

Freeman's Endowed Church of England Junior Academy Newsletter

'Let us not love with words or speech but with actions and in truth.' 1 John 3:18

Mental Health Day



Today we have been thinking about our Mental Health! We started the day with an assembly and the children have done lots of wellbeing activities throughout the day. It has been a really fun, relaxing day and it has been fantastic to see the children enjoying wearing non-uniform as well!



Music

On Monday, children who have been having drumming lessons with Mr Hallam performed to the rest of the school. They were all amazing and we are very proud of their progress. Well done to you all!

On Tuesday, we were visited by the New Beats Team, who are part of NMPAT. They performed a range of modern songs. It was great fun!



Freeman's Summer Fair

After school on **Wednesday 13th July**, we will be holding our Summer Fair! This event will take place on the school playground starting at 3.30pm. There will be lots of different stalls, a raffle, performances and lots of fun things to do!



On our Mufti Day on **Thursday 30th June** we will be asking parents to send in the following:

Year 3- Chocolate or sweets for the children's Tombola

Year 4- Chocolate or sweets for the children's Tombola

Year 5- Bottles for the adult bottle Tombola

Year 6- Bottles for the adult bottle Tombola

We also need donations of the following items if anyone has any spare!

- cuddly toys (to be rehomed!)
- raffle prizes
- cakes for the cake stall
- used (good condition) books and toys

Friends of Freeman's

If you are at all interested in joining our Friend's association or can help out at the Summer Fair, please contact us on f.hull@freemans.pdet.org.uk or j.taylor@freemans.pdet.org.uk

Parent Questionnaire

We are always looking for ways to improve at Freeman's Endowed Church of England Junior Academy and it is really important for us to know your thoughts about the school. Your views and opinions provide us with a lot of very valuable information regarding what we do well and areas to improve or consider. Therefore, we are asking parents and carers to fill in this questionnaire, which can be found using the following link: <https://s.surveyplanet.com/24yirqnt>

Our **Values Champions** this week are:

Year 3: Cody

Year 4: Katie

Year 5: George

Year 6: Dejaune

Well done to all of our Values Champions!



Stars of the Week:

Year 3: **Dahl Class:** Lacey

Donaldson Class: Zara M

Year 4: **Kerr Class:** Addison

Zephaniah Class: Tayana

Year 5: **Rowling Class:** Lily-Rae

Horowitz Class: Lola

Year 6: **Pullman Class:** Mya

Morpurgo Class: Ayla

Well done to all of our Stars of the Week for showing outstanding behaviour and excellent effort in their work.

Presentation Awards

Year 3: **Dahl Class:** Krrish

Donaldson Class: Anthony

Year 4: **Kerr Class:** Marija

Zephaniah Class: Sophia

Year 5: **Rowling Class:** Mya

Horowitz Class: Zane

Year 6: **Pulman Class:** Ella

Morpurgo Class: Zoe

Dojo Champions of the Week



Our Class of the Week with the highest number of Dojo points is Pulman Class!
Our House of the Week with the highest number of Dojo points is the Mercedes House!

Out of School Awards

Charlie L - gold certificate winner for school transition.

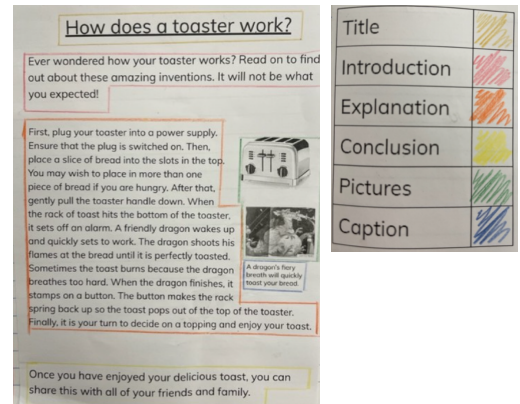
Shiv - football player team award

Amelia -national dance competition awards

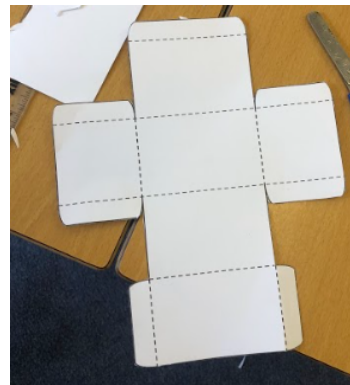
Well done to you for your hard work out of school.

Great work - Year 3!

In English this week Year 3 have been learning about the organisational features of an explanation text. We have learnt why explanation texts are written and how they are structured. We have also considered why each of these features is important. Here is an excellent example by Noah.



In Maths this week Year 3 have been learning about 2D and 3D shapes. We have been identifying the different properties of 2D shapes and 3D shapes as well as naming them. To help us identify the properties we cut and constructed our own 3D shapes using nets. We then labelled on the properties. shapes from Class 1.



Here are some 3D



In Science, we have continued with our topic on forces. This week we set up an experiment to learn about the amount of friction that different materials would have. The children planned their experiment, thought about how to make it a fair test and then carried it out. We showed excellent team work and we used our prediction skills to make sensible estimates for the next material.

Wellbeing

The Government has announced a cost of living payment to those entitled to some benefits. The payments will be made in July and October. For more information please use this link <https://www.gov.uk/guidance/cost-of-living-payment#full-publication-update-history>

Hemmingwell Foodbank

- now on every Thursday from 2.00pm-3.30pm at the Hemmingwell Community and Skills Centre. £5 donation for food but the food you choose is worth a lot more than that. Please take your own bags and just one family at a table at a time.

Wellingborough Library

Summer Reading Challenge 2022



Presented by The Reading Agency.
Delivered in partnership with libraries.

SCIENCE
MUSEUM
GROUP

IGNITING
IMAGINATION
INSPIRING
INNOVATORS

20 YEARS
THE
READING
AGENCY

The Summer reading challenge is open to anyone aged 4-11 and starts 9th July - middle of September.

There are competitions, games and activities to do.

Follow the link for more information

<https://summerreadingchallenge.org.uk/>



What Parents & Carers Need to Know about ESPORTS

British Esports describes 'esports' as "competitive gaming, human-v-human, usually with a spectator element to it". In recent years, the esports industry has grown significantly – and is expected to reach an overall worth of \$1.2 billion, with around 30 million monthly viewers, by the end of 2022. This rapid evolution has presented even more opportunities – but, of course, opportunities usually come with a risk. Here, we've highlighted some of the potential hazards within the esports arena and suggested ways to help young people stay safe so they can make the most of this exciting space.

WHAT ARE THE RISKS?

MICROTRANSACTIONS

Microtransactions are in-game purchases that unlock new features or give players special abilities, characters or content. These can cost anything from 99p to £99 (and sometimes more!). The topic of microtransactions in gaming is heavily scrutinised – with cosmetics, pay-to-win features and loot boxes all being a source of contention for gamers and governing bodies in recent years.

MENTAL HEALTH

Studies show that esports competitors face the same level of mental health issues as athletes from traditional sports, along with some specific additional demands. Like mainstream professional sport, esports is an incredibly tough industry – requiring countless hours of practice. Competing at the highest level can lead to pressures such as handling setbacks, stressful situations and facing criticism.

INAPPROPRIATE CONTENT & BEHAVIOUR

Only 22% of gamers globally are aged between 10 and 20 – meaning the majority are adults, who might not always act or talk in a way that's appropriate for children. Like traditional sport, esports has many athletes and 'personalities' to look up to. However, it's important that your child stays aware of how influenced they are by the people they follow, and whether the athlete is age appropriate.

TROLLS & TOXICITY

An internet troll is someone who tries to offend people and cause trouble by posting derogatory comments. Toxicity, as in the real world, refers to negative behaviours like harassment, verbal abuse and inappropriate conduct, which all impact on wellbeing. Trolls and toxicity are an issue within esports, perhaps due to its pressurised, extremely competitive and high-stakes nature.

POSSIBLE EXPLOITATION

The revenue in esports is potentially vast. Organisations often look to professionals and content creators to help grow their brand, in exchange for the organisation's backing, a salary, and marketing and sponsorship benefits. However, the industry is still in its infancy – and so is its regulation. In some countries, esports isn't regulated at all, so things can get sticky if players don't know what they're doing or who they're working with.

PHYSICAL EFFECTS

The common perception of esports involves a sedentary lifestyle, an unhealthy diet and very little physical activity – which has obvious health implications. It's certainly true that players sit at their desk for hours, looking into bright screens and not getting regular exercise. Some professional esports players have nutritionists, personal trainers and dieticians specifically to protect their health.

Advice for Parents & Carers

ENCOURAGE BALANCE

Dedicating oneself intensely to any activity – including esports – can be harmful, both mentally and physically. Make sure your child's gaming routine is balanced with exercise, regular breaks, healthy food and plenty of water. If your child spends long hours gaming, using a chair with the proper supports and taking the time to practise good posture will help protect their lower back, neck and wrists.

UNDERSTAND GAMING

Chat to your child about the games they play; ask to watch or even take part to get an idea of how appropriate they are. This will give you an awareness of the phrases esports players and content creators use, helping you understand young gamers' slang. If you find some of the games unsuitable, talk to your child about why. You can also explore age-specific settings on apps like YouTube and Twitch.

GET EXPERT HELP

If your child does start on the road to becoming a professional, get in touch with an esports-specific agency who are experienced in industry terminology and loopholes. Do due diligence on any team or organisation offering your child a contract: a key point is how long your child would be contracted to them – the esports industry changes quickly, so there might be better and more secure offers out there.

BLOCK TOXIC USERS

Monitoring in-game chats, or disabling them altogether (either through the console or in the game itself), is a comprehensive way to avoid negative experiences and reduce the risk of toxic messaging. Your child also has options to block messages from particular players and only interact with their friends; this can also help to prevent them from encountering the blocked users in future games.

Meet Our Expert

Nathan David is an experienced gamer, teacher and athlete. He is Course Leader for the BTEC Esports programme at Salisbury Sixth Form College. Nathan has more than 10 years' experience working in schools and colleges, and holds a Masters degree in Sport Psychology.



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