



Dear Parents & Carers,

We are a community at Pilgrims Cross Primary- a community of interactions and moments inside school and outside. This week, in worship, we have been thinking about **trust** and when it is hard to demonstrate or show trust.

This week, our Year 1 pupils were trusted to share their beautiful stories with children in Year R. We could **trust** them to behave well and care, as they spent time with our youngest learners.

How our children walk to and from school is one way to demonstrate **trust**- especially for our children in Year 6, many of whom walk independently. We have had to remind some of them that they are ambassadors for our school and how they behave, walking to and from school is noticed by our wider community on Picket Twenty. Please could all parents/carers remind their children about this?

How *you*, as parents/carers, interact is a way for you to model to your children how to develop **trust** and love. Recently, I had to speak with a couple of adults who were arguing over parking spaces. Please think about how you park and also how you speak to one another. These can be opportunities to build trust and love, rather than damage relationships.

Our newly-revamped website is also a place that we can showcase how our values of **love**, **courage** and **trust** are threaded throughout our school community. If you have not done so already, please take a look at it: <https://www.pilgrimscross.co.uk/>

Let's continue to look for ways to build trust this year!

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>			Wyatt S
<i>Willow</i>		Ahmad H	
<i>Sycamore</i>			Joon G
<i>Maple</i>		Phoebe D	Charlotte P
<i>Hazel</i>			Ruby G
<i>Lime</i>		Poppy-Louise M	
<i>Chestnut</i>			Gina L
<i>Elm</i>		Liv H	
<i>Ash</i>		Daniel H	
<i>Beech</i>	Zafir C		
<i>Pine</i>			Archie K
<i>Hawthorn</i>			Lilly N
<i>Aspen</i>		Lucy B	
<i>Juniper</i>		Faith S	

What we have been learning this week...

Willow & Oak

Wow, this has been one exceptionally exciting week for Year R.

We have loved being outside and enjoying the crazy weather. On Monday we were outside during the thunder and hail storm and then we were jumping in and over the muddy puddles, the thunder was extremely exciting for us.

On Tuesday we had the Explorer Dome in, it was very dark in there and we had to crawl through a tunnel to get in! We were learning about planet Earth and why we need to keep it safe. We learnt about which animals live in a desert area compared to an arctic area. We saw the night sky and aurora borealis and we even experienced being inside a cloud.

On Wednesday we had Welly Wednesday where we went to look for signs of spring including new buds on trees. In PE we performed a dragon dance, with the Chinese New Year in mind.

Across the week we have been thinking about the Chinese New Year and we have been making dragons and snakes, we looked at Chinese writing and all of the animals linked to the Chinese New Year.

In Maths we have been learning about the numbers 6, 7 and 8, we have been counting, what it looks like, how we can represent it and how to subitise to recognise the number.

Phonics we learnt the sounds "air" and "er" and have now moved on to applying all of our sounds in reading longer words, including "chunking" the words to read them in smaller parts- for example hammer can be split into "hamm" then "er" and then blend it all together.

We are looking forward to celebrating pancake day next week!

Great work Oak and Willow

Mrs CK, Mr Edgington and Mrs Treasure



Sycamore & Maple

On Monday the Year Ones went down to Year R and read their Mini Rabbit stories to the children in pairs. It was such a special moment for all the children and as adults we stepped back and watched as the children shared their writing with such pride! This week in Maths we have continued our addition work within 20, using our number bonds to 10 to help us and exploring doubling too. The children have found this quite tricky at times and have had to show real resilience. In Science the children have continued exploring the senses and have used their sense of smell to identify 6 different things - toothpaste, orange, coffee, vinegar, soap and spices. It was lots of fun! In Geography we have been recording the weather every morning as we arrive at school, now noting down the wind direction too. We have gone on to think about how we prepare for different weathers, including what we might wear in the sun or the rain.

A wonderful week again - well done Year One!

Mrs Edgington and Miss Miners

Lime & Hazel

What a wild week! We started off by making our own sketch maps of our local area. The children decided on their own symbols for physical and human features and made sure that they had a key to accompany their map. In PSHE we have been talking about our body parts and the boundaries that are important - we have revisited our friend the Pantosaurus. We've been exploring pitch in Music by using our voices to learn a song and in RE we've learnt about the story of Krishna in the Hindu world view. Our Science this week has been an investigation of 'Can you stretch it?'. We worked in teams to experiment on multiple materials to test this property. In English we published our innovative stories and started looking at our new text - *Leaf* by Sandra Deickmann. We've had lots of discussion using inference and used this to write a postcard. In Maths we have started our Multiplication and Division unit which means if you would like to, you can start to access TT Rockstars as well as Numbots - simply use the same login!

Miss Samuels and Miss Lavin

Chestnut & Elm

Well it's been another busy week in year3! The children started a new learning journey in English based on the book 'Ice Trap – Shackleton's Incredible Expedition.' They explored lots of interesting vocabulary and wrote a description of a key scene. In geography, the children then learnt about who Shackleton was and learnt how to use four-figure grid references to plot Shackleton's route to Antarctica. In maths, they have been learning about measuring and used rulers to measure and draw lines using centimetres and millimetres. Our science learning continued with finding out about how fossils are formed and the children loved creating fossils with toy dinosaurs and bread! They also learnt about identifying fossils and how to use their fossil record to answer questions. In French, the children practiced their numbers from 1 – 12 and learnt how to ask and answer questions about their age.

Miss Plaw and Miss Dewsbury

Beech & Ash

This week in year 4 we have been looking into division focussing on how to divide 2 and 3-digit numbers by a 1-digit number, using a place value chart to share out the number. We've also learnt what happens when the number does not divide equally and what the left-over values are called. In our writing lessons, we've reached a new learning journey, we started by reading through the book 'Journey on a Cloud' which follows the story of Zephyr the mail man as he travels round the world on a cloud, the book is full of beautiful illustrations and we've considered what makes a successful setting description. We have also looked at how to vary our sentences by using a range of conjunctions. In science we continued our learning about states of matter, this week focussing on liquids and gases. In music we have been performing a vocal ostinato and exploring the journey of a river through a piece of music. Our RE lesson this week focussed around how some people show and express their beliefs by following a special diet, we considered the reasons why people would do this and presented the information to the class.

Miss Collier and Mrs Allison

Pine & Hawthorn

In Year 5 this week, the children have finished their non-chronological reports about the moon Pandora - we have been so impressed by the dedication and commitment the children have demonstrated towards their work and the end results are amazing! We have also delved deep into what other religions believe happens after death. We have investigated different interpretations and discussed how different religions have different versions of what 'heaven' looks like and what it means to them. Finally, the children have finished their pop-up-books on the story of Jack and Jill and we are looking forward to being able to share and read them with the Year 1 children soon!

Mr Dookheran & Mr Childs

Aspen & Juniper

Once again it has been 'all hands to the pump' in Year 6 this week. Our learning has ranged from identifying key information concerning evolution and the famous explorers Charles Darwin and Alfred Wallace (not so well known) to learning how to bob and weave in dodgeball by creating a wide stance that enables us to be on our toes and move more dynamically from left to right or vice versa in order to avoid contact with the ball. Interestingly, this movement can be associated with many types of sport.

In Science we have honed in on Galapagos finches and the many examples of variation they have developed by living on those islands. So much so that the islands, which are fairly close to one another, have finches which have adapted to the environment in such a way that their bills are different shapes and sizes depending on whether they eat seeds, insects and fruit, or all three.

Next week we look forward to our Bikeability sessions, to add another feather in our cap and will share photographs from that important learning experience! We shall also share images of our completed artwork which was mentioned last week.

Mrs Osmond, Mrs Cocks and Mrs Howick

Children's Mental Health Week



Hello! My name is Miss Dewsbury and I lead PSHE at Pilgrims Cross Primary School. I have a passion for the mental wellbeing of children and staff and have decided that we celebrate Children's Mental Health week which is celebrated nationally from February 3rd-7th 2025. This years' theme is 'KNOW YOURSELF, GROW YOURSELF!' We have chosen to wear BRIGHT COLOURS (the brighter the better!!) **on Wednesday 5th February** in celebration of such an important cause. I cannot wait to see how colourful you can be!
Many Thanks!

Coffee & catch-up

Just to remind you that we hold parent/carer & Headteacher coffee & catch-up mornings, on Tuesdays. If you would like to drop by for a chat, to ask anything or simply to make contact, please do. They will be from 8.40am-9.00am. Mrs Hathaway will also be there- do come along!

Music survey

We have had a great response to this survey. If you have not already done so, please take 5 minutes to complete my music survey, to help us plan to offer music lessons next academic year. Here is the link to the survey:

<https://forms.office.com/e/dWkFpbWmBX> or scan the QR code above...



SEN Learning Plans

At the recent parent/carer consultation evenings, teachers should have shared the learning plans for children on our SEN register you. If you have a comment about the learning plan do send Mrs Hutchison an e-mail to senco@pilgrimscross.co.uk and she will transfer your comments into the parent/carers' comment section on the plan.

Mindfulness

Chit and Chat

Join us on Tuesday, February 4th for a mindfulness session hosted by RCS staff. It's a great chance to gather local information, engage in activities, and meet new friends.

Whether you're a beginner or looking to deepen your practice, you'll gain valuable insights to enhance your well-being. Enjoy complimentary tea and coffee while you relax. Don't miss this opportunity to rejuvenate your mind and connect!



Tuesday 4th Feb, 0930-1200

LOCATION

St Pauls Community centre
Smannell Road, Andover,
Hampshire, United Kingdom
SP11 6JP

CONTACT US:

☎ 03304 004 116
✉ sarah.glsbourne@unityonline.org.uk

Bus Station, West Street, Andover
SP10 1QP

www.unityonline.org.uk
Registered Charity no: 1061655

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.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



The National College

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

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Class Celebrations

Here are the dates & times of the upcoming class celebrations. We've given them to you with, we hope, enough time for working parents/carers to book time out of work. Do please all come along to celebrate the learning for this half of term with your children...

Monday 10th February: 8.45am - Year 5 and 2.15pm - Year 2

Tuesday 11th February: 8.45am – Year 4 and 2.15pm - Year 1

Wednesday 12th February: 2.15pm - Year R

Thursday 13th February: 8.45am – Year 6 and 2.15pm - Year 3

Attendance

Our school attendance this year stands at 96%- above the current national average of 94.5%. Children need to be in school every day to make the best progress.

Key dates

- Year 6 *Bikeability* 3rd – 5th February
- Monday 10th February- Friday 14th February- class celebrations
- Monday 10th February: Class Celebrations (8.45am - Year 5 and 2.15pm - Year 2)
- Tuesday 11th February: Class Celebrations (8.45am – Year 4 and 2.15pm - Year 1)
- Wednesday 12th February: Class Celebrations (2.15pm - Year R)
- Thursday 13th February: Class Celebrations (8.45am – Year 6 and 2.15pm - Year 3)
- w/b Monday 16th June- Thursday 19th June-Year 6 residential, Hooke Court
- Friday 11th July- Year 6 leavers' disco

Please check out our website calendar for all relevant dates:

<https://www.pilgrimscross.co.uk/calendar/?calid=1,2,3,4,5,6,7,8&pid=8&viewid=1>