

Growth and Re-growth

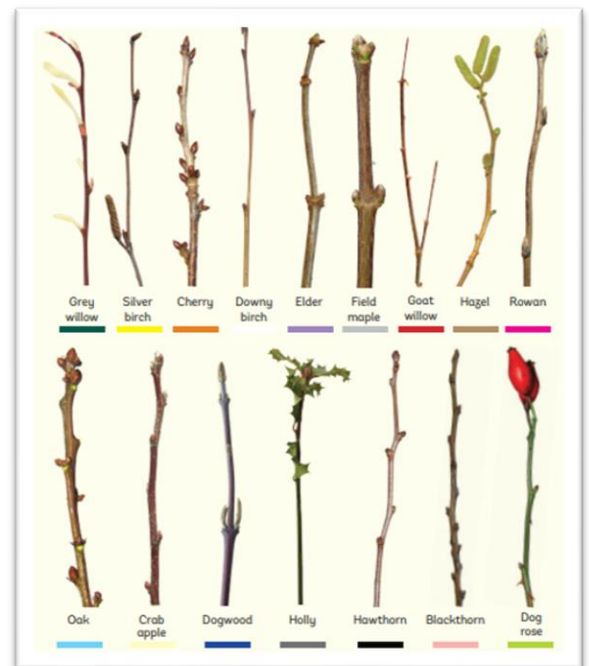
I saw this excellent poster earlier this week designed to help identify trees during the late winter months as buds begin to appear. It reminded me that - despite recent wet, cold, icy weather – spring is on the way.

January is often painted as a long and tiring month after the excitement of Christmas and it is often a time families feel a financial pinch. As a school, we are committed, as always, to supporting our community – if you are facing challenges, be they financial, social or wellbeing, we are always happy to help.

Our partnership with the local churches means we are able to provide food boxes, milk vouchers and warm clothes.

We work with a range of charities and local groups to support wellbeing, mental health and social support, please don't suffer in silence.

Whilst in the Forest School this week, I took a moment to look at the trees and budding plants – there is always growth and re-growth, no matter how cold or wet it has been.



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Stars of the Week

David – *Flourished* in Maths, with accurate counting.

Evie S – *Flourishing* in every task she's undertaken.

Joey - for *flourishing* in the presentation of his science investigation write-up. Taking pride in his work.

Edith - for *flourishing* at Ability Games and for impressing in Maths and English this week.

Team Points: Oak

Dartmoor Multi Academy Trust Website Survey.

The Trust are conducting a survey around the use of school websites from the perspective of parents, carers and the wider community and would value your contribution to this survey:

<https://forms.office.com/e/6DQUBr6BBf>.

Please note the deadline for responses is 23rd January 2023.



Ability Games

Key Stage 2 children from Bridestowe joined with friends from Lydford to attend the Ability Games at Parklands in Okehampton on Wednesday. The children enjoyed working with OCRA coaches to try a range of sports – well done to all participants and thank you to staff for facilitating the trip.



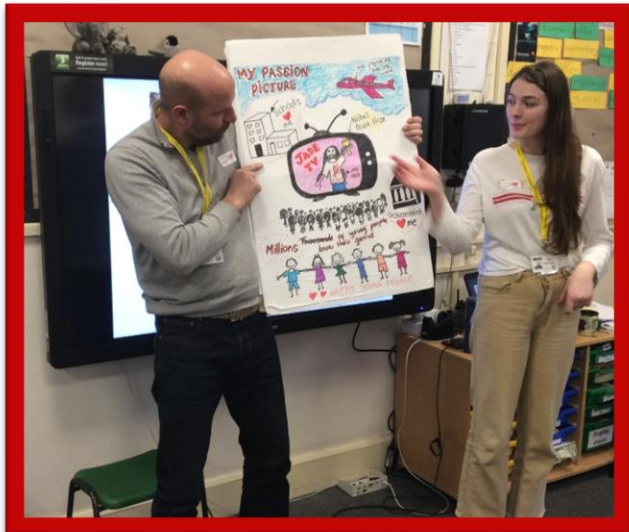
Singing with Mr Arnold

We are very pleased to welcome Mr Arnold back to school on Wednesdays for singing practice. The children are now learning new songs in preparation for a performance before the Easter break.

Open the Book Assembly

The children enjoyed returning to the Methodist Chapel for Open the Book assembly with our friends from the Church. This week we heard the story of Jesus, aged 12, leaving his parents, who were looking for him, and then being found at the Temple. Bentley put in an excellent performance playing Jesus as a child.





Barn Owls Mental Health Workshop

As reported last week, children in Barn Owls were treated to games and activities, all on the theme of having good Mental Health. Children talked and thought about what makes each of us unique, and what activities we can follow that make us happy and content. Here are some photos taken during the morning.



Swimming Gala – change of date and venue

Unfortunately, the Year 5/6 swimming gala scheduled for Tuesday 24th January has been cancelled. However, we have managed to enter the Tavistock area Swimming Gala on Thursday 26th instead. We look forward to a great event with our mixed Bridestowe and Lydford team.

Year 6 Coding Workshop

On the 26th January, selected Year 6 children will travel to Okehampton to take part in a coding workshop at the Immersion hub gaming centre. Using Lego robots, students will work in a group to complete different tasks exploring the uses of coding and programming in a fun and engaging environment. The session will allow children to develop lots of key skills including coding, creativity, teamwork and much more!



Mental Health Week – Dress to Express

Children's Mental Health week runs from 6th – 12th February, and the whole of the Dartmoor Multi Academy Trust will be taking part in a non-uniform day on 10th February to celebrate this. There is a suggested donation of £1, which will be split between the charity 'Place2Be' and a Trust-based project which the charity will be leading on. As we are a cashless school, please make your donation via School Gateway.

More information about Place2Be can be found here: [Children's Mental Health Week \(childrensmentalhealthweek.org.uk\)](https://childrensmentalhealthweek.org.uk)

Maths at Home

A reminder that all children have access to either Numbots (KS1) or Timestables Rock Stars (KS2) and we would encourage regular practice.

As a school, we use White Rose Maths as a scheme of learning. White Rose offers free parent workbooks for all Year groups which can be accessed here: [Parent resources](#) | [Maths workbooks](#) | [White Rose Maths](#)



In addition, we have a calculations policy which can help parents understand how maths is taught in the school. This can be found here: [progression in calculations.pdf \(bridestowe-primary.devon.sch.uk\)](#)

Year 3 Residential

We are very excited to confirm arrangements for the Year 3 residential. All year 3s from the Moorland Hub and Ruby Hub – Boasley Cross, Bridestowe, Exbourne, Lydford, Northlew, Bridgerule, Black Torrington, Bradford and Highampton Primaries – will take part in 2 days of adventurous outdoor activity with overnight camping at Boasley Cross Primary School on the 8th and 9th of June.

Children will take part in climbing, low ropes, team building games, archery, crate stack and grass sledging. They will return to Boasley Cross for games and a campfire before camping in DMAT tents. Food will be provided by the Trust.

This will be a brilliant opportunity to meet children from other local schools – we are expecting 43 children to attend.

This exciting event will be subsidised by the school's PE budget, meaning a cost of just £30 to parents.

There will shortly be further information by letter and a request for payment to confirm your child's place.

Year 4/5 Residential

We are finalising details of the Year 4/5 residential for the summer. This is taking slightly longer than hoped as we are keen to keep the cost affordable for parents and we are negotiating the best price. We will have 3 days, 2 nights of outdoor adventurous activity and are expecting an absolute maximum cost to parents of £120.

We will give as much notice as possible so that families can budget this cost.

Year 6 Normandy Trip

Planning for this exciting trip is moving to the next stage, and all is going smoothly. A reminder to please bring your child's passport and EHIC card to the school office as soon as possible.

Activity Days

In addition to the residentials, we are pleased to confirm spring and summer activity days for KS2 children. Year 5 and 6 children will take part in two days of moorland activity on the 3rd and 6th March. Year 3 and 4 children will take part in two days of water sports on the 22nd and 26th May. We will be asking for a small (£10) donation from parents to support the cost of these. Look out for further details.

Ellenor delighted Owlets by playing Happy Birthday to Bella on her recorder this morning.



Whole School Attendance

95.3%

Next Week

Monday	*RRR Club, Y6 only 3.15-4.15pm
Tuesday	*Film Club 3.15-4.00pm
Wednesday	*OCRA Club 3.15-4.15pm; *Board Games 3.15-4.00pm Forest School – EYFS, Years 4-6
Thursday	*Cheerleading Club 3.15-4.00pm; *Recorder Club 3.15-4.00pm Year 6 STEM Coding – selected children Tavistock Swim Gala – selected children
Friday	KS2 Swimming

*Your child must be booked into after-school clubs via School Gateway in order to take part

Diary Dates

January

30 th	Animal Encounter in school – Tawny Owls and Owlets
31 st	Parent Voice Session – 6.00pm in school

February

1 st	KS2 trip to Paignton Zoo Space Dome in school – Tawny Owls and Owlets
3 rd	KS2 Swimming Cross Country @ Simmons Park – selected children
7 th	Safer Internet Day
8 th	Forest School – EYFS, Years 1-3 Homework Share – 3.00pm
10 th	KS2 Swimming – final session Place2Be Dress to Impress - non-uniform day Fire Service Talk – Y2 and Y5 Last Day of Term
13 th – 17 th	Half Term Break
22 nd	Forest School – EYFS, Years 4-6
24 th	Heart Heroes – non-uniform, wear red EYFS and KS1 Swimming – first session

March

2 nd	World Book Day
3 rd	Year 5/6 Activity Day EYFS and KS1 Swimming
6 th	Year 5/6 Activity Day
8 th	Forest School – EYFS, Years 1-3
10 th	EYFS and KS1 Swimming
17 th	EYFS and KS1 Swimming
21 st	Forest School – EYFS, Years 4-6 Odd Socks Day
24 th	EYFS and KS1 Swimming
27 th	Parental Book Look – 09.00am
31 st	EYFS and KS1 Swimming – final session Last Day of Term

Some Useful links for Well-Being and Community Support



[Devon Mind, leading the fight for mental health in Devon](#)

[YoungMinds | Mental Health Charity For Children And Young People | YoungMinds](#)

[Youth Mental Health Foundation](#)

[Homepage | Campaign Against Living Miserably \(CALM\) \(thecalmzone.net\)](#)

[Welcome | Devon Communities Together](#)

[Community groups and services supporting people in Devon \(pinpointdevon.co.uk\)](#)

[Home - Citizens Advice Devon \(cabdevon.org.uk\)](#)

[The Trussell Trust - Stop UK Hunger](#)

[Samaritans | Every life lost to suicide is a tragedy | Here to listen](#)

[Help for Households - Get government cost of living support](#)

What Parents & Carers Need to Know about TWITTER

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

Twitter is a social media network which allows users to post short messages (tweets) of up to 280 characters. Tweets can consist of text, photos, videos, audio, links, polls and GIFs – often linked by hashtags if they share a common theme or message. Hashtags receiving high levels of interest are said to be 'trending'. Twitter users can engage with other people's posts by liking, retweeting (sharing) or tweeting back (commenting on). Since the entrepreneur Elon Musk acquired Twitter in October 2022 for \$44 billion, he has implemented several major changes to the platform.

INTERACTION WITH STRANGERS

Tweets are public by default, meaning that anyone can view and interact with posts, follow someone and send direct messages. The concern here is that young people may therefore connect and communicate with strangers. Some individuals may follow a young person's Twitter account simply because they have similar interests; however, others may turn out to have more sinister intentions.

FIXATION ON VIEW COUNT

Twitter has recently introduced a 'view count' feature – telling users how many people have seen their tweet (even if they haven't reacted to it). Previous research has found that unfavourable comparisons with other social media users can cause young people to experience feelings of insecurity, jealousy and low self-esteem – leading to an obsession with increasing their numbers.

TROLLS AND BULLYING

The anonymity offered by fake profiles encourages some users to send tweets designed to provoke a reaction; to disrupt conversations; to spark an argument; or to harass the recipient. Such trolling and bullying can impact the mental wellbeing of both the target and anyone who witnesses it. Encourage your child to come to you if they experience such behaviour on Twitter, or if they see it taking place.

PAID-FOR VERIFICATION

Previously, if a Twitter profile displayed a blue tick icon, it meant that the owner – usually a celebrity or a major organisation – had been verified as genuine. Now, however, anyone can pay for a Twitter Blue subscription to receive the tick, with the platform carrying out limited checks on the account's authenticity. This could easily lead to more fake accounts impersonating real people or companies.

CONTENT MODERATION CHANGES

In late 2022, Twitter stated that their 'policy enforcement will rely more heavily on de-amplification of violative content: freedom of speech, but not freedom of reach'. No policies have changed yet, but this wording suggests they may limit who can see posts, rather than removing them. While supporting free speech, this could encourage an environment where some toxic content remains online.

HIJACKED HASHTAGS

The hashtag (#) is one of Twitter's most recognisable facets, allowing users to find specific trends or topics. But the sheer volume of tweets each hour can rapidly distort a hashtag's meaning: an initially innocent search term can quickly end up returning inappropriate results. This is common with 'trending' hashtags, as people know that using them will get their tweet seen by a larger audience.

Advice for Parents & Carers

SET ACCOUNTS TO PRIVATE

To reduce some of the fear of your child's tweets being seen and shared by anyone, you can always make their account protected. This means that your child has to give approval for another user to view their posts. You can change Twitter's privacy settings so that your child can't be messaged directly by other people on the platform and their geographical location won't be shared.

FOSTER CRITICAL THINKING

It can be difficult for anyone to ascertain if something online is real or false, but particularly for young people. Encourage your child to check several reputable sources to determine if a story they've seen is true; remind them to watch out for scams and think about the message's possible motive. Emphasise that it's not a good idea to retweet something if they aren't sure it's correct.

ENGAGE SAFETY MODE

When Safety Mode is activated, Twitter checks for abusive or spammy behaviour such as hurtful language or repeated negative replies. The platform then flags these suspect accounts and blocks them from responding to your child's tweets. The autoblock function then prevents these accounts from interacting with your child's again for seven days.

EXPLORE THE NEW SETTINGS

Previously, any user could reply to anyone else's tweets. However, the new conversation settings let your child determine who can reply to their posts – either by selecting everyone (the default option), people they follow or only people they mention (using the @ symbol). This improvement has given users extra control, providing them with more protection from trolls and online abuse.

PAUSE BEFORE POSTING

It's important that young people think about what they're about to post and whether they might regret it later. Twitter has developed 'nudges': little prompts which appear if someone is about to tweet using harmful or offensive language. These nudges promote more positive online behaviour by giving users an opportunity to pause and consider their words before they post something.

BLOCK, REPORT OR MUTE

If someone is upsetting your child on Twitter, you can block and report them. Blocking stops them from messaging or following your child, while reporting an account alerts Twitter to investigate possible misuse. The 'mute' feature, meanwhile, keeps tweets from a specific account (or which include certain words) out of your child's timeline. The other user won't know that they've been muted.

BE CAREFUL WHO TO FOLLOW

As accounts are no longer being as rigorously verified under the 'blue tick' system, it's essential that young Twitter users understand what this means, in terms of people not necessarily being who they claim. Anyone who your child only knows online is still a stranger, regardless of how long they've been communicating for. Remind your child never to disclose personal information on social media.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Source: <https://blog.twitter.com/common-thread/en/topics/stories/2022/how-twitter-is-nudging-users-healthier-conversations> | https://blog.twitter.com/en_us/topics/product/2022/twitter-blue-update | https://blog.twitter.com/en_us/topics/company/2022/twitter-2-0-our-continued-commitment-to-the-public-conversation | <https://scholarworks.lib.csusb.edu/cgi/viewcontent.cgi?article=2131&context=etd>



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