



Turves Green Primary School Newsletter

Dear Parents and Carers,

Fun, fun, fun!



On Wednesday, SH Active spent the day in school, working with children. Years 3 and 4 did zorbing whilst Years 5 and 6 played glow-in-the-dark dodge ball. All children were very excited to be involved! A group of children were invited to trial archery – this was so much fun! We are keen to invite SH Active back into school over the summer half of the second half of the term – these experiences are invaluable.

Open Classrooms –

This week Y2 parents came to our summer term Open Classroom. The parents enjoyed a science lesson, thank you for coming along. We love having you in school – please see the summer term dates email to make sure you can come along.

Attendance –

Below is a table of class attendance so far this year, including the percentage of children with attendance below 90%. With half a term left to go, lets see how much we can improve this.

Class	Present Marks (%)	Percentage of children with attendance below 90%	Class	Present Marks (%)	Percentage of children with attendance below 90%
RF	95.58%	19.05%	3B	92.25%	18.52%
RSW	93.13%	22.73%	3P	94.53%	18.52%
IBC	94.02%	15.38%	4C	95.55%	17.86%
IC	93.95%	21.43%	4W	94.36%	18.18%
2C	93%	23.81%	5S	93.35%	20.69%
2W	94.12%	8.7%	5W	91.78%	22.58%
 			6M	90.29%	42.31%
			6T	92.63%	17.86%

European Cup Winners –

It would be remiss of me to ignore the amazing 3-0 win this week of Aston Villa over Freiberg, I know we have lots of Villa fans in school, aside from this, how fantastic that a team from Birmingham are European Cup Winners!
Have a great half term!



Mrs Young



Composer of the week

Amy Beech (1867-1944):

Amy Beach was the first American woman to find success as a composer. She was born Amy Cheney in New Hampshire, and later moved to Boston, where she became well known as a pianist and composer. Amy could play by ear any music she heard, and at the age of four, she composed her first piano pieces in her head. Her mother actually taught her to play the piano when she was six, and at seven she gave her first public performance.

After her marriage to Dr. Henry Beach, she turned her focus to composing, and only gave recitals once a year. Beach was first known for her art songs, but then received national and international attention for her larger works, including a symphony, violin sonata and piano quintet. Many of her works have returned to the concert stage, and hundreds have been recorded.



Have a conversation about the story behind these pictures which were shown in our No Outsiders assembly this week and how they link to No Outsiders and British Values:



School Raffle Winners

Well done to the winners of our school raffle - Bertie 3P and Fathima 2W, who both won themselves a bike!

Thank you to everyone that brought a raffle ticket for our latest school raffle to help us raise money to build a sandpit and thank you to Leo, 4C, for donating the bikes.



NEW LUNCH MENU!



Week 3

Fresh Bread
Jacket Potatoes
Sandwich, Wrap
Salad Cart
Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Beef Burger in a Bun Veggie Burger in a Bun (V) With Sauces. Fish Fingers with a Lemon Wedge	Rustic Herby Tomato Pasta (V) Mac & Cheese (V)	Roast Turkey with Yorkshire Pudding & Gravy Herb Roasted Quorn, with Yorkshire Pudding & Gravy (V)	Mexican Chicken Tortilla Mexican Quorn Tortilla (V) Sea Stars with Lemon & Tartar Sauce	Pepperoni Pizza Margherita Pizza (V)
Diced Potatoes, Broccoli, Mixed Vegetables & Baked Beans	Sauté Potatoes, Garlic Bread, Peppers, Sweetcorn & Baked Beans	New Potatoes, Carrots, Peas & Baked Beans	Sauté Potatoes, Sweetcorn & Baked Beans	Chipped Potatoes, Baked Beans, Peas, Sauces
Iced Doughnut Fresh Fruit & Yoghurt	Chocolate Cornflake Cake Fresh Fruit & Yoghurt	Strawberry Fruit Jelly Fresh Fruit & Yoghurt	Fresh Fruit Bowls Fresh Fruit & Yoghurt	Blueberry Muffins Fresh Fruit & Yoghurt



Be an attendance HERO
Here Everyday Ready Ontime



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.

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.

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.

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.

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.

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.ons.gov.uk/peoplepopulationandcommunity/crimeandjustice/bulletins/childrensonlinebehaviourinenglandandwales/yearendingmarch2020>

Let's Learn Spanish

Food



sandwiches
sándwiches



soup
sopa

Food Comida



pizza
pizza



popcorn
palomitas de maíz



hot dog
perro caliente



spaghetti
espaguetti



fried eggs
huevos fritos



toast
pan tostado



fruit
fruta



ice cream
helado



chocolate
chocolate



ham
jamón



beans
frijoles



cereal
cereal



cake
pastel



pasta
pasta



vegetables
vegetales



potato chips
papas fritas



nuts
nueces



fish sticks
palitos de pescado



Chinese food
comida china



hamburger
hamburguesa



roast dinner
asado

Join us for a fun community day at the

CLUNBURY ROAD ALLOTMENT

B31 3SZ


Monday 25th May 2026 • 10am to 3pm




Plant Sale



**Craft Tables
with Handmade Items**



**- Tombola
- Prizes to be won**



**Tea, Coffee &
- Homemade Cakes**



Support your local allotment and
enjoy a relaxed day out.

Everyone welcome!

