



# Frodsham Primary Academy

## Newsletter 20

10<sup>th</sup> February 2023

Welcome to this week's newsletter.

Thank you to all of the parents who attended our phonics workshop on Tuesday with Miss Curtis. Lots of good discussions which will help us to plan our next event.

We have had lots of sporting events this week at Frodsham Academy. For the start of School Sports week, Miss Pemberton organised an inter school competition and all classes demonstrated the skills needed for 'safe' football. This was enjoyed by all children.

On Wednesday, a group of our KS2 boys played their first football match against Evelyn Street (a WPAT school) in Warrington. Our boys were excellent and were praised for their resilience and teamwork. We look forward to our next game.

On Thursday, a group of KS2 girls took part in a basketball competition in Frodsham against our cluster schools. Our girls were quick to demonstrate their skills and received gold medals for first place! I think the photo says a thousand words.



On Friday, three of our children were chosen for our county to take part in the NAK (New Age Kurling) final. The team travelled to Warrington and played against other school from across Cheshire and Warrington. Our team came away with an amazing bronze medal for third place AND received the competition trophy for 'Spirit of the Games'. Our children demonstrated the game values of determination, respect, self-belief, honesty, teamwork and passion. This is an incredible accolade for the children and Frodsham Academy. I once again, am so proud of our children.

You will receive your child's interim report on Monday. This is a 1-page snapshot that will be discussed in more detail at parent's evening. Please sign up on Monday morning at the gate for your time slot. Times will be available for Wednesday and Thursday between 3.30-6.00pm. We would welcome attendance from all parents.

Have a lovely weekend.

Mrs Callaghan

**\*\*A REALLY USEFUL ARTICAL ON GAMING ON THE BACK PAGE\*\***



### Uniform reminders

Here is a reminder of correct school uniform. If parents have any uniform that is now too small, we would like to start a uniform bank within school. If any items of uniform are too small, please wash them and send them into school and I will keep a running record of what we have available should there be any families in need.

Item of clothing	School agreed standard
Shirt	White buttoned cotton shirt
Bottoms	Mid or dark grey (not black) Trousers/skirt/shorts/pinafore dress Summer Term options: Shorts/light blue checked summer dress
Jumper	Navy blue with logo <b>V Neck</b> Jumper or cardigan
Tie	Navy and white diagonal striped <b>Elasticated</b>
Shoes	Sensible black flat school shoes or <b>plain black</b> trainers with no other colour/logo
Socks	White/grey/black Grey tights
Nursery	White polo top and grey or navy-blue joggers/leggings with Navy Blue school jumper or cardigan with Logo
PE	White plain t-shirt Navy blue shorts Black plimsolls Outdoor kit- Plain navy tracksuit bottoms/jumper and trainers.

Please note that trainers are permitted under our uniform policy, but these must be plain black. **PE kits should be in school every Wednesday** as all children will have PE on this day.

### Learning this week...

This week in EYFS we have been learning all about the plight of the songbirds as part of the Chester Zoo project. We watched a video where we saw how they were being caught and put into cages to then compete in singing competitions. The children kept on asking if this was real or a story. We were able to discuss reasons why this might happen, and also the consequences if it continues. The children hot seated each other in role of a songbird and came up with some very thoughtful questions and answers. They produced some lovely artwork and written pieces to show what the birds might be thinking. In Maths we have been focusing on positional language, and used the beebots to input directions to help them around the maze. We have problem solved where characters should be placed in a line by listening to the clues and moving them around until their positions match the clues.

Miss Curtis

This week Snowy Owls have continued learning about bears with more of a focus on dancing bears in the circus. The children have shown great empathy for the bears and decided to write a letter to inform and persuade the circus on using bears. In music, the children have been continuing to learn how to use glockenspiels, copying and repeating patterns. It has also been schools football week and Snowy Owls enjoyed an inter class tournament at the beginning of the week!

Miss Sands

We have had a busy week this week in Hawk Owls. The children have carried on finding out about conservation work. The children have started non-chronology reports based on the African elephant. With this, the children have researched the declining numbers of African elephants. In maths, we have been multiplying and dividing by 1, 10 and 100 and looking at how we can apply this knowledge to a range of problems. The highlight of the week had to be the football tournament that was held on Tuesday. The children all took part and played 5 aside against each other. Every child gave 100% and the Hawk Owls team enjoyed handing out player of the match certificates to children.

Mrs Price

In Year 5 and 6 this week, the children have been learning about factors, square numbers and cube numbers. We have been looking at a range of problems including some reasoning. We have been learning about 'Operation Jaguar' and finding out about different charities who work to protect this magnificent animal. We have started to look at persuasive writing and words and phrases we can use in our own writing. In Science we have been learning about how plants adapt so that they can survive in a rainforest habitat; we have linked this in to our art lessons, where we have continued to build up our sketchbook work with collages of plants, based on Matisse and Picasso. In Geography we completed a collaborative diamond nine task, when we looked at all of the risks to the rainforest and ranked them in order of severity. In Spanish we have been practicing longer phrases and using a Trapdoor activity to construct our own sentences about animals. Miss Todd has been teaching a programming lesson using Scratch to the boys, while the girls were out at their basketball competition- many congratulations on your amazing win!

Mrs Hayes

This week we have been focusing on different art skills in Tawny Owls. We have begun practising different sketches and using different mediums. We have also continued our work on sun bears, the older children have started some really detailed writing projects and our younger children have learnt facts linking to what they eat and where they live.

Miss Pemberton

## Attendance News

This week's school attendance is: **95.5%**  
Overall school attendance for full Year 92.3%

### Class attendance

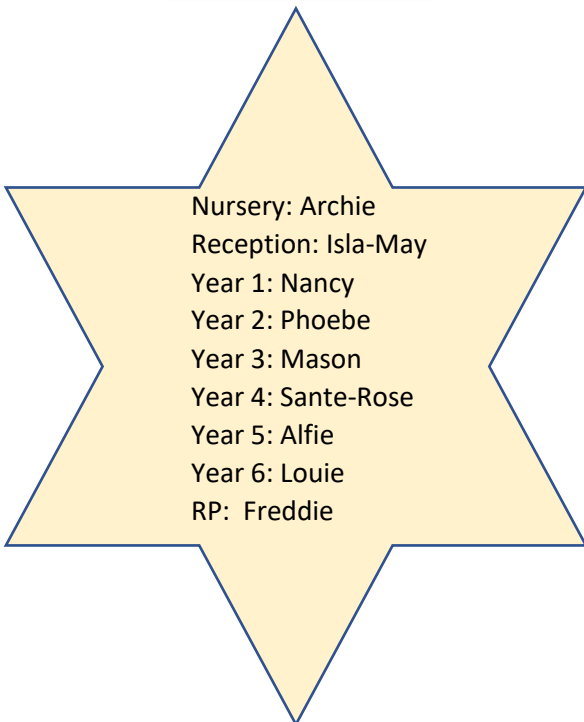
Reception: 95.38%  
Year 1: 81.65%  
**Year 2: 100% Winning Class**  
Year 3: 98%  
Year 4: 95%  
Year 5: 96%  
Year 6: 97.8%



A little reminder that holidays in term time will not be authorised.

Please check holiday dates on the website to ensure holidays coincide with school holidays there are 12 weeks holiday each year.

### Stars of the week



### Dojo Champions

Nursery: Kinsley  
Reception: Izaak  
Year 1: Roman  
Year 2: Harry  
Year 3: Malika  
Year 4: Jacob  
Year 5: Lucas  
Year 6: Luke  
RP: Jack



### Birthdays this week

Milo (6) Kaleesi (9) Harley (4)

★ HAPPY ★  
BIRTHDAY!

# Healthy breaks for schools

A guide for pupils and parents



HSC Public Health Agency

school food

## Fruit and vegetables

Help your child get their five a day by including some fruit or vegetables as a snack for their morning break.

This includes all fresh fruit and vegetables and pots or tins of fruit in fruit juice, but not in syrup.

A portion could be:

- 1 medium sized piece of fruit, eg apple, orange, banana, pear
- 2 small fruits, eg kiwi fruits, satsumas, plums
- 1 cup of grapes, cherries or berries
- 1 large slice of pineapple or melon
- 1 cereal bowl of salad, eg lettuce, tomatoes, cucumber and celery
- 3 heaped tablespoons of fresh veg, eg chopped or sliced carrots, peppers or sugar-snap peas
- 3 heaped tablespoons of fruit salad (fresh or tinned in fruit juice)



For younger children (4–6 years), reduce these portion sizes by about half, then increase the amount as they grow. Older primary school children should be eating full portions. To reduce the risk of choking in young children, halve smaller fruits and vegetables like grapes and cherry tomatoes by cutting lengthways.

Not suitable: fruit tinned in syrup, dried fruit (eg raisins, sultanas) and processed fruit bars (eg fruit winders, fruit flakes etc). These are high in sugar and can cause tooth decay, so are not suitable as between-meal snacks.

## What is included in healthy breaks for schools?

### Drinks

It is important that children drink enough during the day, so that they don't become dehydrated and tired. Water should be freely available throughout the school day and drinks should always be included for break time and lunch. Water and milk are the most suitable drinks for children.

Water: tap water or unflavoured, still, bottled water.

Milk: all whole, semi-skimmed or skimmed unflavoured milk.

Not suitable: fruit juices (including pure fruit juice), smoothies, sparkling water, squash or fizzy drinks, even those labelled 'no added sugar', 'diet' or 'zero'.



## Bread-based snacks

Children need more or less energy (calories) depending on their age and stage of development. Bread-based snacks can help to meet these extra energy needs and help your child feel more satisfied.

This includes white or wholemeal bread, rolls or baguettes, toast, plain bagels, wheaten, soda, potato or pitta bread, spread thinly with a little margarine, low-fat spread or butter; plain bread sticks, plain crackers or plain unsalted rice cakes; or a small sandwich with a sugar-free filling such as tomato, tuna, chicken, cheese etc.

Not suitable: Sugary spreads, including jam, honey, marmalade or chocolate spread as these are harmful to teeth. Peanut butter is high in fat and salt so is not recommended.

No cereal bars, or sweetened breads and pastries, eg pancakes, scones (plain and fruit), fruit bread, malt loaf, brioche, croissants and Danish pastries as these contain a lot of sugar and/or fat and salt.





## Events for Spring 1 Term

Wednesday 4 <sup>th</sup> January	School opens
Monday 9 <sup>th</sup> January 5-6pm	Open evening for new parents
Thursday 19 <sup>th</sup> January	High Five Netball competition Y5/6
Tuesday 24 <sup>th</sup> January	Chinese New Year Dinner in School
Tuesday 24 <sup>th</sup> January	Year 6 BIG Maths at Helsby
23 <sup>rd</sup> , 25 <sup>th</sup> , 26 <sup>th</sup> January	Chester Zoo workshops in school
Friday 27 <sup>th</sup> January	Year 1 Year 6 Trip to Chester Zoo
Monday 30 <sup>th</sup> January	SEND Coffee morning 9-10am
Wednesday 1 <sup>st</sup> February	Young Voices concert in Manchester
Tuesday 7 <sup>th</sup> February	Phonics workshop for parents 2-3pm
Monday 13 <sup>th</sup> February	One-page interim reports to go home
Tuesday 14 <sup>th</sup> February	Nursery 2-year-old reading session with the Children's Centre
Wednesday 15 <sup>th</sup> February	Parents Evening
Thursday 16 <sup>th</sup> February	Parents Evening
Friday 17 <sup>th</sup> February	School closes at 3.20pm for 1 week.
Thursday March 2 <sup>nd</sup>	World Book Day- Bedtime stories Pyjamas and dressing gowns

**WORLD BOOK DAY**  
2 MARCH 2023

Get your clothes repaired on the Swap Days at Ellesmere Port and Blacon Libraries

Repaired seams? Missing buttons? Make in your 'Fancy Jumper'?

Bring your clothing repair to us and we can help you fix them!

[f cwaclibrary](#)  
[@ cwaclibraries](#)  
[cwaclibraries](#)

Cheshire West & Chester Council

## Fancy Dress Swap

**Saturday 11 and Saturday 18 February**  
10am to 12.30pm

**How it works**  
Donate any children's fancy dress at one of the libraries below from now until the end of Friday 10 February.

You will receive a token for another costume for the swap days. If you don't want another outfit, then let us know and we will gift your token to someone else. All donated clothes must be clean and in good condition.

Any items not chosen by anyone will be either donated to charity or recycled.

**Participating Libraries**  
Blacon, Ellesmere Port, Frodsham, Great Boughton, Helsby, Hope Farm, Lache, Little Sutton, Neston, Sandiway, Tattenhall and Winsford.



Cheshire West & Chester Council

# Re-vamp the ramps

Head down to **Saltworks Farm Skate Park, Ship Street, Frodsham** and join Graffiti Artist Vicki Fogarty to create a masterpiece to be proud of.

**Monday, 13 February**

**3.30pm – 5pm**

**Saltworks Farm Skate Park**

Meet Vicki to share your tags, ideas, and art to create a design.

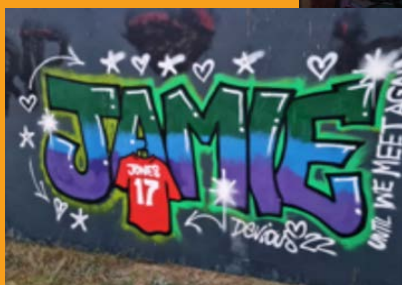
Let the spraying begin.

Join Vicki at the skate ramps to bring your graffiti art design to life.

**Thursday, 23 February  
and Saturday, 25th February**  
11am-3pm

**Saltworks Farm Skate Park**

\*Equipment to be provided, please wear clothing you don't mind spoiling.



 @v\_fogarty

Got a question? contact: **07827 877361**



Cheshire West  
and Chester



# 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 enjoyed 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. Those 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 start 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 fail 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 to 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 Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 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.



Source: <https://www.ofcom.gov.uk/consult/condocs/childrens-media-use-and-attitudes-report-2022.pdf>

**NOS** National Online Safety®  
#WakeUpWednesday