

Pilgrims' Cross Newsletter



Dear Parents & Carers,

I am pleased to announce that **60%** of you are on Santa's 'good list'! You have already signed up to the **Arbor app**, ready for us to be using more in 2025. If you do not want a lump of coal in your stocking, please go onto the App Store and sign up for it now!



Another exciting tech-based portal is **Sora**. Your child has access to thousands of beautiful online books- and magazines (including Minecraft Magazine & National Geographic Kids)! Through their Sora account, they can borrow, read and return books & magazines- just like an online library! There are also brilliant audiobooks- perfect for bedtime stories! Miss Collier has given you some more information, below, in order to get you connected.

The last tecchie thing I'd like you to complete is our parent/carer survey. Those of you who have already responded deserve an extra present under the tree! Please scan the QR code to the right, or click on the link here: <https://forms.office.com/e/U20n0QhuDG>



Many thanks!
 Jim Cascarini – Headteacher
headteacher@pilgrimscross.co.uk

Vision Awards

Congratulations to all our children who received a Vision Award this week...	Love	Courage	Trust
<i>Oak</i>			Poppy M
<i>Willow</i>		Aria-Leigh W	
<i>Sycamore</i>		Rio P	
<i>Maple</i>		Charlotte P	
<i>Hazel</i>	Felix S		
<i>Lime</i>	Everlea B		
<i>Chestnut</i>		Olivia-Grace B	
<i>Elm</i>		Hunter B	
<i>Ash</i>		Elliot C	
<i>Beech</i>		Freyja H	
<i>Pine</i>	Toby R		
<i>Hawthorn</i>		Corey M	
<i>Aspen</i>			Maisie H
<i>Juniper</i>		Harry W	

What we have been learning this week...

Willow & Oak

Well we've all started to get into the Christmas spirit this week. Our trees are decorated, our elf wrapping station is up and we've been practising making paper chains so we can make decorations for our classrooms.

In phonics we've been reviewing what we already know and practising blending our sounds to read words. We've gone over all of our tricky words and we've been practising lots of new spelling words.

In maths we have been thinking about squares and rectangles. Why is it a square and not a rectangle? This is helping us to practise our reasoning skills and explaining our thinking.

We just love getting wet so we decided the elves' socks needed washing and we have been cleaning their socks and drying them in the outside area.

Finally, we have been practising our nativity. We are working so hard to learn our songs and where we are meant to stand. It's been very hard work but we hope you enjoy our performances next week (Tuesday and Friday at 2pm).

Well done year R. You make us so very proud every day and we can see how much you are growing into wonderful learners.

On a side note, can we please ask if you have any spare boxes for junk modelling or for the children to practise wrapping, any spare herbs or spices for our water kitchen outside or any spare cards, invitation or present labels so children can practise writing we would really love them for the children. Please bring them to Mrs CK in Oak Class and we will ensure they are distributed for all the children to enjoy. Please spread the word to other parents as well as everything helps at this time of year.

Thank you, Year R team.

Sycamore & Maple

The children in Year One have worked exceptionally hard this week by showing us all the learning they have done this term in their end of term 'quizzes'. We are really proud of their focus, resilience and progress! The routines have looked different this week and the children have handled those changes well. Within English the children learnt to use the word 'and' to join to simple noun phrases together e.g. The witch has a black hat and pointy shoes. In Science this week we completed an investigation into the toughness of different materials. The children enjoyed sharing their predictions with each other and then discussing their observations. In RE this week we reviewed our learning from this half term by matching images of worship places and representations of God from the Muslim, Hindu and Christian faiths. In addition, we have continued our Nativity preparation by moving our rehearsals into the school hall! A busy, busy week in Year One. Well done everyone!

Miss Miners & Mrs Edgington

Lime & Hazel

This week in year 2 we have got into the festive feelings by making our own decorations and decorating our classrooms for Christmas! We have started our new learning journey in English, looking at the story Little Red and the very hungry lion and have compared this story to other red riding hood stories we have read before. In science we did an experiment involving woodlice to see if they preferred to live in a dry or damp place and in PSHE we have been looking at steps to success and talking about what we enjoy doing. We have also been practicing our nativity this week. Please ensure children are continuing to practice their lines at home! We are looking forward to another fun-filled week.

Miss Samuel & Miss Lavin

Chestnut & Elm

This week as continued to be a busy one! The children have written their diary entries and worked really hard on editing their learning. In maths, we have begun a new unit of learning based on multiplication and division. The children practiced describing arrays as well as recognising multiples of 2, 5 and 10. In French, they have looked at some artwork by the artist 'Henri Matisse' and learnt how to ask for shapes of different colours and sizes. In History, the children have found out about the importance of trade during the 'Iron age' and enjoyed the game played with a focus on 'bartering' and what Iron Age people needed to survive. As part of our PE learning the children have explored seated balances and worked hard on games and activities in a small group.

Keep up the hard work!

Miss Plaw & Miss Boyce

Beech & Ash

We have had a lovely week in year 4! We have started writing our diary entries as a Victorian maid, after a strong start we can't wait to see how they finish. We are so proud of the children for completing their tests in Maths and reading.

In music we enjoyed creating a walking bass line with the glockenspiel and performing this for the class. We have also loved developing our understanding in History about how children's lives have changed looking at leisure time for children in the Victorian era and our leisure time today.

Keep up the good work,

Miss Collier and Mrs Allison

Pine & Hawthorn

In Year 5 this week we have finished our Maths learning journey, conquering fractions. The children have finished with adding and subtracting mixed numbers by converting to an improper fraction first. In English, we have begun our final learning journey by analysing the character of Grendel in our text 'Beowulf'. Our outcome is to create a piece of descriptive writing and, as a class, we have dedicated time to identifying the purpose and audience of our outcome. Finally, a huge well done to all the children in Year 5 for smashing their test week!

They should be very proud of themselves!

Mr Dookheran & Mr Childs

Aspen & Juniper

A productive week of learning in Year 6! Our English lessons have focussed on writing information reports about the Andover Workhouse Scandal - we have carefully referred to the planning we created last week to ensure that our writing is well-organised and includes all the grisly details! We can't wait to share them with Andover Museum. In maths, we have taken on the challenge of dividing fractions by whole numbers and finding fractions of amounts; we have represented these tricky problems with bar models, helping us to understand how to reach a solution.

Mr Osmond, Miss Howick & Mrs Cocks

Christmas Carol Singing

This year, we are doing Christmas Carol Singing on the evening of 19th December. Starting around 6/6.30pm, we will take a route around the Picket Twenty estate, finishing with hot chocolate and wise words from Rev. Lauren. This week, we practised *Away in a Manger* and will be continuing to learn the melodies and meanings of tricky words in other Christmas carols.

We would like as many children and families to join us along the way! More details next week...

Arbor

We would like to invite all parents/carers to begin signing up to the Arbor Parent App. Please download the app from your app store and put in your email address which is associated with the current details that we have for you in school.

Click 'forgotten password' and you'll receive an email to set up a password.

Once you have done this, have a look around the app. You should be able to see your child(ren)'s details.

In the spring, we will begin using this for communications, trips, bookings and payments.



Parents'/carers' evenings

We are delighted to let you know that we are holding parent/carer consultations on **Thursday 9th & Tuesday 14th January**, from **3.00pm-6.00pm**. These consultations will focus on academic progress, gaps in learning and next-step targets.

The link for booking is: <https://pilgrimsce.schoolcloud.co.uk/>

Thank you!

What a successful Book Fair we had this year! Many of you purchased quality books for your children. The total brought by parents was £638.61 and rewards earned for the school £255.44- this money will go straight in to re-stocking our class book corners, so the children have more quality books to browse in class. Thank you!

Inhalers

We had an incident recently where a child brought an inhaler in to school. Any medication **MUST** be authorised with a conversation between school & home. Please talk to Mrs Hopgood in the office if your child needs medication in school, and we can set this up for you.

Staffing news

Miss Boyce will be leaving us at the end of this term. I want to thank her for her hard work, covering Chestnut Class this autumn term. I am delighted to announce that Miss Dewsbury will be the Chestnut Class teacher in January. Next Wednesday 11th December, the class will have an opportunity to meet her. Please say hello to her at the end of the day, if you get the chance.

Also, we will be saying 'thank you and farewell' to Mrs Timbrell & Mrs Tivey, who finish at Christmas. They have been with us for many years and have provided a great start to our youngest learners. I am sure you will want to say 'thank you' to them over the next two weeks. I am excited to remind you that Mr Edgington will be the Willow Class teacher in January. He is also in on Wednesday this coming week, to spend time with the children & to hand over from the team in Willow Class.

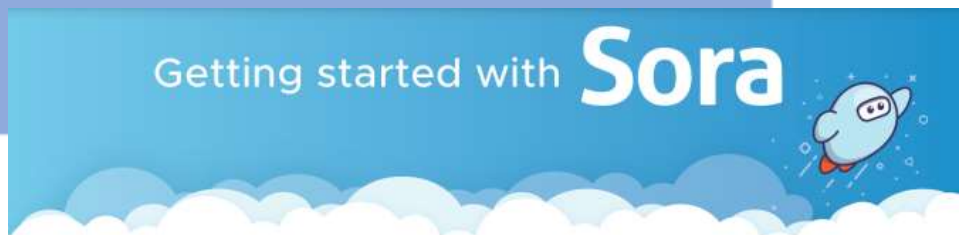
Sora

Log on to Sora, using the guide below...

Username: The first letter of the child's first name followed by their surname.

Example: John Smith = jsmith

Password: Pilgrims2024



With Sora, you can get free ebooks and audiobooks from your school.

1

Install the Sora app from the Apple App Store or Google Play Store, or go to soraapp.com.

2

In Sora, find your school (or enter your school's setup code), then sign in.

3

Setup code: hampshires1s

Browse the **Explore** tab and borrow a book. Your book will open so you can start reading right away.

4

Close the book and go to your **Shelf** to see all your books (including assignments). From there, you can:

- Tap **Open Book** or **Open Audiobook** to read or listen to the book.
- Tap **Options** to renew or return the book, get to your notes and highlights, and more.

Winter Fair

Thursday 12th December is our Christmas Fair- from 5-7pm. Do join us!



Picket Twenty Christmas event...

A vibrant poster for "Santa's celebration" on a red and green plaid background. It features two gingerbread men holding candy canes. The text provides event details including the date (14th December 2024), time (12pm to 4pm), location (Picket twenty sports pavilion), and entry prices for children. It also includes booking information and a website link. At the bottom, it lists activities like a disco, stalls, and a raffle. A logo for "P20 RESIDENT EVENTS" is in the bottom right corner.

Santa's celebration

14th December 2024
12pm to 4pm
Picket twenty sports pavilion

Entry:
Early bird price £1 per child
Must be booked by 23rd November
24th Nov to 30th November
£2 per child
30th November to 14th December
£2 per child

we can not guarantee
Your Child will receive the same gift as those
booked before 30th Nov
You can book online via our website
www.p20residentevents.co.uk

Grab some tasty treats!
Swing by Santa's cozy
grotto for a jolly good time!

Disco fever is here!
A variety of pop-up stalls await!
Enjoy complimentary fun activities
Don't miss our exciting raffle!

P20 RESIDENT EVENTS

All 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.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practicing mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required, is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

Attendance

A reminder that advice on if you should send your child to school or not can be found at:
<https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/>

Please help us by encouraging your child to arrive at school punctually, and to enter the classroom with their friends so they don't miss any of their morning learning- thank you!

Andover fun!

Check out the exciting evening of Christmas-related activities and opportunities to do soon, in Andover!

ANDOVER TOWN CENTRE EVENTS
See what's coming up this Christmas

November

- 7 NOV** Winter Wellbeing Fair
9AM TO 12PM, CHANTRY CENTRE
- 10 NOV** Second Sundays
10AM TO 3PM, ANDOVER HIGH STREET
- 22 NOV** Andover Christmas Festival
8PM TO 8PM, TOWN CENTRE
- 23 NOV** **30 NOV** Christmas Grotto
10AM TO 3PM, CHANTRY CENTRE

December

- 7 DEC** **14 DEC** **21 DEC** Indoor Market
9.30AM TO 4PM, CHANTRY CENTRE
- 7 DEC** **14 DEC** **21 DEC** **22 DEC** **23 DEC** Christmas Grotto
10AM TO 3PM, CHANTRY CENTRE
- 6 DEC** **7 DEC** **8 DEC** Festive Film Pop-up
VARIOUS TIMES, CHANTRY CENTRE
- 8 DEC** Second Sundays
10AM TO 3PM, ANDOVER HIGH STREET
- 12 DEC** Christmas Carols
FROM 4PM, ANDOVER HIGH STREET
- 21 DEC** **22 DEC** Test Valley Brass Band
10AM TO 12PM, TIME RING

Find out more at
WWW.THINKANDOVERTOWNCENTRE.CO.UK

Key dates

- Tuesday 10th December- EYFS *Wriggly Nativity*, 2pm
- Thursday 12th December- Christmas Jumper Day (for Save the Children)
- Thursday 12th December- FOPS Winter Fair
- Friday 13th December- EYFS *Wriggly Nativity*, 2pm
- Tuesday 17th December- KS1 Nativity- *Baaaarmy Bethlehem*, 9.15am
- Tuesday 17th December – Christmas School Dinner
- Wednesday 18th December- KS1 Nativity- *Baaaarmy Bethlehem*, 2pm
- Thursday 19th December – Christmas Party Lunch
- Thursday 19th December- Evening Christmas Carol Singing & Hot Chocolate
- Friday 20th December 2024- INSET Day 3
- Monday 6th January 2025- INSET Day 4
- **Thursday 9th January- Parent/carer learning consultations (3.00pm-6.00pm)**
- **Tuesday 14th January- Parent/carer learning consultations (3.00pm-6.00pm)**
- w/b Monday 16th June- Friday 19th June-Year 6 residential, Hooke Court
- Friday 20th June 2025- INSET Day 5

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/diary/grid/2024/06/>