

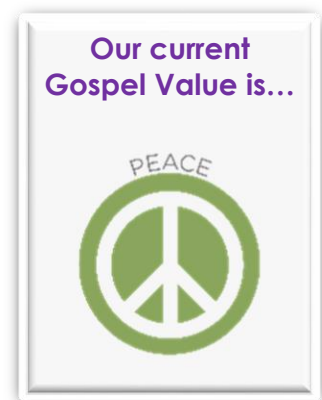
Dear Parents and Carers,

### *Eid Clothes*

We hope everyone celebrating Eid had a wonderful weekend. It was wonderful to see pupils dressed in their special clothes on Wednesday.

### *Our Gospel Values*

You may know that we have twelve gospel values that we focus on throughout the year. These values are promoted during Collective Worship, and we encourage children to take on these values in their daily lives. Our current Value is 'Peace'. In future Homelinks we will say what the current Gospel Value is.



### *Mental Health Week*

Next week is Mental Health Week. The official theme is 'loneliness' and, across the week, we are encouraged to build meaningful connections with your friends, family, colleagues and communities. Tap on the link to find out more: [Mental Health Awareness Week](#).

### *Online Safety Guide*

This week's Parents' Guide focuses on Loneliness Online, to tie in with the theme for Mental Health Awareness Week. Please take time to read through the Guide (on the next page) and share with your child.



We hope you have a great weekend!

Mr Elcock (Deputy Head)



## Superstars



Due to only having a three-day-week this week, there are no Superstars today. Achievements this week will be carried over for consideration next week!

Last week's attendance and punctuality	
<i>Nursery</i>	
Morning: 88% & N.A	Afternoon: 86% & 2 Lates
<i>Reception</i>	
Spinners: 90% & 7 Lates	Twisters: 82% & 9 Lates
<i>Year 1</i>	
Delius: 97% & 7 Lates	Hockney: 91% & 4 Lates
<i>Year 2</i>	
Forster: 88% & 3 Lates	Lister: 91% & 3 Lates
<i>Year 3</i>	
Bronte: 90% & 6 Lates	Haworth: 93% & 10 Lates
<i>Year 4</i>	
McMillan: 89% & 7 Lates	Priestley: 95% & 10 Lates
<i>Year 5</i>	
Salt: 96% & 7 Lates	Jowett: 90% & 8 Lates
<i>Year 6</i>	
Appleton: 93% & 10 Lates	Cartwright: 93% & 8 Lates



# LONELINESS ONLINE:

## What Causes It and Ways to Feel Better

Have you ever been online and felt a little bit lonely?  
In a recent study, 14% of 10–12-year-olds said they often felt lonely, so you're not the only one who sometimes feels that way. We spoke to a group of children and teenagers, who told us some of the things that make them feel isolated when they're online.

### CAUSES OF LONELINESS ONLINE

-  Seeing photos or videos of friends having fun without me
-  Being excluded from group chats or games with friends
-  Friends or family not replying to texts or answering my calls
-  People being unkind to me online
-  When friends leave my group chat

### WHAT CAN YOU DO?

So if these things happen to you and you start to feel down, what can you do? The same young people also told us how they make themselves feel less lonely when they're online – and we've collected some of their advice to share with you.

- ☒ Tell a friend or a trusted adult that you feel lonely
- ☒ Watch funny videos of cats and pandas
- ☒ Watch yoga videos and do some exercises
- ☒ Play single-player games you enjoy
- ☒ Listen to happy music
- ☒ Listen to your favourite audiobooks
- ☒ Send nice messages to your friends and family
- ☒ Play games with friends who you trust, if they're online too

### FURTHER SUPPORT

Remember, it's normal to feel a bit lonely sometimes – but if it's really upsetting you, and you have no-one to talk to, you can call Childline for free on

 **0800 1111**

### TAKE A BREAK

Sometimes the best thing you can do is to take a break from technology and do something offline that makes you feel happy.

Here's what our group suggested!

- ☒ Paint or draw pictures
- ☒ Play with a pet
- ☒ Write about your feelings
- ☒ Hang out with your family
- ☒ Get outdoors & enjoy nature