



# Comber Grove Primary School Weekly Newsletter Spring Term 2



Friday, 31<sup>st</sup> March 2023

## Quote for the week:

*'A flower blossoms for its own joy.'* - Oscar Wilde

## A message from our Headteacher

Dear Comber Grove families,



It's the end of another very busy, but exciting term at Comber Grove Primary School. The Spring Term was full of great activities and learning opportunities across the school. Our pupils' **good behaviour** and **excellent manners**, combined with **hard work** in lessons was once again praised during the recent Local Authority visit to our school this week. They continue to impress and inspire us!!!

During workshare Assemblies this term, pupils showcased all their **exciting learning** opportunities. Children enjoyed sharing their wonderful work this term! **Well Done to all the pupils who played instruments in the Music share assembly this morning!**

Both pupils and staff have worked incredibly hard this term. Next term many pupils will be taking part in end of Keystage tests and they need to have plenty of rest over the break to come back refreshed.

### Good bye and Good Luck!

Today was Miss Rosie O'Brien's last day at Comber Grove Primary School.

We would like to take this opportunity to congratulate Miss O'Brien on her new job and thank her for her dedication to the Comber Grove community and wish her the very best for the future!

### Welcome:

We would like to **WELCOME** Miss Amina Elboury who will continue to provide support for Olive Morris Class until the end of the academic year.

Have a restful Easter holiday! See you all on **Tuesday, 18<sup>th</sup> April 2023.**

*Lorram Black and Team Comber Grove*





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## Stars of the Week



Value of the Week: PRIDE		
Class:	Pupil:	Reason:
Year 1 Benjamin Zephaniah	Safia	Taking pride in their handwriting.
	Jeremy	Taking pride in their handwriting.
Year 2 David Attenborough	Sheryl	For demonstrating pride in her work and sharing ideas with others.
	Riley	For demonstrating pride in his work and showing improvement in his listening skills.
Year 3 Mo Farah	Osman	Taking pride in his work.
	Devan	For improving his handwriting.
Year 4 Marcus Rashford	Jennifer	Always taking pride in her work with beautiful handwriting and presentation.
	Samuel	Taking pride in his work and challenging himself.
Year 5/6 Mae Jemison	Zion	Taking pride in their music.
	Amir	Taking pride in their music.
Year 6 Olive Morris	Olive Morris Class	For making progress this year and working really hard towards their SATS.
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Community

Pride

Empathy

Happiness

Individuality

Creativity



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### STATUTORY TESTS 2023

#### KS2 SATS Timetable

<b>Tuesday, 9<sup>th</sup> May 2023</b>	English Grammar, Punctuation and Spelling (GPS Paper)	
<b>Wednesday, 10<sup>th</sup> May 2023</b>	English Reading Paper	
<b>Thursday, 11<sup>th</sup> May 2023</b>	Mathematics Paper 1 (Arithmetic)	Mathematics Paper 2 (Reasoning)
<b>Friday, 12<sup>th</sup> May 2023</b>	Mathematics Paper 3 (Reasoning)	

#### KS1 SATS

Week beginning Monday, 2<sup>nd</sup> May 2023

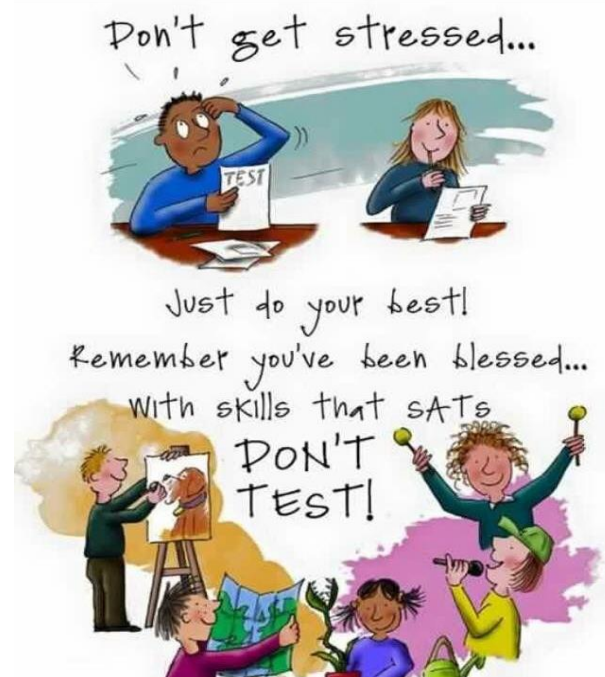
#### KS1 PHONICS SCREENING CHECK

Week beginning Monday, 12<sup>th</sup> June 2023 to Friday, 16<sup>th</sup> June 2023

#### Year 4

#### Multiplication Tables Check (MTC)

Week beginning Monday, 19<sup>th</sup> June to Friday, 23<sup>rd</sup> June 2023



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# Happy Easter



Wishing all our families and staff a  
very Happy and Blessed Easter!

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**ATTENDANCE MATTERS**  
*every student, every day*

**Attendance Winners**

<b>School Target: 95.6%</b>	<b>This week's attendance: 91%</b>
<b>Years R, 1, and 2</b>	<b>Year 3, 4, 5 and 6</b>
<b><u>Well Done:</u></b> <b>Aderin Pocock</b> <b>89.4%</b>	<b><u>Well Done:</u></b> <b>Mo Farah</b> <b>94.8%</b>
<b>Class:</b>	<b>Attendance:</b>
<b>Reception</b> <b>Maggie Aderin-Pocock</b>	<b>89.4%</b>
<b>Year 1</b> <b>Benjamin Zephaniah</b>	<b>88.6%</b>
<b>Year 2</b> <b>David Attenborough</b>	<b>89.3%</b>
<b>Year 3</b> <b>Mo Farah</b>	<b>94.8%</b>
<b>Year 4</b> <b>Marcus Rashford</b>	<b>90.9%</b>
<b>Year 5/6</b> <b>Mae Jemison</b>	<b>92%</b>
<b>Year 6</b> <b>Olive Morris</b>	<b>90%</b>

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100% Attendance		96% and above Attendance	
Kaswayne	David Bowie	Mary	David Bowie
Kadijatu Jessica	David Bowie	Daniel	David Bowie
Harper	David Bowie	Raha Ali	David Bowie
Banynouho	David Bowie	Aderinsola Francisca	David Bowie
Imelda	David Bowie	Mahamed	David Bowie
Esther	Aderin-Pocock	K'Shari Daultaun	Aderin-Pocock
Xiamara	Aderin-Pocock	Sarah	Aderin-Pocock
Ousman	Aderin-Pocock	Jean- Phillpe	Aderin-Pocock
Mariam	Aderin-Pocock	Mohamed	Aderin-Pocock
Michael	Benjamin Zephaniah	Jeremy	Benjamin Zephaniah
Daniel	Benjamin Zephaniah	Kamilla	Benjamin Zephaniah
Jamilatu	Benjamin Zephaniah	Bryan	Benjamin Zephaniah
Eyup	Benjamin Zephaniah	Safia	Benjamin Zephaniah
Yihan	Benjamin Zephaniah	Kadidjah	Benjamin Zephaniah
Shanice	Benjamin Zephaniah	Muhammad	Benjamin Zephaniah
Adama	Benjamin Zephaniah	Fatim	Benjamin Zephaniah
Amir	David Attenborough	Jack	David Attenborough
Jamal	David Attenborough	Adesola	David Attenborough
Zineb	David Attenborough	Oritsetsolaye	David Attenborough
Omomurewa Josephine	David Attenborough	Le'Kade	David Attenborough
Sheryl Danella	David Attenborough	Aliyah	David Attenborough
Mangnin	David Attenborough	Paul	David Attenborough
Oluwadarasimi	MO FARAH	Sabri	David Attenborough
Daniella	MO FARAH	Riley	David Attenborough
Sara	MO FARAH	Nathanael	Mo Farah
Devan	MO FARAH	Ailie	Mo Farah
Samiatu	MO FARAH	Kamillia	Mo Farah
Osman	MO FARAH	Escarlin Mercedes	Marcus Rashford
Jason	MO FARAH	Sima	Marcus Rashford
Hanna	MO FARAH	Abdul Rahman	Marcus Rashford
Aishat	MO FARAH	Gulsen	Marcus Rashford
Fatima	MO FARAH	Muhammad	Marcus Rashford
Emmanuel	MO FARAH	Amina	Marcus Rashford
Jayden	MARCUS RASHFORD	Raiyan	Mae Jemison
Jennifer	MARCUS RASHFORD	Yasmin	Mae Jemison
Briana	MARCUS RASHFORD	Malik	Mae Jemison
Daniella	OLIVE MORRIS	Jhoel Fidel	Mae Jemison
Aziz	OLIVE MORRIS	L'Riyah Chyna	Mae Jemison
Samuel	OLIVE MORRIS	Khaibar	Mae Jemison
Lyron	OLIVE MORRIS	Ayoub	Mae Jemison
Emmanuel	OLIVE MORRIS	Hayden	Mae Jemison
Luna	OLIVE MORRIS	Mya	Olive Morris
Khaleed	OLIVE MORRIS	Djibril	Olive Morris
Lanai	OLIVE MORRIS		
Jayvon	OLIVE MORRIS		
Miee	OLIVE MORRIS		

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## School Information and Events

### Dates for your Diary

<b>EASTER HOLIDAY: Monday, 3<sup>rd</sup> April to Friday, 14<sup>th</sup> April 2023</b>	
Monday, 17 <sup>th</sup> April 2023	<b>INSET DAY for staff (School closed to pupils) TRAUMA Training for staff</b>
Tuesday, 18 <sup>th</sup> April 2023	<b>First day after EASTER Holiday (Beginning of Summer Term 1- pupils return to school)</b>
Monday, 24 <sup>th</sup> April 2023	<b>Eid Celebrations at school (tbc)</b>
<b>Monday, 1<sup>st</sup> May 2023</b>	<b>May Day Bank Holiday (School closed)</b>
<b>Monday, 8<sup>th</sup> May 2023</b>	<b>Coronation Bank Holiday (School closed)</b>
Tuesday, 9 <sup>th</sup> to Friday, 13 <sup>th</sup> May 2023	<b>KS2 SATS</b>
Monday, 15 <sup>th</sup> to Friday, 19 <sup>th</sup> May 2023	<b>Mental Health Awareness Week (MHST)</b>
Wednesday, 17 <sup>th</sup> May 2023	<b>Parent Coffee Morning, Anxiety Workshop and Assemblies (MHST)</b>
Friday, 26 <sup>th</sup> May 2023	<b>End of Spring Term 1 (school closing at normal times)</b>
<b>Half Term (School closed): Monday, 29<sup>th</sup> May 2023 to Friday, 2<sup>nd</sup> June 2023</b>	
<b>Monday, 5<sup>th</sup> June 2023</b>	<b>INSET DAY for staff (School closed to pupils)</b>
Tuesday, 6 <sup>th</sup> June 2023	<b>First day after Half term (Summer Term 2- pupils return to school)</b>
Monday 12 <sup>th</sup> to Friday, 16 <sup>th</sup> June 2023	<b>KS1 Phonics Screening Check</b>
Monday, 19 <sup>th</sup> to 23 <sup>rd</sup> June 2023	<b>Year 4 Multiplication Tables Check (MTC)</b>
Monday, 12 <sup>th</sup> to Wednesday, 14 <sup>th</sup> June 2023	<b>Year 6 Residential to Mersea (Essex Outdoors)</b>
Friday, 21 <sup>st</sup> July 2023	<b>Last day of Summer Term. School closing at 2pm</b>

**\*We are in the process of finalising our Summer Term Calendar with all important end of year events and activities, including Whole Prize-giving Celebration, Year 6 performance, Year 6 Prom, Sports Days, Meet the Teacher Day and End of Year Class Parties**

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At 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](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Helping children and young people with **MANAGING DEVICE STRESS AND ANXIETY**

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

### WHAT ARE THE RISKS?

#### LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time - it may not always be appropriate, and children may not have the ability or the support to deal with it.

#### PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

#### BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text - but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.



#### DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people - both in digital and 'real' life - and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

#### DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

#### ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common - while there are continual opportunities for young people to compare themselves negatively with other social media users.

## Advice for Parents & Carers

#### LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how - and why - content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

#### PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into - especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

#### KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away - so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

#### TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger - raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

#### LOOK FOR THE SIGNS

This is tricky - and may depend on the child's age - but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device - and, possibly, that they're in need of extra support.

#### BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

### Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications - often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>  
<https://www.nos.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales-years-ending-march-2020>





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**Friday, 31<sup>st</sup> March 2023**

Southwark  
Council  
southwark.gov.uk

Southwark's  
**EASTER**  
OF FOOD AND FUN

Activity programme for  
children and young people  
**3 April to 6 April 2023**  
[www.southwark.gov.uk/foodandfun](http://www.southwark.gov.uk/foodandfun)

Funded by  
  
Department  
for Education

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