



# Ellingham CE Primary School **Friday Flyer**

**05.12.25**

## **Executive Headteacher's Update**

Dear Parents and Carers,

It still continues to be a challenging time with a range of significant illnesses circulating. We sincerely wish everyone who is currently unwell a speedy recovery. Thank you once again for your essential support in helping us keep the school community healthy by keeping your children at home when they are too unwell to attend. Your vigilance is greatly appreciated.

Nativity preparations are well underway, with children and staff working hard to get everything ready in time. The school is filling-up with costumes, props and tinsel.

Warm regards,

Mrs Diane Lakey



# Ellingham CE Primary School

## Friday Flyer

### Attendance

| Class       | Weekly attendance | Annual attendance |
|-------------|-------------------|-------------------|
| Splash      | 95                | 96.1              |
| Space Base  | 100               | 95.6              |
| Earth Works | 77.1              | 91.3              |
| Time Zone   | 95.6              | 91.2              |

**Did you know?** Each pupil has 175 non-school days a year to spend however they like. The table below shows the significant impact of absence over time.

| Days of school add up to lost learning |           |           |      |         |                   |                 |
|--|-----------|-----------|------|---------|-------------------|-----------------|
| Days in school                         | 190       | 186       | 180  | 175     | 171               | 170             |
| Percentage attendance                  | 100%      | 98%       | 95%  | 92%     | 90%               | <90%            |
|  | Excellent | Excellent | Good | Caution | Cause for concern | Serious concern |

**Absence Procedures** If your child is ill, please keep them at home until they are well enough to return to school. Please notify us by phone call or email before 9.15am if your child is to be absent, and continue to inform us on a daily basis if they continue to be ill.

We have a continual focus on attendance and punctuality and this is of the utmost importance in your child's education. Please remember that our school gate closes at 8.55am as this is when our lessons begin. Anyone arriving after this time is classed as late and will miss valuable learning opportunities which take place immediately after registration, such as phonics.

### What are the risks of missing a day of school?

'Being in school is important to your child's achievement, wellbeing and wider development. Pupils with the highest attendance throughout their time in school gain the best GCSE results. The higher a pupil's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments.' The Education Hub - Department for Education



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

### What Parents & Educators Need to Know about

# TIKTOK

#### WHAT ARE THE RISKS?

Online videos are often associated with apps such as YouTube, but among teens, TikTok is king. The app provides a potentially addictive, never-ending stream of short clips tailored to users' interests based on their viewing habits. Around half of British children use TikTok, and while most content is benign, Ofcom considers it the app where young people are "most likely to encounter a potential harm".

#### AGE-INAPPROPRIATE CONTENT

TikTok's Following Feed shows videos from known creators, while the default For You Feed serves endless clips based on viewing history. Most are harmless, but unsuitable content can still appear, and watching for long enough signals interest to the algorithm. Although TikTok bans illegal or inappropriate uploads, the volume of posts means some slip through, increasing the chance that children encounter age-inappropriate material before it is detected or removed.

#### BODY IMAGE AND DANGEROUS CHALLENGES

Ofcom reports that most online harms for girls involve body image, while boys more often see dangerous stunts. Both types appear frequently on TikTok and spread quickly through its engagement-driven algorithm. Harmful challenges have included the "blackout" trend, where users held their breath until passing out. Families filed lawsuits after children died linked to the trend, showing how extreme or risky content can rapidly reach young people and negatively influence them.

#### IN-APP SPENDING

TikTok is free, but children can still spend money. TikTok coins, costing £9.99 to £224.99, let users buy gifts for creators. TikTok Shop adds risk by allowing purchases from influencers or companies, sometimes leading to poor-quality items driven by persuasive marketing. A Canadian investigation found TikTok collected personal data from many children for targeting and advertising despite age limits, meaning young users may lose control over their personal information.

#### CONTACT WITH STRANGERS

Between 1.8 and 1.9 billion people use TikTok, meaning there's a high risk of unwanted attention from strangers. Accounts created by over-18s (or young people using a fake date of birth) are set to public view by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and allows anyone to download or comment on them.

#### MISINFORMATION AND RADICALISATION

TikTok's short videos may appear lighthearted, but they can expose young people to harmful ideas. Misinformation is common, and Ofcom reports that nearly one third of 12-15-year-olds use TikTok as a news source, increasing the chance of seeing racist, misogynistic, extremist or conspiracy material. Even brief clips can influence impressionable users and shape their worldview, making discussions about critical thinking, propaganda and online influence especially important for parents and educators.

#### ADDICTIVE DESIGN

TikTok's fast-paced stream of eye-catching videos can be potentially addictive for young users. In 2024, UK children spent on average of 127 minutes per day on the platform, double the time recorded in 2020. Excessive use can disrupt sleep, increase irritability, and distract from healthier activities. Constantly skipping between short clips may also affect attention spans, making it harder to focus on longer tasks such as homework or reading.

### Advice for Parents & Educators

#### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's in order to manage settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children cannot alter these settings without parental approval.

#### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure they don't share any identifying personal information or respond to dangerous trends, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's important to talk about misinformation and propaganda.

#### BLOCK IN-APP SPENDING

Parents can restrict in-app purchases on iPhone and Android devices to prevent accidental or impulsive TikTok spending. Young people can easily spend large amounts on TikTok coins or low-quality products promoted through TikTok Shop. If a disappointing purchase occurs, turn it into a discussion about influencer marketing and how online promotions can be misleading.

#### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

#### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



#WakeUpWednesday

The National College

See full reference list on our website

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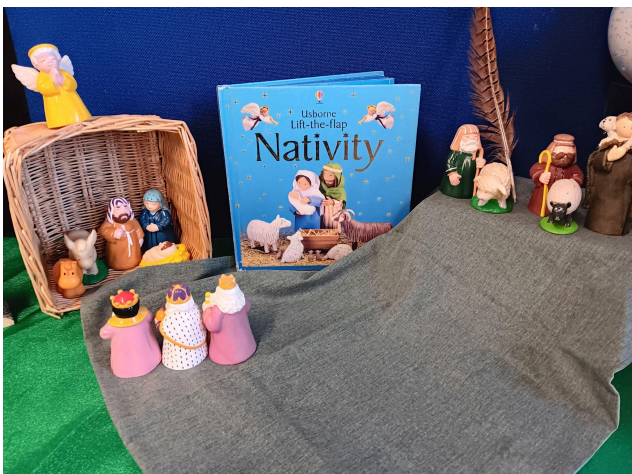


# Ellingham CE Primary School

## Friday Flyer

### Splash Class

In Splash this week, we have been working very hard on our nativity play, learning songs and trying to remember where to go and what to do. We are looking forward to showing you all next week, but we haven't taken photos so we don't spoil the surprise. However there has been time for lots of maths where we focussed on subtraction, and in English we were looking at bedtime stories. We read lots of stories together and discussed how sleepy they made us feel, then we wrote our own. Outside was a muddy session digging and sliding in the mud, and finding lots of worms.







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### Space Base Class

This week, we have continued to rehearse our Nativity play. The performance will take place next week, and the children are very excited to share it with everyone.

In DT, we have been focusing on designing our very own bookmarks. The children have come up with some great ideas and cannot wait to make their bookmarks next week.

In PE this week, we have been focusing on team games. The children especially enjoyed the “Messy Bedroom” game, which encouraged them to use tactics, communication, and speed.

In Geography, we have been learning about how maps use symbols for identification. The children loved drawing different map symbols and finding out what each one represents.

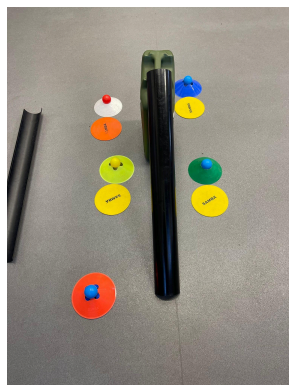
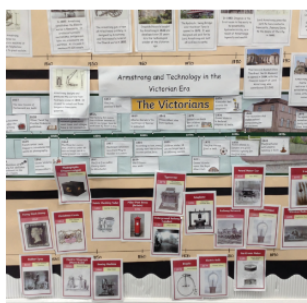
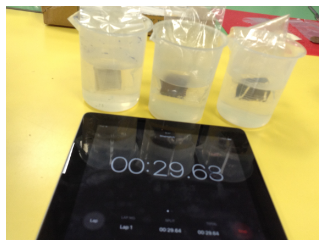




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## Earth Works Class

In Earth Works' history we explored the achievements of Lord William Armstrong, putting them in the context of the Victorian era, and created visual timelines of events and Innovations. During our science lesson this week, we investigated how the different types of chocolate would affect the rate of melting, testing white, milk and dark chocolate pieces in different water temperatures. In CoJo's this week, we tested our memory skills and continued to develop our teamwork and communication skills.





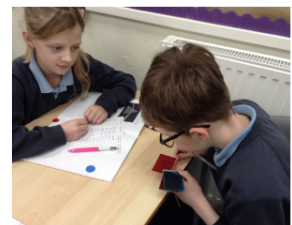
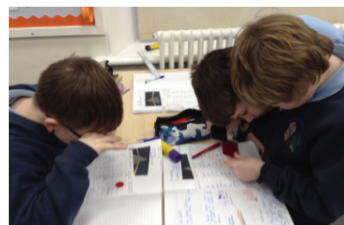
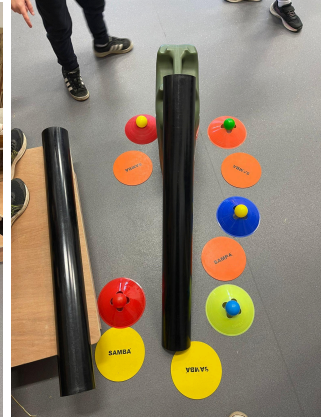
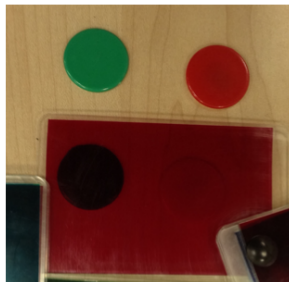
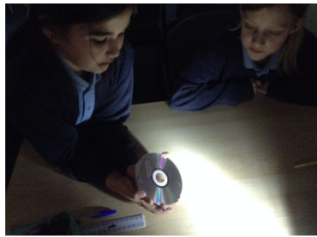
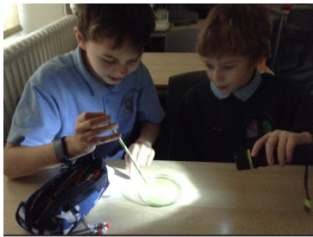


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### Time Zone Class

We continued making our pneumatic models in DT and in science we investigated how white light can be split into the rainbow spectrum of colours by refraction, and explored why a red/green/blue object looks that colour to us, using coloured filters. In PE this week, we continued to work on building both our teamwork and communication skills.





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### Dates for your Diary

|                                      |   |
|--------------------------------------|---|
| <b>Wednesday 10th December 13:30</b> | Nativity Play   |
| <b>Wednesday 10th December 17:00</b> | Nativity Play   |
| <b>Friday 12th December</b>          | KS2 Christmas in the Forest   |
| <b>Monday 15th December</b>          | KS1 - Nursery Christmas visit <b>Please authorise this in your Parentmail accounts</b>                              |
| <b>Tuesday 16th December</b>         | Professor Chris Done Astrophysicist visit KS2   |
| <b>Wednesday 17th December</b>       | Christmas lunch   |
| <b>Thursday 18th December</b>        | PTA Christmas Disco - Ellingham Village Hall<br>4.30pm-6.00pm <b>Tickets now on sale £3.00 or £3.50 on the door</b> |
| <b>Friday 19th December</b>          | Christmas Jumper Day  |

Please remember, Breakfast club is available from 8.15am if anyone needs to drop off a child earlier. Please book in advance if possible. £2.50 includes cereal or toast.

If anyone who brings a packed lunch would like Christmas lunch on Wednesday 17th, please let Kathy know a.s.a.p. The cost is £2.50.

Please make sure that packed lunches from home are healthy. No fried food, fizzy drinks or sweets please.

**Always remember we are a nut free school.**





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## **Stars of the Week**

**Splash: George for great work in the nativity.**

**Space Base: Otilie for having a positive attitude to her learning and always following the class rules.**

**Earth Works: Aimee for always putting her hand up in lessons.**

**Time Zone: Bryson for writing an excellent scary story in English!**

Don't stop now, please keep scrolling.  
More information below.



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**Please buy your tickets prior to the event if possible, we need  
some idea of numbers for the food.**





# Ellingham CE Primary School Friday Flyer

At The National College, we provide everything educators and trusted adults need to strengthen, manage and evidence their professional, and personal development, in one place, on one platform. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.thenationalcollege.co.uk](http://www.thenationalcollege.co.uk) for further information and resources.

## Tips for Supporting Children in DEALING WITH GRIEF

It's important that trusted adults feel able to help children and young people cope with grief – particularly at the moment, when we are a nation mourning the loss of a public figure who was treasured by so many. Children are seeing bereavement and sadness being featured heavily in the national news and in their favourite online spaces, and hearing it being talked about extensively among families and in the community. How can we help them in processing this healthily?

### 1 UNDERSTAND WHAT GRIEF IS

Grief is emotional distress which is a normal response to the death of someone close, well known or admired. It may feel overwhelming – especially for young people – and is often accompanied by feelings of shock, disbelief, anger or fear. These emotions may also mean that sleep, eating and our relationships with others could be affected.

### 2 MEET THE CHILD 'WHERE THEY ARE'

This could be a child's first experience of grief and loss – or conversely, they may have already encountered it several times. Make sure that any conversations you have with them, and the support that you give, are led by their experiences and their understanding of death – and in the context of their religious or community beliefs.

### 3 EXPLAIN CLEARLY WHAT DEATH IS

It may often feel uncomfortable, but it's healthier to actually use the words "dead", "death" or "died". Abstract explanations of death can frequently create even more confusion – particularly for younger children, who are still trying to grasp this complex (and possibly unfamiliar) concept.

### 4 BE PREPARED FOR QUESTIONS

On subjects such as this – especially when it involves a person who's well known to them – children and young people often have lots of questions, all at once. Sometimes, new queries about the issue will occur to them weeks after the event. Be ready to answer their questions as honestly as you can, using language that's appropriate for their age.

### 5 FIND WAYS TO REMEMBER THEM

It can help to talk to about the person who's died, even if that individual wasn't personally involved in the child's own life – such as a significant public figure, for instance. You and your child can discuss what that person meant to you, celebrate the things they achieved or go to a place where they can be remembered.

### 6 ENCOURAGE COPING STRATEGIES

You can help a child or young person to identify what their usual positive ways of coping are when they have overwhelming feelings. For example, do they find that talking with someone, drawing, going for a walk or listening to music help when they're feeling upset? These same activities could form an important part of the grieving process.

### 7 REACH OUT FOR SUPPORT

If a child or young person is struggling with grief to the extent that it's impacting on their everyday life, there are lots of expert organisations that you could reach out to for further help. Samaritans provides a listening ear for anyone in emotional distress; The Mix offers specialist support to people under 25; and Winston's Wish deals specifically with helping young people who are grieving.

SAMARITANS:  
116 123

[WWW.THEMIX.ORG.UK/GET-SUPPORT](http://WWW.THEMIX.ORG.UK/GET-SUPPORT)  
0808 808 4994

WINSTON'S WISH:  
08088 020 021

### Meet Our Expert

Anna Bateman 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 for Education, advising them on their mental health green paper.



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