



# The Apple



**The weekly news from Isaac Newton School, Grantham**

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Dear Parents/Carer

It has been a wonderful start to the new term. The children have worked so hard and have produced some fantastic work that they should be really proud of. In this newsletter there are some brilliant examples of this work, some reminders, useful information, dates for the diary and our usual safeguarding update.

We would really like 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, and we will celebrate this in our next Newsletter.

### Reminders

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, by 9.30am. 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.

Towards the end of the Autumn Term, we held some attendance panel meetings to discuss how, as a school, we can work together with families in making sure children get to school as well as reminding parents/carers of their responsibilities to ensure children are in school on time. We want to work with families so that we can better understand the issues families are facing.

Next week attendance will be reviewed, with reminder letters and further attendance panel meetings being booked. If you have any questions around attendance, please contact Mr Richards.

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.

### 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 and is also a safety hazard.

### ERIC website (Education and Resources for Improving Childhood Continence)



ERIC is the national charity dedicated to improving children's bowel and bladder health. Their mission is to reduce the impact of continence problems on children and their families. 1 in 12 children live with a bowel or bladder problem. On this website (<https://eric.org.uk/>), there is lots of really useful, healthy advice about potty training, bed wetting, toilet anxiety and lots more.

### Breakfast Club Values

Another reminder that Breakfast Club needs to be booked two weeks in advance and it operates on a first come, first served basis.

### Good Lookin' Cookin'

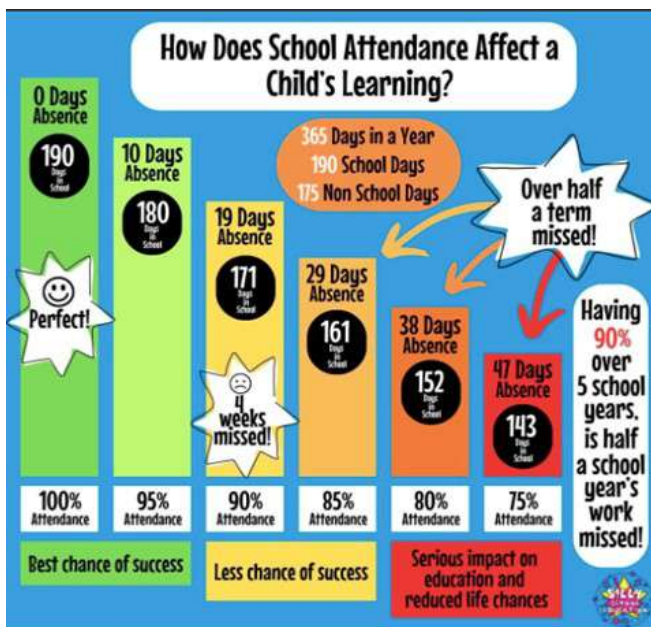


I am thrilled to tell you that our new food provider, Good Lookin' Cookin' has been a huge success. I have had really positive responses from the children and the staff. If you would like further information about our hot meals, please go the school office, call on 01476 87987 or visit their website <https://www.goodlookincookin.co.uk/>

### School Values

We have continued to focus on our school value of **Respect** this term but have also introduced another value - Kindness. This has been discussed in assemblies, with the school council and in class. Being kind and respectful will not only ensure that children are successful in school, but will also serve them well as adults in the workplace.

Mr D. Milner  
Headteacher



## Achievement Awards Winners

At the end of every full term, one child from each class receives an extra special award from their class teacher. This could be for a variety of reasons, but they all have one thing in common. They have all worked exceptionally hard and produced high quality work consistently. These fabulous children received their award at the end of the Autumn Term. Congratulations to each and every one of them, we are so very proud of their achievements!



This term the children have been working hard at indoor athletics after school club. We are taking a team to the Meres in Grantham on Friday 19th January for the annual Indoor Athletics Tournament. Good luck to all the children taking part!

We are also holding netball club for selected children on a Thursday after school. The children have been working on basic passing and moving, whilst learning the positions and rules. This will give them the knowledge to take in to the league and tournament, which take place in February and March.

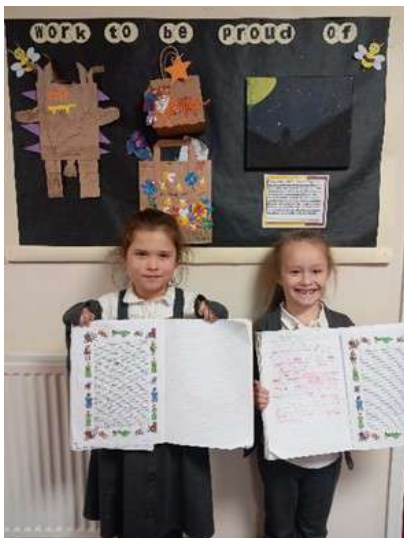
Every Tuesday lunchtime, we are lucky enough to have Kane from Inspire+ in school to run two lunchtime clubs. This term he is working with Year 3 and Year 5. The children take part in lots of fun games and activities, maintaining our commitment to keeping the children active during their lunch breaks.

On a Wednesday, Positive Futures come in to school and run an after school club. Each term we select a different year group and this term it is Year 4. Selected children have been given letters and the club will be running until half term.

## Sports/PE update

Last week Mr Doughty and Mrs Haddock took 8 Year 6 children to the Tennis Club to take part in the Panathlon Challenge. They had to complete 8 different activities - the points they scored were then added together and the children were awarded 4th place overall. They arrived back to school with shiny medals, a certificate and huge smiles on their faces. The children had a lovely morning and represented the school incredibly well!!

## Work to be proud of



*Congratulations to Alexia and Amelia on their fabulous setting descriptions. Well done!*



*For working so hard in class all week and for choosing to do extra work in maths, English and handwriting. Well done Mason, we are so proud of the progress you are making!*

## Work to be proud of from home



*Fabulous home learning from Kyra, Summer and Leilan. Amazing facts about volcanoes, accurate times tables, spellings and some Staircase Sentences. Well done!*



*Brilliant illustrations from Emilia and Alice from class 8*



*Well done to Alexia, Reggie and Suzanna on this fantastic castle and their shields, which they made at home as part of their history topic on Castles.*

### Dates For Your Diary:

29th January	Year 3 Flag Fen trip (Class 7)	8th March	International Women's Day
Week Commencing 1st February	National Story Telling Week	12th March	Year 2 at Lincoln Castle
1st February	Year 3 Flag Fen (Class 8)	19th March	New Walk Museum (Year 4)
4th February	Sponsored Swimarathon (9.30am)	19th March	Discos! (KS1 4.30 – 5.30pm; KS2 6 – 7pm)
6th February	Safer Internet Day	21st March	World Poetry Day
9th February	End of Term 3	21st March	Yorkshire Wildlife Park (Year 1)
19th February	Start of Term 4	27th March	Class photographs
19th February	Kindness Day	28th March	End of Term 4
5th March	Mayans (Class 11)	17th April	Parents' Evening (4 – 7pm)
7th March	The Deep visit (Year 6)	18th April	Parents' Evening (4 – 6pm)
8th March	World Book Day (Change of date from the last Newsletter)		

# Safeguarding Update

## Railway Safety Book

Arlo's Adventure is a fantastic 'pick a path' rail safety book, written by one of Freightliners train drivers, Bessie Matthews. The book is designed to help you understand the risks of the railway, so you can be safe. Can you join in with Bessie and help Arlo the Badger make his travel on a train safely to see his friends. Which path will you choose for Arlo to take... was it the safe choice?

Watch Arlo's Live Read, educate your young people about the importance of staying safe on the railway and join the Rail Safe Friendly Programme.

There are three different levels that your school can achieve: Bronze, Silver and Gold. Please click here for more information on how your school can become Rail Safe Friendly.

To access this fabulous book, please visit the following website: <https://learnliveuk.com/ks1-primary-school-safety-talk/>

You can find additional rail safety videos and resources for your school at <https://switchedonrailsafety.co.uk/> Switched On is a new rail safety programme for 3-16 year olds that encourages young people to stay Switched On around the railway. On the website you will find a wide range of age targeted films, interactive games and classroom activities, Switched On teaches pupils to be aware of risky behaviour and develop hazard-spotting skills.

## Junior Safety Officers

Congratulations to Donte, Mayson and Skylar who are our new Junior safety Officers. They have started their training with Mr Richards. Once this has been completed, they will be available to support in class with any online issues the children experience. They will also champion safe use of the internet and will be on hand to offer support and advice to their peers.

## This week's Online safety Guide - What children and young people need to know about Free Speech versus Hate Speech

**Top Tips for... MANAGING SCREEN TIME**

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

- GET OUT AND ABOUT**  
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do the most thing in getting some fresh air and a break from your screen.
- BE MINDFUL OF TIME**  
Stay aware of how long you've been on your device for. Consider how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.
- TRY A TIMED TRIAL**  
When you're taking a screen break to do a different activity or sit down, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?
- GO DIGITAL DETOX**  
Challenge yourself and your family to take time off from screens, finding other things to do. You could start with half a day, then build up to a full day or even an entire weekend.
- LEAD BY EXAMPLE**  
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.
- AGREE TECH-FREE ZONES**  
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like on the table in the living room, could become a 'no phone zone'.
- HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.
- TAKE A FAMILY TECH BREAK**  
Get some screen time when the whole family puts their gadgets away and enjoys an activity together, playing a board game, going for a walk or just having a chat.
- WIND DOWN PROPERLY**  
The scrolling off phones, tablets, laptops and so on just before you go to bed. Switching your phone completely off for a while can give you a much more restful night.
- SWITCH ON DND**  
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. But decisions on do not disturb, until you're less busy.
- TAKE A FAMILY TECH BREAK**  
Get some screen time when the whole family puts their gadgets away and enjoys an activity together, playing a board game, going for a walk or just having a chat.
- SOCIALISE WITHOUT SCREENS**  
When you're with friends, try not to automatically load phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

Meet Our Expert: **DEVICE BOX** The National College, National Online Safety, #WakeUpWednesday

**What Children & Young People Need to Know about FREE VS HATE SPEECH**

Everyone in the UK has the right of 'freedom of expression'. That's the right to voice your opinions and share information and ideas with others. It's not the right to say whatever you want without regard for others' feelings and values. We all have a responsibility to use this right properly being respectful and inclusive to those around us, rather than making offensive and threatening remarks. That's called 'hate speech' and knowing the difference is incredibly important.

Free speech is a person's legal right to share information, opinions and ideas without fear of retaliation, censorship or legal consequences. This freedom of expression is recognised in international human rights legislation, and here's what it does for us in our day-to-day lives...

Hate speech refers to any communication – like talking, texting or posting online – that negatively targets a group or an individual because they are perceived to be different in some way. Demoning and dehumanising statements, threats, identity-based insults, offensive name-calling and slurs would all count as hate speech. Here are some common forms it takes...

The Human Rights Act 1998 states that everyone has the right to express themselves freely – even if their views are unpopular and might offend others.

Freedom of expression encourages listening to others and allowing opposing views to be heard. It's important to respect someone's opinion, even if we disagree with it. Free speech lets us engage in meaningful discussions with people who feel differently.

Any concept could potentially offend someone. Online's theories were incredibly offensive to many at the time, while not everyone agrees with Brexit, even today. A frequent exchange of ideas is vital to important for a healthy society.

Free speech allows us to engage people we disagree with in a debate. The ability to challenge others' views is healthy – while having ours challenged helps us learn how to deal with criticism and think deeply about what we say and believe.

Freedom of expression includes the right not to do something, like not standing up for – or joining – the national anthem. Even though some people would find that offensive, it isn't illegal. By law, nobody can force you to say anything you don't want to.

Free speech is a powerful tool for change, justice and reform. Many modern UK rights – such as women being allowed to vote, decent working conditions or same-sex marriage – couldn't have been achieved without it.

Targeting people or groups because of a protected characteristic – like race, gender identity, sexuality, nationality, religion or a disability – and verbally abusing them with slurs and name-calling. The Equality Act 2010 has more information on this.

Content that dehumanises people based on the same characteristics, referring to them as if they were animals, objects or non-human entities, for example separating the target from their human being is usually an attempt to justify the speaker's bigotry.

Calling for violence or hatred against certain people or groups and justifying and glorifying those actions. Suggesting that a certain group should be removed from society could be seen as a call to arms, for example – potentially putting people from that group in danger.

Claiming that specific types of people are physically, mentally or morally inferior (or even that they are criminals) to encourage others to view them in the same way. This sort of thinking is always incorrect – but can be incredibly harmful to the group in question.

Spreading damaging misinformation about a person or group that the speaker views as 'different' – essentially, trying to turn others against them by lying. Someone might claim that a recent tragedy is the fault of this entire group, when that's a simple not possible.

Promoting the segregation of certain groups, or discrimination against them, because of who they are. This has been illegal in the UK for a long time – but some people still try to promote the exclusion of others, which can cause a huge amount of distress.

Meet Our Expert: **GENERAL EQUALITY COLLECTIVE** The National College, National Online Safety, #WakeUpWednesday