

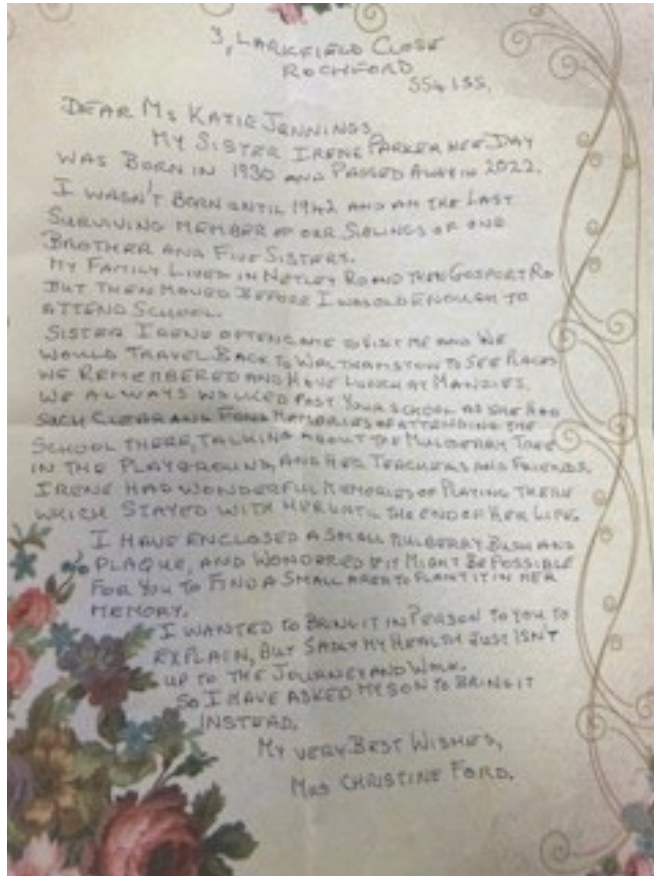
Thank you to everyone who came along to support the Santa Mile Dash. We certainly had the perfect weather conditions for it.

We received the loveliest of letters and gift this week from Mrs Christine Ford, whose sister used to attend the school. I have shared the letter with the children on North today and the Eco-Council will plant the Mulberry bush. Such a kind and thoughtful gesture. We will be sending her one of our Mission Grove special Christmas cards and a photo of the children planting it. Such a wonderful, thoughtful gift.

Can we please ask that if you move or have a temporary address that you do let us know. We completed a home visit today and the house was empty. Also, if you have a new person that you would like to pick up your child at the end of the day please fill in a consent form at the office. We had the

pantomime in school this week—oh yes we did! (I know I do it every year, sorry) This was free for the children as it came from the fundraising we do throughout the year. There is supposed to be another storm this weekend so please stay safe.

Katie Jennings
 Head Teacher



MG Gift Cards

To help with the cost of things we are now selling gift cards that you can buy to give for birthdays, Christmas, Eid and other celebrations. Or the children may earn a gift card. One parent said that she was going to buy one for her child's friend as a gift. At the moment we are selling gift cards for the year 5 camping trip in April and May. It is a one night adventure and costs £80. There will be a meeting in the new year to discuss what they need to bring with them and which teachers will be going.



What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>



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#WakeUpWednesday

The National College

SPECIAL DATES IN NOVEMBER

ATTENDANCE	
Form	%
2yr North AM	81.11%
R Cuckoo	88.04%
R Chaffinch	89.58%
R Chiff Chaff	90.18%
2 Kestrel	90.35%
1 Magpie	90.38%
1 Merlin	90.80%
1 Mallard	91.37%
Nursery North AM	91.38%
R Crow	91.56%
4 Sparrow	91.60%
Nursery South AM	91.71%
3 Wagtail	91.76%
2 Kittiwake	92.64%
6 Goldcrest	92.82%
Nursery North Full Time	93.02%
2 Kingfisher	93.56%
5 Blackbird	93.76%
Nursery North PM	93.78%
Key Stage 1-4	93.83%
5 Barn Owl	93.92%
2yr North PM	94.02%
3 Woodpecker	94.05%
3 Waxwing	94.52%
6 Goldfinch	94.56%
6 Grouse	94.92%
3 Wren	95.08%
Nursery South PM	95.29%
5 Buzzard	95.32%
1 Moorhen	95.35%
4 Swallow	95.39%
4 Skylark	95.63%
4 Swan	95.74%
2 Kinglet	97.71%
6 Goose	98.21%
Nursery South Full Time	98.33%

Remember the children only attend 190 days a year.

December

9th Rocksteady Bands Concerts 10.30am South site
2.30 pm North site

Wagtail & Waxwing @ British Museum

10th Music Concert 1.30pm

Swallow at the Pumphouse

11th Nativity North 10am and 2pm showings

13th Nativity South 10am and 2pm performances

**16th Christmas Fair 3.30pm—
6.30pm on North site please bring
friends and family**

17th Christmas Parties

Civic Hall Carol Concert

18th Christmas Lunch

19th Last Day of term normal time finish—wear a Christmas jumper

January 2025

6th INSET

7th Children return to school

9th Reception 2025 open day

10th Reception 2025 open day

14th Parent Council—Parental engagement & AI

15th Reception 2025 closing

16th Curriculum Governors

Finance Governors

27th National Story Telling

29th Year 6 parent evening

30th Year 6 parent evening

Christmas Fair

RAFFLE TICKET

On Sale Now!!!!!!
**TICKET AT 50p for 1 £2.50 a
 booklet**

www.mrs.dolanpowerll.com



Just some of the raffle prizes available to win. The main prize is a laptop. We have hampers and vouchers and a cake from cakes and bakes.

The tickets are on sale now. Please take booklets to sell to friends and family and to colleagues at work.

We started the week with an assembly about advent. Next week we will be looking at article 14 across the school.



Article 14 (freedom of thought, belief and religion)

Every child has the right to think and believe what they choose and also to practise their religion, as long as they are not stopping other people from enjoying their rights. Governments must respect the rights and responsibilities of parents to guide their child as they grow up.

save the date



CHRISTMAS

Fair

DECEMBER

16TH

Monday

FOOD . CRAFTS . GAMES .
MEET SANTA

Starts at 3.30pm to
6.30pm

- North Site Buxton Road E17 7EJ



Girls Soccer School 5-11yrs (School years 1-6)

Every Saturday: 9-10am

Match Day Centres, E17 4LL

First session free / £5 thereafter

Matt Morgan - RYAN FC - W&G Lead
matt.p.morgan@googlemail.com

RYANFC.NET X @RYANFC1995



#LET
GiRLS
PLAY





Procedures for Head Lice

Head lice are a wider societal problem and contrary to popular belief research shows that transmission of lice within the classroom is relatively rare. When it does occur, it is usually from a "best friend". We know that you can only get head lice through direct head-to-head contact with a person that has them. Head lice can't jump, hop or swim. There is no evidence that head lice have a preference for either clean or dirty hair. It's extremely rare to get head lice by sharing hats, combs or pillows. You also don't need to wash clothing or bedding, because head lice that fall off your head (for example, onto hats or pillows) are likely to die soon after.

Studies of school children indicate that approximately 4% of the population at any one time has head lice. Outbreaks are very rare it is usually a perception of an outbreak rather than a reality.

The life span of a head louse is short. The adult will lay 5-6 eggs a day glued to the base of a hair near the scalp. The egg will take 7-10 days to hatch. The empty white egg case is often called a 'nit'. It takes a further 6-14 days for the louse to mature and begin to reproduce. The whole cycle takes between 2 -3 weeks.

Finding a living, moving louse on a head is the only sure way to diagnose the presence of head lice. There are different ways of treating an infection including, many lotions and the wet combing method. But in order to be effective the treatment needs to be correctly applied and repeated as directed.

What the research says is not effective.

- Sending out blanket warning letters.
- Sending children home.
- Introducing routine inspections, the 'nit nurse'.

What the school will do if we see a live, moving louse in your child's hair.

- We will inform you either via a telephone call, text or seeing you at the end of the day to inform you that a live louse has been seen. This will allow you time to organise appropriate treatment before your child returns the following day.
- Only if your child is in distress or very uncomfortable will we recommend you pick them up from school early.

If your child is repeatedly suffering from head lice then, with your agreement, we will contact the school nursing service to seek their advice.

Head lice will not be eradicated in the foreseeable future, but a sensible, informed approach, based on fact not mythology, will help to limit the problem. There is no good way of preventing head lice. The best way to prevent them spreading is to check your whole family's heads for lice regularly. You can do this by detection combing on a weekly basis, or as often as you want. This will help you find any lice before they have a chance to breed and lay nits. You can then treat them quickly to prevent them from spreading to other people.

Useful websites <http://www.nhs.uk/Conditions/Head-lice/Pages/Introduction.aspx>

Community hygiene concern. <http://www.chc.org/index.cfm>

Recommended Procedures for treating headlice:

Lotions or sprays- these are available from pharmacies and contain chemicals. Your pharmacist can advise.

Wet Combing Method- if you do not wish to use a lotion or spray, a cheap and effective alternative method is wet combing. Lotions or sprays don't need to be used for wet combing. However, to be effective, wet combing needs to be carried out regularly and thoroughly. The method you should use is described below.

1. Wash the hair using ordinary shampoo, towel dry and apply plenty of conditioner, use a wide-toothed comb to straighten and untangle the hair.
2. Once the comb moves freely through the hair without dragging, switch to the louse detection comb. Make sure the teeth of the comb slot into the hair at the roots, with the bevel-edge of the teeth touching the scalp.
3. Draw the comb down to the ends of the hair with every stroke, and check the comb for lice.
4. Remove lice by wiping or rinsing the comb.
5. Work methodically through the hair, section by section, so that the whole head is combed through.
6. Rinse out conditioner and repeat the combing procedure.
7. Repeat the procedure on days three, six, nine, 12 and 15, so that you clear young lice as they hatch, before they have time to reach maturity.

Medrin – you can get this free as a 'minor ailments' treatment. It doesn't contain any chemicals. Once you have put it on dry hair you must leave on for 8 hours. Then wash it off. Repeat after a week.

If your child regularly has head lice then we can make a referral to the nursing service to help you. You can see your GP and I believe the combs and some treatments are available on prescription, your GP or practice nurse can advise further.

How to conquer HEAD LICE in 6 easy steps

1. Hitting them strong and hitting them hard
There are a number of strong chemical products on the market. These seem to appeal and revolt parents in equal numbers. While some don't like the idea of strong chemicals in such close contact with their child's skin, others find it reassuring for the very same reason - if there's chemicals involved, they must be doing a thorough job.

2. Going the touchy-feely route
Also available are natural products based on essential oils and pyrethrin, which smell a lot better than the chemical-based products. Because these products aren't as strong as the chemical-based ones, they usually need to be left in the hair longer to take effect.

3. Cooking up some homebrew
Like all good homebrew recipes, everyone has a different one that they swear by. Mostly though, they are made up of things that you could find in the kitchen or bathroom. Almost all are bulked out with thick conditioner. Popular recipes usually include: tea-tree oil, eucalyptus oil, vinegar, olive oil, orange oil, lavender oil.

4. Using hair spray/ hair gel
During an infestation, combing your child's hair with a fine-toothed comb through hair is often more difficult for the lice to attach to their hair shafts.

5. Trying the white conditioner treatment
Regular combing is the key to keeping lice under control. Apply a thick, white conditioner (it makes it easier to see the nits and lice against white) and using a nit comb, section the hair and carefully comb, wiping each comb-full of conditioner, nits and lice onto a paper towel. Keep combing until you can't see any more eggs or lice in the conditioner. Repeat after seven days.

6. Applying vinegar
Thoroughly douse your child's hair with vinegar and leave for 15 minutes to allow the vinegar to kill the lice. Apply the white conditioner treatment.

kidspot

Pinterest