

# Polehampton News

Friday 7<sup>th</sup> May 2021

Dear Parents and Carers,

The NSPCC's Net Aware website has recently published a really helpful parent article – [Getting to know what your child is doing online](#)

We have all been using the internet much more over the last year, so it's always good to stop and check out what your child is doing. These might sound like challenging questions, but it's best to stop and check, rather than not know and have difficult situations arise.

- Do you know the rating of the games they are playing?
- Can they talk to others online?
- Do you know who they are talking to online?
- Does your child know everyone they are talking to?
- Are they friends in real life or only online?
- Are they at risk of being approached by people who might deceive or trick them?

Thankfully, there is lots of great advice out there to support parents approach this important issue.

- [NSPCC Net Aware](#)
- [Vodafone's Digital Parenting](#)
  
- [Childnet](#)

We have now added an **Online Safety** tab to Key Information page on our website, so you can find these links more easily.

## [Mental Health Awareness Week](#) – 10<sup>th</sup>- 16<sup>th</sup> May

Next week is national Mental Health Awareness Week – we are actually having a focus on wellbeing next half term, to celebrate Empathy Day in June. However, we don't want to let any chance to think about wellbeing go past, particularly this year. So, we invite everyone to get involved in their theme for next week which is NATURE. This theme is to inspire more people to connect with nature in new ways, noticing the impact that this connection can have for their mental health.

During Mental Health Awareness Week, can you do these three things?

- **Experience nature:** take time to recognise and grow your connection with nature during the week. Take a moment to notice and celebrate nature in your daily life. You might be surprised by what you notice!
- **Share nature:** Take a photo, video or sound recording and share the connections you've made during the week, to inspire others. Join the discussion on how you're connecting with nature by using the hashtags **#ConnectWithNature #MentalHealthAwarenessWeek**
- **Talk about nature:** use our tips, school packs, research and policy guides to discuss in your family, school, workplace and community how you can help encourage people to find new ways to connect with nature in your local environment.

**We would love it if you copied us into your photos on Twitter (@Polehampton) using the hashtag **#ConnectWithNature****

- Wokingham are running a "Connecting with Nature" competition - you can send in some artwork or a poem - see attached poster with all the details

## Polehampton Swimming Association

Can you help? The Polehampton Swimming Association are looking for more people to join the committee and being involved with running the pool. There are various ad hoc as well as day to day tasks such as maintenance, gardening, pool water checks, supervision and admin tasks which go on behind the scenes. New volunteers are always welcome.

If you do have any time, it would be very gratefully received. EVERY Polehampton child benefits from having this amazing pool within our grounds. Their next AGM is on Thursday 20<sup>th</sup> May at 7.30pm. Further details on how to attend are on their Facebook page or check their website for contact details. <https://www.psaswimming.co.uk/>

## Lateral Flow Tests - Home Testing Kits

Don't forget every adult in the country can now access lateral flow tests. These are for people **without symptoms**.

### Why you should get tested regularly?

About 1 in 3 people with COVID-19 do not have symptoms but can still infect others.

Getting tested regularly is the only way to know if you have the virus. If people test positive and self-isolate, it helps stop the virus spreading.

<https://www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/>

## "COVID MATTERS" for emails

If you need to contact school to let us know your child has developed symptoms, that you have booked a test for them or to let us know about the results of a test, please put "COVID MATTERS" in the subject line of your email so we can search for them more easily.

## Attachments and Links

- Wokingham "connecting with nature" competition poster
- Poster regarding Goodies uniform ordering deadlines for next academic year
- [Junior School clubs information](#)

We hope you have a lovely weekend!

Miss Ball, Mrs Medcalf, Mrs Scott and Mrs Castell

## Diary Dates

- **Next week**
- **New or amended dates**

Date	Event	Details
Mon 31 <sup>st</sup> May – Fri 4 <sup>th</sup> June	School closed for half term	
<a href="#">Tuesday 15<sup>th</sup> June</a>	<a href="#">Goodies uniform order deadline for delivery to school by the end of term</a>	
<a href="#">Thursday 15<sup>th</sup> July</a>	<a href="#">Goodies uniform order deadline for home delivery by 31<sup>st</sup> August</a>	
Wed 21 <sup>st</sup> July	Last day of term	School closes early Non-uniform day