



# Monksdown Mail

## Where Children Come First

Friday 1st July 2022



Our school's  
child protection  
officers are  
Mrs Price, Mrs  
Stewart and Miss Makin.

Dear Families of Monksdown,

What a week it's been! There were many rain delays and staff on weather watch but spirits just couldn't be dampened despite the rain clouds hovering over Monksdown! The children were buzzing with excitement to take part in sports day. This year we decided to host a traditional style event which included the egg and spoon race, hurdles, relay and there was even time for a space hopper race!!

It was a joy to see EYFS start the week with their usual levels of enthusiasm and resilience. It all culminated with Year 6 this afternoon, taking part in their last ever, before they head off to secondary school. It was our first sports day with 'House Teams' being used to divide the children. This created healthy competition. It was also the first sports day outing for our updated PE kit - the children wore it with pride and looked the part.

Only another 362 days until the next one - can we book the sunshine in advance?



## Dragon's Den

Budding entrepreneurs got three minutes each to pitch their business ideas to two real life dragons - myself and Mrs Stewart. I'm pleased to share that the dragons were happy to invest their cash and were mightily impressed with what they saw, tasted and heard. A massive "Well Done" to members of the after school club organised by Mrs Ferrigan.

The groups will be selling their goods on Friday 15th July on KS2 Playground.

Have a lovely weekend. Best Wishes Mrs Price



## Dates to Remember

**Wednesday 6th July**  
Reception Trip to Knowsley  
Safari Park

**Wednesday 6th July**  
Year 5 trip to Croxteth Park

**Friday 8th July—Year 6**  
Secondary School  
Transition Day

**Friday 8th July—School**  
Transition Day—Meet your  
new teacher and support  
staff

**Monday 11th July**  
Reports go out to parents  
and carers

**Wednesday 13th July**  
School Transition Day  
**Drop off and collect  
your child from their  
new class**

**Friday 15th July**  
Year 6 Leavers'  
Assembly 10am  
Parents/Carers Welcome

**Friday 15th July**  
All Clubs Finish

**Tuesday 19th July**  
Last Day of Term  
School Closes 2pm



## Amazing Achievements

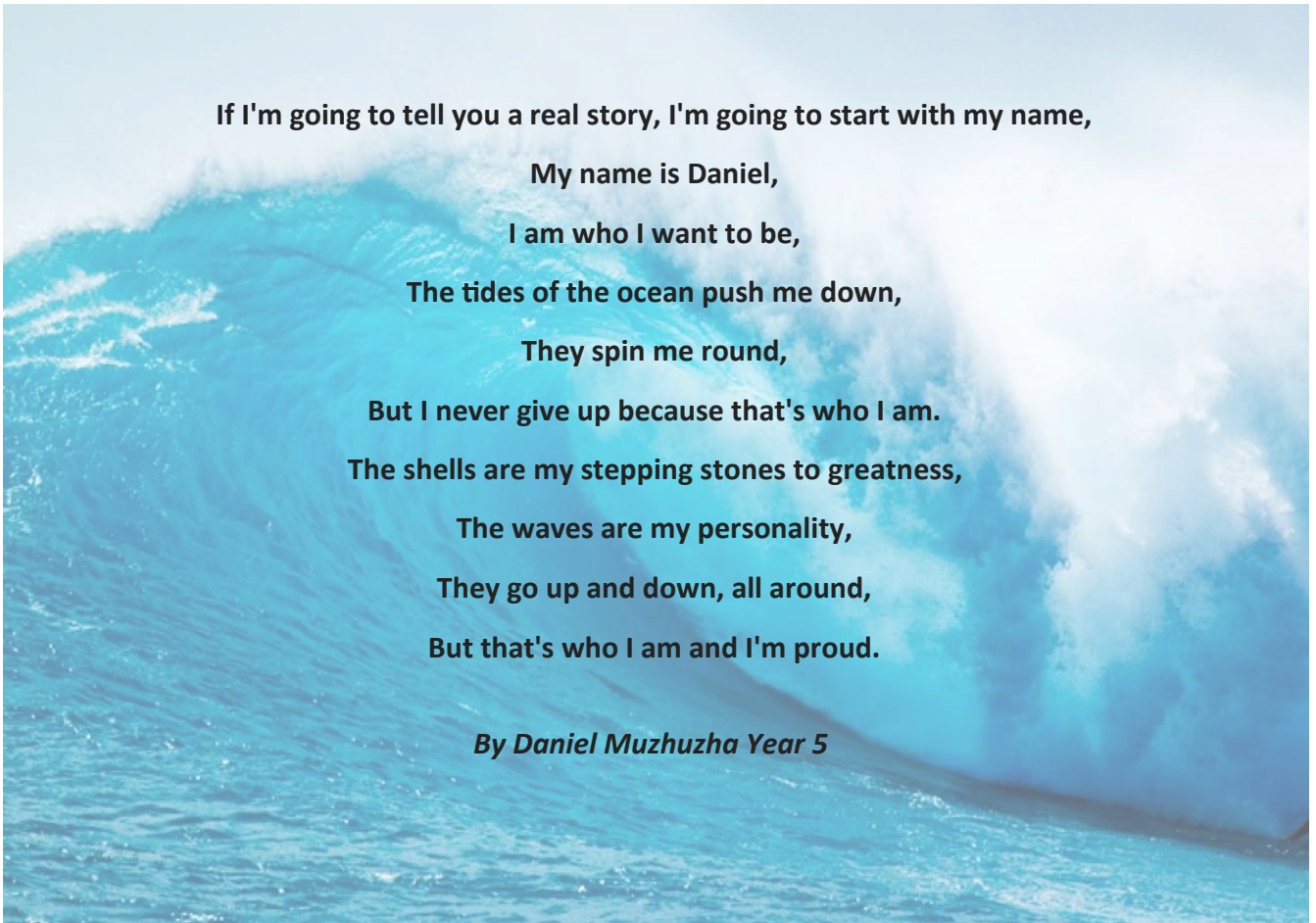
Gabriella has been dancing for about four Years. She goes to AS Dance and specialises in free style. Last weekend she competed in the World Championships in Blackpool and was awarded 8th place. This is a wonderful achievement and we are all very proud of her.



Year 5 children began the first of a series of poetry workshops this week. Here is an example of the amazing work they produced.

If I'm going to tell you a real story, I'm going to start with my name,  
My name is Daniel,  
I am who I want to be,  
The tides of the ocean push me down,  
They spin me round,  
But I never give up because that's who I am.  
The shells are my stepping stones to greatness,  
The waves are my personality,  
They go up and down, all around,  
But that's who I am and I'm proud.

*By Daniel Muzhuzha Year 5*



# Breakfast Club

Breakfast Club is open to all children from Reception to Year 6, providing a safe soft start to the school day where children can play and eat.

We deliver breakfast club to :

- Help parents with work and other commitments
- Provide those who need it with a nutritious breakfast each day
- Support children who need a softer start to the day

Breakfast Club starts at 8:00am and all parents/carers must complete an application form to confirm their regular place.

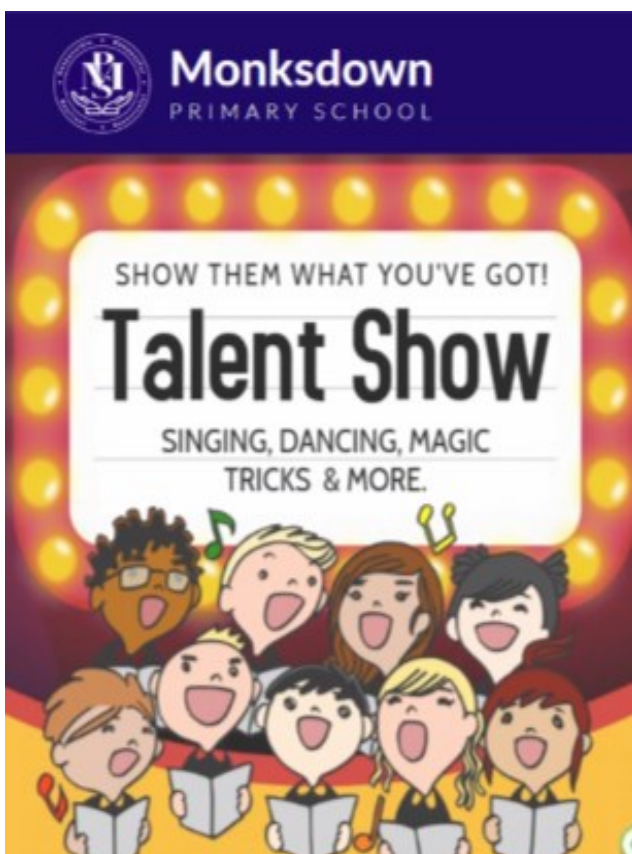
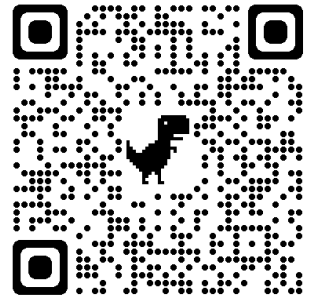
All children need to arrive before 8:30am to ensure they all have time to eat and play before school starts at 8:50am.

Breakfast Club costs 50p per child per day, we ask this to be paid on a regular basis to help our staff keep clear records.

We offer a nutritious breakfast to all children who attend breakfast club, this includes bagels, toast, a range of cereals and porridge.

If you require a one off or short term place please contact the office in advance where possible.

Scan the QR Code to apply:



## Monksdown's Got Talent

**Wednesday 13th July 3:15pm KS2 Hall**

**All Parents/Carers Welcome**

# Attendance News

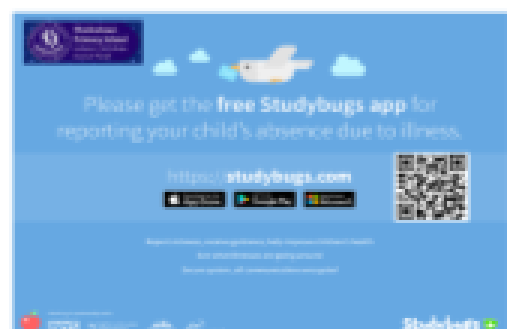
Attendance is important. We value attendance at our school and want you to make every effort to attend over the coming weeks before we finish for our summer break.

## Attendance Raffle 19.07.22

On Tuesday 19th July we will be having our final attendance raffle. Children will be entered into this raffle if they have had good attendance.

There will be one prize for EYFS/KS1 and one prize for KS2. Last week Clue One was revealed. It will be a family ticket to a special place.

## Clue Two



Please ensure you have downloaded our app to report absence.

Scan the QR code and follow the instructions.

This is a much easier, faster and efficient way to report your child absent.

# Year 5 Important Information about Secondary School

Very soon you will be starting to think about which secondary school you would like your child to attend. This is a very important decision to make and one that should be given careful consideration. My advice is to do as much research as possible before you make your choice in October 2022.

During the next couple of months many of the high schools will be holding their open evenings. These events are a wonderful opportunity for you and your child to visit the schools and get a feel for them. During your visit you will tour the school, meet the Head Teacher and staff and speak to the pupils themselves who will give you an open and honest review.

Please visit the schools' individual websites to find out dates and times of the open days.

If you do need any further assistance then Mrs. Stewart is more than happy to speak with you.

## Winter Uniform for September

- Navy blue cardigan/jumper with grey stripe at the neck with school logo
- White shirt
- Navy blue and silver grey striped tie
- Grey skirt / Grey trousers
- Grey or Navy socks or tights
- **Black sensible school shoes (suitable for polishing)**
- **No trainers**



## PE Kits

- Navy Blue PE Shorts
- White T-Shirt with school logo



All items with school logo can be purchased from Unitform or  
Brienda's Muirhead Avenue.

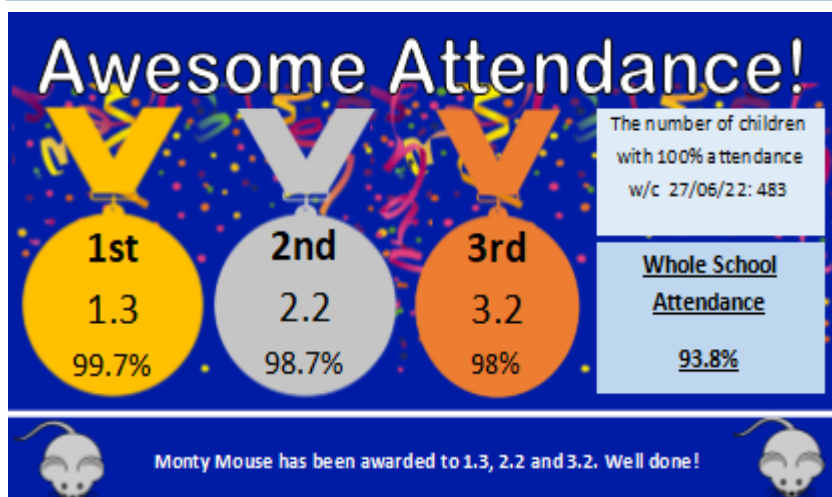
Other items may be purchased from local supermarkets.



## Progress Prizes

Two children in each class were awarded with a gold coin to spend in our book vending machines. These children have been recognised for their hard work and effort in the month of March. Well done!

	READING AWARD	PROGRESS AWARD
N. AM	Hallie Dainty	Ethan James Berry
N. PM	Peter Dunn	Logan Smith
R.1	Eric Nemes	Antoni Zborowski
R.2	Orlaith Kasek	Sam Griffin
R.3	Daniel Morris	Dennis McNamara
1.1	Lily McGuinness White	Carter McNamara
1.2	Reece Devine	Charlotte Kelley
1.3	Sonny Walker	Neive Aldridge
2.1	Jeremiasz Drozdec	Grace Allen
2.2	Daisy Leigh	Logan Lawrence
2.3	Jessica Draper	Penelope Dutton
3.1	Sadie Murphy	Max Gonzalez
3.2	Elisha-Mae Galvez	Finch McGimpsey
3.3	Jack Allen	Mason Irving
4.1	Mia Smith	Nicholas McKay
4.2	Adam Curran	Jenny Roberts
4.3	Sara Plavnika	Corey Forster
5.1	Mia Dixon	Alfie Conroy
5.2	Demi-Lea Mawdsley	Aswinn Ravichanddra
5.3	Harry Cooper	Paddy Finn
6.1	Shazim Umer	Evie Bamber
6.2	Nancy Williams	Divine Babalola



## Online Payments

Dinners can now be paid for via School Money online.

If you have not received your log in details please contact the school office where we will be happy to help.



# What Parents & Carers Need to Know about VIRTUAL REALITY

## WHAT ARE THE RISKS?

### PREMATURE EXPOSURE

13+

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

### EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

### PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

### SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

### MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

### VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

## Advice for Parents & Carers

### START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.

### NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too: don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

### KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

### ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.

### RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be; comfort, so you'll know the intensity of the experience; and how much access the game requires to personal information or features like the built-in microphone.

## Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site [gmw3.com](http://gmw3.com) and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.



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# Student Travel 2022-23



Dear Parents and Guardians,

The next school year is fast approaching! If you're child doesn't already travel to school by bus, have you thought about this as an option for the next academic year?

Arriva monthly direct debit passes allow travel for as little as £1 per day, depending on your child's age. Your child will get unlimited access to travel on any Arriva bus across all of our routes within your chosen travel zone.

The pass will not only cover their travel to and from school/college, it can also be used to travel in leisure time too.

Arriva's Direct Debit scheme allows you to spread the cost of your child's ticket over affordable monthly payments. It's an easy way to pay for travel and there's no contract involved.

It's a simple process to arrange your Direct Debit, please visit:

**[www.arrivabus.co.uk/monthlytickets](http://www.arrivabus.co.uk/monthlytickets)**

To ensure delivery of tickets in time for the start of the new school year, we recommend registering as soon as possible.

Once registered, you can choose to either receive your monthly pass by post, or it can be sent to your child's mobile phone. This ticket will rollover every month for as long as the direct debit remains active.

For any queries regarding the scheme, please email: [etcnww@arriva.co.uk](mailto:etcnww@arriva.co.uk)



## Summer Reading Challenge

Organised by charity The Reading Agency ([www.readingagency.org.uk](http://www.readingagency.org.uk)) and the UK public library network since 1999, the [Summer Reading Challenge](#) is the UK's biggest annual reading promotion for children aged 4 to 11. The Summer Reading Challenge combines FREE access to books with fun, creative activities during the summer holidays. Throughout the Challenge library staff support the children, helping them to discover new authors and illustrators and to explore a wide range of different types of books and ways of reading. In Liverpool the Challenge is running from 18<sup>th</sup> July to 10<sup>th</sup> September.

## LCC Summer Activities

The Summer Activities and Food programme starts soon and there are lots of great activities happening over the school holidays for children, aged from reception to 16 years old, who are eligible for benefits related free school meals. They will be able to access hundreds of activities throughout the Summer break including specific provision available for children with SEND or additional needs. There's a great range of activities across the city including boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, Jubilee activities, trips out and much more! Every day there will be a meal available for every child that attends.

To find out where schemes are in your ward click on this link (on Monday) - <http://www.merseyplay.com/haf-holiday-activities-and-food-fund/> or visit [www.Merseyplay.com](http://www.Merseyplay.com) and click on the HAF link.

Parents/guardians/carers will just need to choose an activity, then contact that organisation to book a place. If the child has any additional needs or dietary requirements then they can discuss this with the organisation when they book.

## Wellbeing Top Tip

Encouraging optimism is a great way to improve wellbeing. Feeling hopeful and confident about the future can help us to live longer, heal faster and be less likely to suffer from depression and anxiety. We can train our brains to notice the good things around us, so that we don't get caught in a cycle of negativity. One way to overcome this, is to practice gratitude. This doesn't take up too much time but can make a big difference to how we feel. Here are some examples you can make a start, at the end of each day write down:

- Three good things that happened today
- Three things that made you smile today
- Three kind deeds or actions you saw today
- Three people in your life you are grateful for
- Three things you noticed about nature You can choose one of these to do on different days, or you can mix them up for one day, or you can make your own categories as well. The idea is to show appreciation for the things in life that help us feel happy. You can even share your gratitude's with other family members or friends and encourage them to do the same. Here is a link if you need help to get started: <https://www.lifehack.org/867535/attitude-of-gratitude>





Liverpool  
City Council

Date: 24<sup>th</sup> June 2022

Dear Parent or Guardian

The Summer HAF programme starts on the 20<sup>th</sup> July and there are lots of great activities happening over the school holidays. Children and young people will be able to access hundreds of activities throughout the summer holidays including specific provision available for children with SEND or additional needs, at no cost to you. There's a great range of activities across the city including boxing, trampolining, football, music, dance, cycling, cooking, climbing, films, bowling, arts and crafts, drama, a make up course, trips out and much more! Every day there will be a meal available for every child that attends.

To find out where your nearest scheme and all the details of what is on click on this link <http://www.merseyplay.com/haf-holiday-activities-and-food-fund/> - or visit [www.Merseyplay.com](http://www.Merseyplay.com) and click on the HAF link.

When you have chosen an activity, you will need to contact that organisation to book a place. Each organisation will have either a telephone number, email address or online booking system. If your child has any additional needs or dietary requirements, then please discuss this with the organisation when you book. There is no central booking system so please read the details of the programmes on the website and ring the providers directly.

Liverpool City Council is working with the local schools, voluntary and community organisations, and childcare providers to provide the HAF programme. The programme is funded by the Department for Education.

The Early Help Directory also provides a wealth of useful information and support for families - [Early Help Directory](#)

Regards

*Sally Dobbing*

Sally Dobbing - HAF Project Manager

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