

## Dear Parents/Carer

Hope you all had a lovely holiday!

We are really looking forward to welcoming the children back tomorrow and we've been working hard preparing for their return today, during INSET.

As usual, there have been a host of exciting events in and out of school which we have shared in this latest edition.

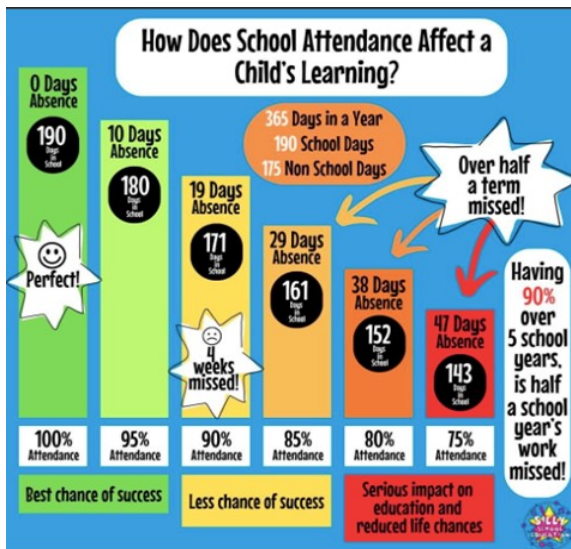
We really want to know about your child's out of school achievements, please email the school office on [enquiries@isaacnewton-cit.co.uk](mailto:enquiries@isaacnewton-cit.co.uk) with information or send their hard work into school, and we will celebrate this in our next Newsletter which will be published on **Friday 26<sup>th</sup> April**, on social media and during our Celebration Assemblies!

## Reminders

There are an increasing number of children wearing brightly coloured trainers in school. We request that all pupils wear sensible black school shoes as per our School Uniform Expectations which can be found on the school website (<https://isaacnewton.eschools.co.uk/>) under the **Parents and Uniform Expectations** tab. Please also ensure that children wear studs and not hoops or 'dangly' earrings.

It is parents and carers responsibility to inform the school office if their child(ren) are going to be absent from school. Please do this by calling 01476 568616. In addition to this, please ensure the children arrive in school by 9am. If they are late, they miss out on valuable learning time. Both gates open at 8.45 and classroom doors are open at 8.50am.

Below is a reminder of the impact of having below 90% attendance. If this continues over a five-year period, this is equivalent to half a school year's worth of lost learning that will result in significant gaps. Mr Richards and the attendance team continue to work hard to support families, offer advice and help get children back in school so they can flourish.



## Useful link – Is my child too ill for school?

The attached NHS link is a really useful resource for parents/carers if they are unsure whether to send their child to school or not. <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>



## Fixed Penalty Notices

Unfortunately, we have had no option but to issue more fines to families for unexplained, unacceptable levels of attendance. This is an absolute **last resort** and has only been considered after all other avenues have been explored and support has been rejected.

## Parking

A polite reminder to all parents who drive their children to and from school **not** to park at the gate and block the entrance to school please. This causes considerable disruption for local residents and is also a safety hazard.



## School Values

We have continued to focus on our school value of **Respect** this term and also with discussing Responsibility. This has been discussed in assemblies, with the school council and in class. Being respectful and responsible for their actions will not only ensure that children are successful in school, but will also serve them well as adults in the workplace. This week, we set the children a challenge of being ready first time, every time. Next term, there will be a whole school focus on **Pride**.

## Marie Curie Wear Something Yellow Day



On Thursday 22<sup>nd</sup> March, staff from school wore something yellow, donated cakes, biscuits, took part in a fun competition and helped

raise £154. Many thanks to Mrs Eldred for organising the event and to all the staff for raising the profile of this fabulous charity.

Mr D. Milner  
Headteacher

## School Disco



We held a Spring Disco for KS1 and KS2 children on Tuesday. It was a well planned and enjoyable event. Thanks to Mrs Toole and all the other adults who helped make it such a success! Also to the children for behaving so well!

## Easter Bonnet Winners



*The winners of the Easter Bonnet Competition*

## Achievement Awards Assembly



*Winners from last term's Achievement Awards Assembly with their certificates and trophies!*

One child from each class is chosen for a special Achievement Award to celebrate their successes over the course of the term. Congratulations to all the children who have been selected this term. Thank you for your hard work, dedication and commitment to our vision and values.

## EYFS Parents Session

On Thursday 14<sup>th</sup> March parents from Class 1 and 2 visited the children. They observed a phonics session and were shown how to use the RWI online portal. They were then able to work with their children on some phonics based games and activities. It was a lovely afternoon and a really special occasion for all involved. Many thanks to Mrs Ellis, Mrs Fulcher, Mrs McEvoy and the EYFS team for organising this.



## Year 1 Yorkshire Wildlife Park



Year 1 had a really exciting trip to the Yorkshire Wildlife Park yesterday. They too behaved impeccably and were fantastic role models!

## Year 4 trip to New Walk Museum



On Tuesday 19th March, Year 4 went to the New Walk Egyptian Museum. They had an AMAZING time and were exceptional ambassadors for Isaac Newton. You did us proud Year 4, well done!

## Moto Foundation Adopted School Book Programme.



The Moto Foundation is a grant-making charity that makes a positive difference to the communities they are part of. Since 2006 they have given over 230,000 books to their adopted schools nationwide.

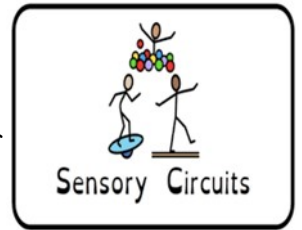
The Moto Foundation identified a real need to assist schools struggling to fund adequate resources for their literacy schemes and school libraries. The campaign is supported by the generosity of our supporters and visitors to Moto service areas.

The Moto Foundation are very proud to partner with [Oxford University Press](#) for the book programme. Oxford University Press has supported the programme from the beginning and The Moto Foundation are extremely grateful for their help in making this fantastic project possible.

We are lucky at Isaac Newton School to be a part of the Moto Foundation's Book Programme. Each year we are donated approximately 300 books. This year among the numerous reading books, mainly for lower school, we have been able to supply our Key Stage 2 classes with new dictionaries and Thesaurus.

## SEND Provision

Sensory Circuits uses sensory-based movement activities that help children and young people to achieve the 'just right' level of alertness they need to prepare themselves for the day's learning.



There are several children in school that have this as part of their provision whether it be on their Education health care plan/Pastoral support plan/Individual support plan or Pupil profile.

Sensory circuits can take place in school or in any outdoor area. Every sensory circuit should be split into three sections, Alerting, Organising & Calming. Each section has its own activities and purposes, so by the time child has reached the calming stage, they're ready to learn.

For further information please have a look at the attached video link:

[https://youtu.be/UTAB-a\\_Nt6U?si=ywrYClatmBrRvmMc](https://youtu.be/UTAB-a_Nt6U?si=ywrYClatmBrRvmMc)

## HAF Website

The Holiday Activities and Food programme (HAF) is a Government funded programme that provides free holiday clubs for reception to year 11 pupils in receipt of benefits-related free school meals in Lincolnshire over the summer, Christmas and Easter holidays. Please click on the below link for further information. <https://www.lincolnshire.gov.uk/school-pupil-support/holiday-activities-food-programme>

## Sports/PE update



Towards the end of last term, we took 12 Year 6 children to the Grantham Primary School Hockey Tournament. We entered two teams who played in leagues, resulting in 2 wins and 1 loss for both. This led them to the semi finals, where they were both able to win their games 1-0 and set up a very tense final against each other!! The match was a close and tightly contested match which finished 1-1! The decision was then made to crown both teams as worthy winners of the tournament!! The children arrived back to school, each wearing shiny gold medals and holding the trophy up high!! A huge well done to all the children competing this afternoon, they worked incredibly hard, enjoyed the experience and were a credit to our school!!



During a PE session, Year 6 were taking part in Teambuilding. They started with a fun warm up and then moved on to lots of activities which relied on them working effectively as a team. After a few tries, they were all really successful!

We attended the Grantham Netball Tournament at Priory Ruskin Academy, last term. We took a team of Year 5 pupils who were very excited for their first Netball event. We played a round of league games against other schools in which



the children showed great improvements in their passing, moving and shooting. Despite playing against schools with Year 6 children and some who had experience of netball, the team showed great determination and worked incredibly hard all afternoon. Mrs Atter and Laura are very proud of the 6 children who competed, they represented Isaac Newton with passion and pride for their school.

We have recently been very lucky to have applied for a new football kit from Premier League Primary Stars and this week we attended an event where we could show it off! We took a team of Year 5/6 girls to the Grantham Girls Football Tournament at Kings School in their brand new football kit. The Girls took part in a round of League Games, where they worked hard and won 1 game, resulting in another game against West Grantham Academy. We went into this game



with real confidence and were able to win 3-0!! The girls worked hard in very cold conditions, well done everyone!!

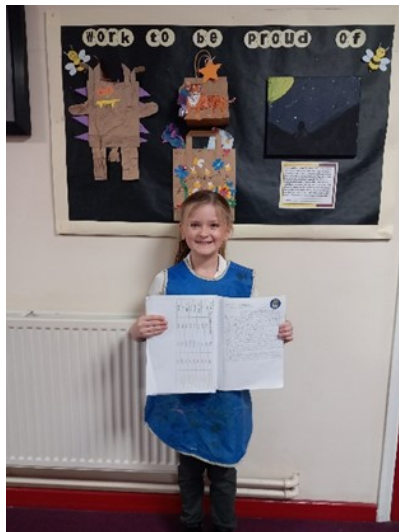
Two children from Year 6, Oscar and William, recently took part in the East Midlands Regional Indoor Athletics Competition at Grantham Meres Leisure Centre. They had to trial over a period of weeks to be picked for the team. They took part in a variety of events including vertical jump, javelin, triple jump and relays. This is a fantastic achievement, trialling against the rest of the County U11 age group in order to be selected! A huge well done, the whole school is very proud of you!



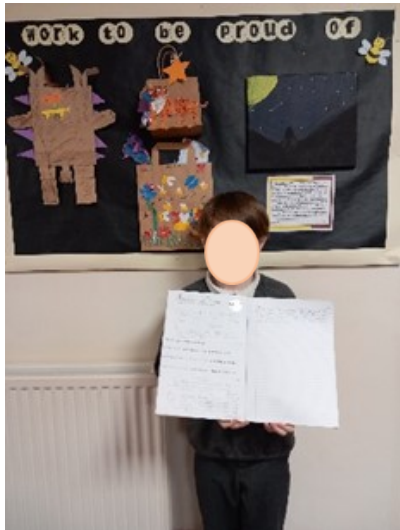
**Work to be proud of**



*Excellent art deco design by Ragina. The pattern looks really effective. It is really bright and colourful!*



*Fabulous Instructions on how a machine works by Tommie-J and Summer-Denise. Great use of time connectives. Really detailed instructions. Well done!*



*Exploring complex sentences. Understanding the difference between a compound and complex sentence! Well done Connor and Sara.*



*Accurate geography work from Connor. Lots of interesting facts about Brazil, well done! Interesting geographical facts about South America by Clayton. The Amazon River...*



*Year 5 produced these fabulous Reading Rivers where they have shown their reading for pleasure journey from being aged two to the present day. Their favourite books included Princess and the Pea to Harry Potter. Really well presented too!*



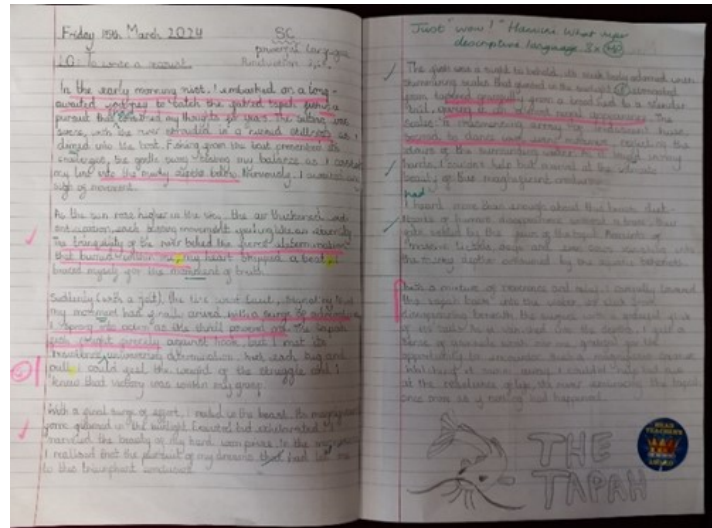
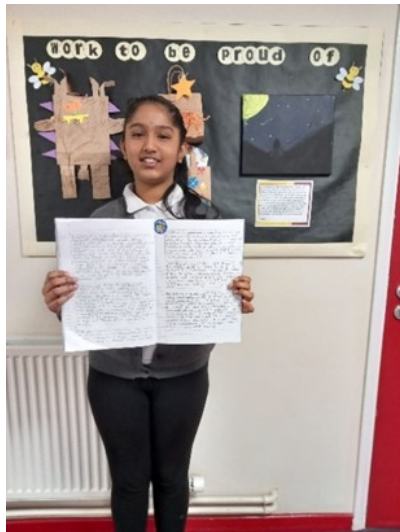
*Liam B from Class 10. Recalled lots of interesting facts about the Ancient Egyptians as part of the year 4 history assessment. Well done. He Remembered lots of facts verbally too. Well done.*

## Work to be proud of



Amazing Art Deco inspired artwork by Class 8. So impressive!

Fabulous recounts of their history trip to Lincoln Castle. Great use of time connectives and very informative. Well done Riley and Issac.



Hamsini's wonderful recount. Mrs Roberts was so impressed with the super, descriptive language. Here's a short excerpt...

*In the early morning mist, I embarked on a long-awaited journey to catch the fabled Topah fish; a pursuit that had consumed my thoughts for years. The setting was serene with the river shrouded in a hushed stillness as I climbed into the boat.*

**Work to be proud of**



*Wonderful DT work. A moving picture using split pins. They chose their Mums as part of their design. Well done to Isla and Nova from Year 1!*



*Amiya and Dalyla brilliant recount of a coral reef.*



*Look at this Box Monster with a pneumatic pump for the tongue. Well done Summer, this looks amazing!*



*Hamsini's, Dalyla and Amiya produced some fantastic PSHE work where they listed lots of different ways to manage stress so they can give some valuable advice to friends. What a wonderful idea. Great work Year 6.*



*Congratulations Wallace, Jonathan and Liam who all scored 25 out of 25 on TT Rock Stars Well done, year 3 you are absolutely smashing this!*



*Lily and Summer-Mae created an amazing Puffer fish. They have worked so hard in just one afternoon! Well done!*



*Liam B from Class 10 recalled lots of interesting facts about the Ancient Egyptians as part of the year 4 history assessment. Well done. He Remembered lots of facts verbally too.*

**Work to be proud of from home**



*Alice has re written Chicken Licken! Earth crust and times tables by Wallace. Volcano picture, all labelled correctly by Chris.*



*Emilia, Riley, Wallace, Lilly and Alice created some fantastic work from home. Life cycle of a flowering plant, maths, structure of the earth, volcano in Pompeii and some maths work on times tables and interesting facts about Pompeii.*



*Well done to Oliver from Class 5. What an amazing castle! This must have taken such a long time to complete.*



*Awesome homework by Year 3! Fabulous sand art by Jenson. Lilly's fantastic earth and volcano pictures and Kyra completed some extra maths work.*

**Dates For Your Diary:**

16th April	Start of Term 5
17th April	Parents' Evening (4 – 7pm)
18th April	Parents' Evening (4 – 6pm)
23rd April	Diary of as Disciple Workshop (Year 3)
26th April	Newsletter Release
29th April	Roman Workshop (Year 3)
6th May	Bank Holiday (School closed to all pupils and staff)
10th May	Newsletter Release
Week Commencing 13th May	KS2 SATs Week
24th May	End of Term
3rd June	Start of Term 6
19th July	End of Term 6



## Out of school achievements



*Henri is really pleased to have achieved his Stage 4 Swimming Badge and Maddison has done extremely well with her Learn to Swim certificate and badge too. We are really proud of them!*



*Well done to William who won a Bronze medal in a Karate Tournament for JKS Shotokan Karate. William trains at least three times a week. Brown belt with one white stripe. He said that he attends JKS Shotokan with his dad and they both hope to get to black belt at the same time. That would be really special!*

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# 10 Top Tips for Parents and Educators

## DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

### 1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

### 2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

### 3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

### 4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

### 5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

### 6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

### 7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

### 8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

### 9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

### 10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



# What Parents & Educators Need to Know about CLICKBAIT

## WHAT ARE THE RISKS?

Clickbait is a controversial online marketing strategy which uses sensationalist (and frequently misleading) headlines to encourage engagement with an article, image or video – often playing on users' emotions and curiosity, while much of the actual content is of questionable accuracy. Clickbait is also sometimes used to disguise scams, phishing sites and malware.

### HARMFUL MISINFORMATION

Clickbait tends to play fast and loose with the truth, opting for eye-catching content over objectivity. This is particularly dangerous for younger internet users, who are generally more susceptible to that type of material. A child could be presented with fake news, misleading articles and – in some cases – outright lies without fully understanding what they're viewing and why it's harmful.

### INAPPROPRIATE CONTENT

Due to the misleading nature of many examples of clickbait, what may seem to be innocuous and child friendly could actually contain age-inappropriate material such as extremist political views or violent, pornographic or sexually explicit content. This is clearly a hazard for young people, who could be upset, disturbed or influenced by exposure to such subject matter.

### HIDDEN MALWARE

While most clickbait is simply trying to promote engagement to earn companies additional revenue, some of it does redirect to dubious sites with the potential to infect devices with viruses or malware. This could put a child's sensitive data – such as their name, their location and their date of birth – at risk of being accessed and exploited by malicious hackers.

### PRIVACY PROBLEMS

Some clickbait leads to sites which could coax a child into volunteering their personal data – using pop-ups to ask them for their email address and phone number, for example, in exchange for accessing additional content or subscribing to various services. Normally, this harvested information is then sold to third parties, who often utilise it for targeted adverts and other sales schemes.

### A DRAINING DISTRACTION

Clickbait encourages spiralling consumption of online content, which could easily result in a young person spending hours scrolling aimlessly instead of doing something productive or interacting with family and friends. This can leave them tired, social and lacking focus – and, in the long term, can negatively impact their social skills, education and mental wellbeing.

### IMPACT ON BEHAVIOUR

Depending on the type of clickbait a child is interacting with, you might notice negative changes in their behaviour. Weight loss scams, for example, are common among clickbait and have the potential to influence eating habits and body image – while deliberately inflammatory 'rage bait' articles can leave impressionable young people feeling irritable, restless or argumentative.

## Advice for Parents & Educators

### START A CONVERSATION

The sheer volume of clickbait can make protecting children against it quite challenging. It's vital to talk to young people regularly about the types of content they encounter online, so that they understand the risks of engaging with clickbait. If you're still concerned, it may also be wise to keep an eye on children's online activity to ensure they're not being tempted by clickbait headlines.

### PROMOTE CRITICAL THINKING

Encouraging children to question the legitimacy of sensational headlines and too-good-to-be-true promises will help them to become savvier online – and far less likely to be drawn in by clickbait content. These critical thinking skills will also serve to protect them in other areas of the digital world where misinformation is becoming increasingly common.

### SPOT THE TELLTALE SIGNS

There are certain common elements in clickbait, including headlines and images that use shock and outrage to grab people's attention – as well as numbered lists, such as '8 Facts You Won't Believe Are True'. Some clickbait combines several of these tactics to snag users' interest. Learn to recognise these techniques for yourself so you can teach children to notice them as well.

### TAKE CONTROL

Many parents opt to place limits on how long their children can spend online each day, which obviously reduces the chance of exposure to clickbait. Alternatively, most internet-enabled devices have built-in controls that allow parents to manage what sort of online content their child can access – including filtering by age, which can screen out a percentage of inappropriate material.

### Meet Our Expert

Carly Page is an experienced technology writer with more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, she is now a freelance technology journalist, editor and consultant who writes for Forbes, TechRadar and Wired, among others.



The National College