports day at the Meres Athletic Track. The children took part in sprint, bat and ball, beanbag race and optional sack or skipping races. With points to be won that would result in the winning house being crowned, there was lots to shout and cheer for! The children were fantastic throughout the morning, cheering and supporting each other. The event was completed with very hard fought relay races, with year 3 & 4 and then year 5 & 6. Once the events were over, the points were counted up and the winning house was announcedRobertson (Red) house were the winners!!



The vice and house captains lifted the trophy on the podium and then completed a celebratory lap of the track alongside their team mates. All children who participated were awarded with a medal once back at school, the perfect end to a fantastic morning. Many thanks to all the parents, carers and family members who were able to come and support the children, it was wonderful to see so many of you there. Next week we have EYFS/KS1 sports day taking place on the school field on Tuesday 4th July with gates opening at 1:30pm and races to start at 1:45pm. We look forward to seeing as many of you there as possible!

On Wednesday we hosted a friendly netball match against Huntingtower Primary School. We selected children who should have represented the school at a recent netball tournament that was cancelled due to bad weather. This gave those children the opportunity to participate in a match and for some, this was the first time they had played a game of netball against another school. They worked incredibly hard during the match, with some super passing and moving. Some excellent shooting and defending resulted in us scoring 5 goals overall and conceding 3. Well done everyone for your commitment to netball!

On Thursday Mr Doughty and Mrs Haddock took a team of year 4 children to Belton Park Golf Club to compete in the Grantham Tri-Golf Competition. The weather was perfect for golf activities and the children took part in a carousel of skills based games with points awarded. They worked incredibly hard, showing real determination with each activity. Once the points were added up, the team were announced as Silver Medallists!! This is a fantastic achievement, well done to all the children and thank you to Mr Doughty and Mrs Haddock for their support throughout the afternoon!



On Thursday we also completed the last of our Year 6 house games. The children competed within their house teams in games of rounders. We witnessed some fantastic batting and fielding, with children really using the tactics they had learned in PE lessons this term. It was a very hard fought contest, with the result being decided in the last ball of the very last game. The winning house were Tennyson!! (Blue) Well done Year 6s you have shown a real flair for rounders this year!

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 healthy on-line habits.

Gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be a way to socialise, an avenue for creativity and a route to solving problems.

All 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.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If engaged in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the "feel-good" chemical that makes us happy or excited. These emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually starts out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fall or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges that be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain: that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Upscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 10 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. His work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.

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