



# Frodsham Primary Academy

## Newsletter 21

17<sup>th</sup> February 2023

Welcome to this week's newsletter.

We have made it to the end of another busy half term. We are officially half way through our school year! It was great to see so many parents attend for parents evening this week. I saw lots of happy faces coming out which was great to see, I know the teachers had so many positives to share.

We have had a great final week in school, children across the school have been explaining what the school rules mean to them and what the rules 'look like' in different scenarios. All children demonstrated a clear understanding.

We welcomed the NSPCC into school this week. Children from Reception-Year 6 all took part in class-based assemblies and our Year 5 and 6 children had an additional session with the NSPCC school's coordinator. Our children are now very confident with how to respond if there is something or someone they are worried about. Our children responded with maturity and asked some very sensible questions. As he was leaving, one of our visitors said if he could go back to school and do it all over again, he would come to Frodsham Academy. He commented on the positive welcome he received and how calm the school was. Our children were impeccably well mannered and polite. Lots of positive praise from all involved. Well done to all!

Please see the back of the newsletter, information about joining in with revamping the ramps on Ship Street over the half term which looks like fun!

Also, Youth club will be at the skate park this Saturday at 12pm. All families are welcome. Free food being served and free food bags to take home. Don't miss out!

A little reminder for all, on return to school please can all children be in FULL school uniform. Black flared trousers are not part of our uniform. If children wear trainers, these must be black. White or colourful trainers are not part of school uniform. Ties must be worn please. Uniform is explained on the next page of the newsletter.

I hope you all have a fantastic half term and look forward to seeing you back in school on Monday 27<sup>th</sup> February.

Have a great week

Mrs Callaghan

### 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 facts all about whales for the children to write their own fact file. We watched lots of interesting videos about whales and found out lots of new things about them. We have also been learning about repeating patterns and how they can be continuous in a square or circle. The children really enjoyed their last dance PE lesson, and made some beautiful bird inspired masks for their Spanish Carnival parade in the hall.

Miss Curtis

This week Snowy Owls have been looking at poetry and exploring different types of poems. The children then went on to write their own poems to describe bears. We have also been learning how to draw our own bears by following specific steps. All children showed great focus and attention to detail! In PE this week we have been focusing on putting a sequence of movements together linking to a summers day. In Maths we have been starting to think about different strategies we can use to subtract. The children have shown great confidence in using tens frames and number lines.

Miss Sands

We have had a busy final week in Hawk Owls, and we are ready for the half term break. We have been focusing on using our known multiplication facts to support us with a lot of problem solving and reasoning. The whole class have been making fantastic progress with their times tables and have been very competitive on Times Table Rockstar. In English, we have been focusing on the illegal ivory trade and we have used this as a stimulus for our writing. We finished off the week with some time in first school building dens. The children demonstrated fantastic teamwork and successfully built several dens. Mrs Price

In Year 5 and 6 the children have been writing persuasive letters to our MP, to encourage him to support us with our Chester Zoo project on the illegal wildlife trade. They certainly have great powers of persuasion and really have put all of their effort into their writing this week. In Maths we have been looking at formal written methods of multiplication. We did some practical experiments in Science, looking at how the beaks of finches in the Galapagos Islands have evolved to suit their environment. The children enjoyed using a range of different objects as 'beaks' to try and pick up various types of food. We had an excellent workshop from the NSPCC in class on Thursday. The children enjoyed learning about Childline and working in small groups to discuss various scenarios. They demonstrated how very kind and considerate they are as a class, and how they support each other. Children learned about Carnival traditions in Spain and other countries to mark the beginning of Lent. They enjoyed decorating their own carnival masks to wear in our parade in the hall. Mrs Hayes

This week, Tawny Owls have been finishing off all their work linking to sun bears. We have created newspaper articles, dictionaries, letters and sentences to describe them. The children have enjoyed helping to create our sun bear display. We have made trees for the bears to be comfortable, but we have also put a bear in a cage to make a stand against the illegal pet trade. We used a variety of different textures creating techniques we have been practising this half term to create our sun bear.

Miss Pemberton

## Attendance News

This week's school attendance is: **92.3%**  
Overall school attendance for full Year 92.33%

### Class attendance

**Reception: 97.6%- Winning class**

Year 1: 94%

Year 2: 94.8%

Year 3: 95%

Year 4: 88%

Year 5: 93.8%

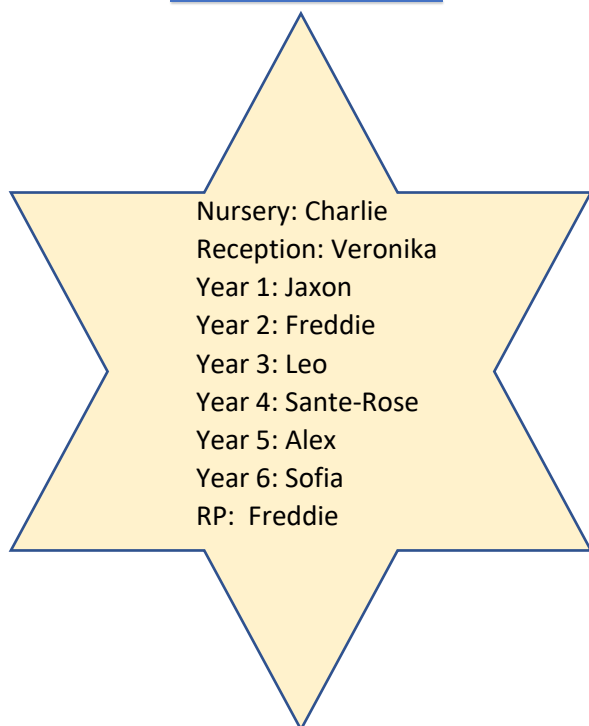
Year 6: 89%



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: Archie  
Reception: Amelia  
Year 1: Jack Desire  
Year 2: Rowan H  
Year 3: Malika  
Year 4: Harriett  
Year 5: Precious  
Year 6: Isabelle  
RP: Praveesh

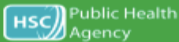


### Birthdays this week

★ HAPPY ★  
BIRTHDAY!

# Healthy breaks for schools

A guide for pupils and parents



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

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.

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

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

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

Libraries | Cheshire West and Chester

Facebook: cwaclibrary  
Instagram: cwaclibraries  
Twitter: cwaclibraries



## MEDIA RELEASE

### FREE free child seat checks at event in Winsford

Cheshire West and Chester Council's Road Safety team, along with child seat safety experts, are offering residents in the borough the opportunity to have their child car seats checked during a drop-in event on 28 February at Morrisons in Winsford from 11am to 3pm.

Car seat experts from Car Seat Safety along with fully accredited Road Safety officers will be available to offer help and advice on child restraints to parents and guardians on fitting child seats in vehicles safely; on when to move up to the next restraint; and on general in-car safety.

The Council's Deputy Leader and Cabinet Member for Environment, Highways and Strategic Transport, Councillor Karen Shore said: "This drop-in event will really help parents and carers. Car seat safety experts and our Road Safety team will be on hand to ensure that babies and children are kept safe whilst travelling in the car.

"Different cars require different types of safety seats, and restraints should be checked before every journey."

It is hard to believe that over 70% of child car seats are either unsuitable for the child, incorrectly fitted and in some cases both. This includes more straightforward ISOFIX seats, where as many as 6% are incorrectly fitted. The help and advice given could help make a difference in reducing the number of child casualties on the roads. (Car Seat Safety Advice & Guides | In Car Safety Centre)

For further information please contact the Road Safety Team at [roadsafety@cheshirewestandchester.gov.uk](mailto:roadsafety@cheshirewestandchester.gov.uk).

-ends-

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.

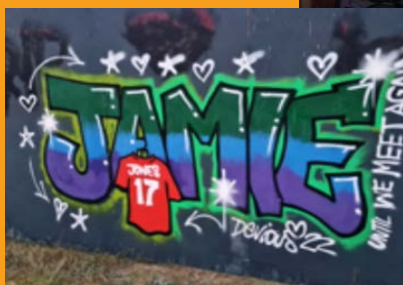
Join Vicki at the skate ramps to bring your graffiti art design to life.

**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



# What Parents & Carers Need to Know about ARTIFICIAL INTELLIGENCE (AI) SOLUTIONS

AI solutions are becoming increasingly popular. Trained on vast datasets of text (such as books, articles and websites) in order to learn patterns and relationships, AI solutions can generate text, images, audio, video, code or synthetic data, and can be used for things such as crafting poems or books, creating digital imagery or delivering video content. Recently there's been significant discussion in relation to the benefits and risks of AI solutions, with many undecided on whether it will be a force for good or potentially reduce the need for some job roles.

## WHAT ARE THE RISKS?

### ROOM FOR INACCURACY

AI solutions, such as language models, generate their responses purely based on the data they've been trained on, which often comes from sources on the internet. Whilst questions will often illicit relevant responses, if some of the information they've been 'fed' is incorrect, it follows that the answers too may contain factual errors or inaccuracies.

### REINFORCING BIAS

AI solutions, such as those generating content or images, can perpetuate existing biases present in the data they were trained, whether through the algorithms written by humans or the content taken from the web. This could easily lead to biased responses and potentially reinforce existing stereotypes, such as those around gender, race or disability.

### IRRELEVANT INFORMATION

AI solutions don't have the ability to understand the context or meaning behind a question or a user request. Although highly advanced, the AI relies entirely on the data it's been exposed to and is devoid of independent thought or reasoning, which could lead to irrelevant or even nonsensical responses to queries.

### LACK OF ACCOUNTABILITY

Fundamentally, AI solutions are machines or technology programmes that don't have the ability to take responsibility for the responses they generate. This could lead to confusion or misunderstandings in certain cases if the answers are taken as given. For instance, image-generative AI can lead to output clearly derived from other peoples' content but without any attribution to the original source artist's work.

### STIFLING CREATIVITY

One of the potential risks of children and young people continually using AI solutions for things (such as their homework) is that eventually, they might become reliant on it. In the long term, this could potentially impact their development and hamper their ability to think creatively or solve problems independently without the aid of an AI tool.

## Advice for Parents & Carers

### CREATE A SAFE ENVIRONMENT

If possible, try to be around when your child uses any type of AI solution and employ content filters to try and reduce the chance of profanity or age-inappropriate subjects appearing in responses. As with any kind of technology, it's important to ensure that children are using AI solutions responsibly and to be there to enable opportunities to discuss their use as part of a safe environment.

### PROMOTE CRITICAL THINKING

Explain to your child that AI solutions can be used as one of many tools to help them research and learn, but that they shouldn't simply accept the responses they receive as the truth. Encourage them to question, verify and think critically about the information they get back – all of which apply equally to any website or platform they use.

### DISCUSS BIAS

Talk to your child about the potential biases that may be present in the data that AI solutions are trained on, and how these viewpoints might find their way into the responses that AI generates. Again, with many things children might read online, it's healthy for them to consider whether the information is factual and presented fairly.

### ENCOURAGE HUMAN INTERACTION

Not only should children supplement any use of software like AI with additional resources such as books and reputable internet sites, but they also should remember what they can learn from interaction with other people. Discussing things with teachers, relatives and friends isn't just an important and often invaluable aspect of learning – it's an essential part of life, too.

### CHECK SCHOOL RULES

Make yourself aware of any rules or guidance your child's school might have about the use of AI solutions. Most software is still extremely new, so many schools may not yet have a policy, however, it's important to make sure your child is aware of how to use it appropriately and will be using it for the right reasons.

## Meet Our Expert

Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that adults and children alike become more aware of the risks associated with technology, as well as the many benefits.



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Source: <https://openai.com/blog/chatgpt/> | <https://generativeai.net/> | <https://www.mckinsey.com/featured-insights/mckinsey-explainers/what-is-generative-ai>

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