

Riverbank's Weekly Newsletter – From 17th June 2019

On Tuesday this week we had a professional camera team in school to film our students' performance as part of the Holocaust Project.



Avon class, working together practicing for a mini sports day



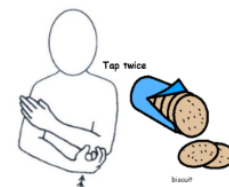
PSG make Scarecrows for the allotments



Sign of the week.



Biscuit



Cake



PSG presenting a cheque for £162 to Leasowes Garden Nursery, this was money collected from bag packing at Morrisons.



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

 **National Online Safety**
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind

OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)

Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspn.org.uk/uploads/assets/uploaded/62be270e-a55f-4719-ad668c2ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>



What's on our student menu for next week?

Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Choice Main course served with salad or vegetables and potato product Gluten Free On Request	Chicken vegetable noodle stir-fry Served with Vegetables Or Chicken Burger	Spring Vegetable Salmon Peppers spring onions grain rice Or TU GO Pizza	Roast Chicken Vegetables stuffing roast potato Or Popcorn Chicken	Chicken Spinach Curry Served with vegetables long grain rice & nan bread Or Sausage roll	Breaded or Battered Chicken Served with Peas or Salad & Chips Or Breaded Fish
Vegetarian Choice	Stir fry noodle pot at break Quorn Vegetable cottage pie Served with vegetables & diced potato Or Jacket potato Cheese & mixed salad	Chilli Veg pot at break B.B.Q chicken Mixed pepper peas in rice Or Jacket Potato Mixed salad & coleslaw Ham or Cheese	Curry pot at break Cheese Carrot Quiche Served with mixed salad potato spirals Or Jacket Potato Cheese and Baked beans	Stir fry noodle pot at break Chickpea Vegetable curry Served with mixed salad Long grain rice Or Jacket Potato Mixed salad or coleslaw	Chilli Veg pot at break Quorn Dog In a bun with salad or coleslaw served with chips Tomato or BBQ Sauce Or Jacket Potato Mixed Salad Cheese or Ham
Vegetables	Garden Peas & Carrots Or Salad /coleslaw Cheese or Baked beans	Mixed peppers peas in long grain rice Or Salad /coleslaw Cheese or baked beans	Broccoli & carrots Or Salad /coleslaw Cheese or beans	Carrots & Garden peas Or Salad /coleslaw Cheese or Beans	Garden Peas Or Salad /coleslaw Cheese Or beans
Potato	Mixed salad or coleslaw And Potato Diced Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or coleslaw And Potato Wedges Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or vegetables And Roast Potato or Potato Spirals Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or coleslaw And Diced Potato Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Chipped Potato Selection of Baguettes Sandwich Cold pasta salad Wraps
Pudding	Mixed Fruit Crumble & Custard Or Jelly / Fruit /mousse	Carrot Cake Or Jelly / Fruit /mousse	Chocolate Sponge & Custard Or jelly / Fruit / mousse	Strawberry Mousse Or Jelly / Fruit	Apricot cinnamon cake Or Fruit / Selection of puddings