

## Friday 13th December 2024

### Reindeer Run

On Thursday 12<sup>th</sup> December, the children got into the holiday spirit by completing the Overgate Reindeer Run. Each class participated in the run in the playground wearing reindeer antlers and their Christmas jumper. The Reindeer Run is to support and raise money for Overgate hospice.

Two of our students, Rosie and Charlotte raised a huge **£635** for Overgate on their own in memory of their Grandma. A huge and special well done!

The Sponsor forms have a hand in date of Tuesday 17<sup>th</sup> December. Please return these completed to your class teacher to take part. All online and cash donations will be calculated and shared in the newsletter at a later date.



Polite Reminder: Please leave absence messages on the voicemail option one when calling in a morning to report absences. The office is at it's busiest time in a morning. Thank you.



Very proud of Mrs Mason who has successfully trained to be a qualified Early Years Teacher. Her hard work and dedication to supporting our youngest pupils is inspirational. Well done Mrs Mason!

Mrs Pether

### Staff Training

This week, our teachers met with their colleagues across the Trust to plan and share ideas for the up and coming Spring 1 half term. They discussed lots of exciting subject plans and initiatives coming up for the new year.

# SAFEGUARDING

Before you buy online games for Christmas, consider this!

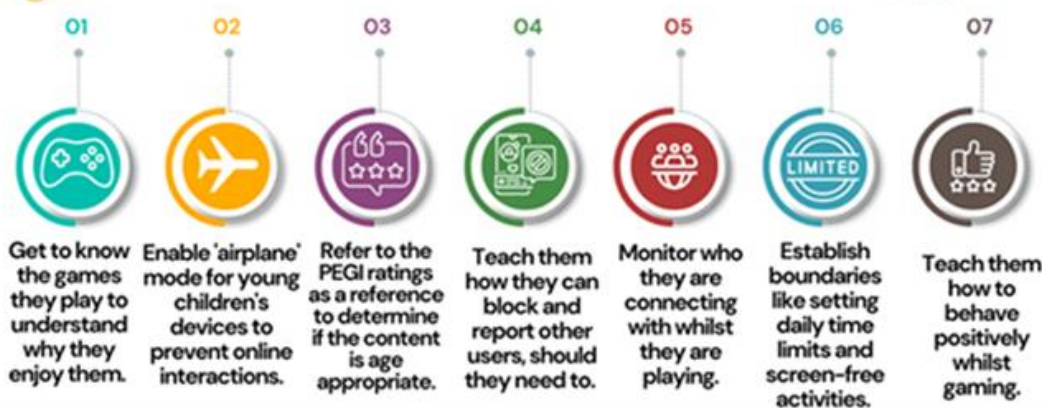
## SPOTLIGHT ON SAFEGUARDING

### Gaming: Important considerations for parents

- 1. Addiction and time management:** Many games are designed to be incredibly engaging, encouraging players to continue playing to achieve new levels or collect rewards. Without proper boundaries, this can lead to excessive screen time, interfering with school responsibilities, chores, and other essential daily tasks.
- 2. Impact on mental health:** Excessive gaming has been linked to heightened levels of stress, anxiety, and even depression, particularly when it becomes a primary coping mechanism for real-world challenges. Over time, this can affect self-esteem and emotional resilience.
- 3. Social isolation:** While many games offer online interactions, too much gaming can sometimes replace face-to-face friendships and family time. Children may choose gaming over in-person socialising, leading to feelings of loneliness.
- 4. Exposure to inappropriate content:** Numerous games feature violence, strong language, or mature themes. Even titles marketed for younger audiences can expose children to content that may not be suitable. Multiplayer games might also subject kids to negative behaviours from others, such as cyberbullying or inappropriate remarks.
- 5. Sleep disruption and health issues:** Gaming late into the night can disrupt sleep patterns, resulting in fatigue, poor focus, and irritability. Prolonged periods of sitting can also impact physical health, leading to issues like eye strain, headaches, and a lack of exercise.



### How to keep your child safe whilst gaming



### Twitch: How to make sure your children use it safely

Twitch is a popular live-streaming platform used by millions of children and young people, focused mainly on gaming but also featuring music, art, and talk shows. Here's what parents need to know:

- 1. Unfiltered content:** Twitch streams are live, meaning content can be unpredictable and occasionally inappropriate.
- 2. Live chat:** Viewers interact with streamers and other users in real-time, with some chats containing unkind or inappropriate content.
- 3. Community influence:** Children can connect with streamers and online communities, which can influence behaviour and perspectives.
- 4. High time commitment:** Streams can last for hours, making it easy for teens to spend excessive time on the platform.

### Ensuring children's safety on Twitch

- Activate parental controls and safe mode: Enable Twitch's 'Safe Mode' and parental controls to filter out mature content, reducing the risk of exposure to inappropriate streams or language.
- Monitor and establish time limits: Keep track of the channels your child follows and set limits on their Twitch usage to prevent excessive screen time. Open discussions about safe online behaviour and their viewing choices can promote responsible engagement.

# ONLINE SAFETY

## 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 practising 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.



The National College

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

## Whole School Values

As a school, our vision is 'Learning without Limits' and being guided by our school values.



This half term's focus value is ...

Tolerance and Respect





## Christmas Events



Event	Date
EY Christmas Nativity	Tuesday 17 <sup>th</sup> December
Year 1-6 Christmas Panto Behaviour Treat	Wednesday 18 <sup>th</sup> December AM
EYFS Christmas Party Behaviour Treat	Wednesday 18 <sup>th</sup> December PM
Singing around the Christmas tree – Lower School	Thursday 19 <sup>th</sup> December 9am
Singing around the Christmas tree – Upper School	Thursday 19 <sup>th</sup> December 2:15pm
Santa Visit	Thursday 19 <sup>th</sup> December
Christmas Party – non-uniform	Friday 20 <sup>th</sup> December
<b>School closes 1:10pm</b> <b>No Dean Field Den</b>	Friday 20 <sup>th</sup> December

Let's keep this  
going for all the people  
who are going through  
a tough time.

For anyone who needs some  
support right now. ❤️

CALM - 0800585858  
Mind - 03001233393  
No Panic - 08449674848  
Bereavement - 08088081677  
PAPYRUS - 08000684141  
Samaritans - 116 123  
SHOUT - 85258  
Abuse - 080820005000  
Refuge - 08082000247  
shout text 85258



## Reception trip to Heptonstall

Some of reception took a trip up to one of our trust schools to watch their Christmas performance this year. The children enjoyed listening to the Christmas story and meeting some new children. All the children behaved impeccably and Hepstonstall staff comment how polite our Dean Field children were. We are so proud of the way our children conduct themselves, well done reception. We are now in the festive mood and ready for our own amazing performance next week.



## Christmas Fayre

A big thank you to the PFA who helped organise the school Christmas Fayre. They began work for the Fayre back in September and have spent hours of their own time collecting donations for the raffle and tombola and organising stalls to make the event as special as it is. We really could not do it without them. A huge shout out to Chelsey, Daz, Beth and Hayley. If you are interested in getting involved with organising school fayre's please see Mrs Edwards at the school office.

The Christmas Fayre raised £1233 profit which will go towards subsidising school trips and paying for special events like the Theatre Company that are coming to school next week to show their Christmas panto to all the Children.



## Family Learning—Christmas Event

Some of our children and their parents and carers enjoyed the annual Christmas Family Learning event on Wednesday. They made a marvelous Elf Sleigh and spent some quality time together. Thank you to everyone involved!



The Elf has been busy this week setting learning challenges for the children! He has also given out lots of extra Smartbux to all of the classes and ABucks for those classes with the highest attendance!



## Christmas Jumper Day

On Thursday 12th, it was 'Christmas jumper day', all the children and adults wore their Christmas jumpers to school. This definitely got everyone in the Christmas spirit.





# Dean Field Nursery

**If you have applied for a September 2025 Reception place at Dean Field please speak to the office about our Nursery Provision. We have places available in Nursery that will improve your chances of a place in Reception. Please contact the school office on 01422 258258 to register.**

## What we offer



- ✦ Safe, secure & stimulating environment
- ✦ Fully equipped indoor and outdoor space
- ✦ Fun and sociable experiences
- ✦ Fully qualified, friendly and caring staff
- ✦ Up to date resources and equipment
- ✦ Nurturing transition to our school
- ✦ Hot meals available
- ✦ Free and daily fruit, milk and tooth brushing
- ✦ Whole school involvement to prepare for starting Reception with their class mates
- ✦ Trips and exciting opportunities including animal workshops



## When to apply

Apply when your child turns 2 years old. Children start nursery the term after they turn 3 years old.



## When will my child start Nursery?

- If your child turns 3 between 1 September and 31 December – **Term starting on or after 1 January**
- If your child turns 3 between 1 January and 31 March – **Term starting on or after 1 April**
- If your child turns 3 between 1 April and 31 August – **Term starting on or after 1 September**





# Starting School September 2025

## How to apply for a school place

Children born between 1 September 2020 and 31 August 2021 are due to start primary school in September 2025.

To apply for a school place you must **apply online by 15 January 2025** at **[www.calderdale.gov.uk/admissions](http://www.calderdale.gov.uk/admissions)**

For advice and guidance regarding the application process please contact 01422 392617, option 1, and a Customer First Advisor will be able to assist you.

If you would like a leaflet about applying for a primary school place please contact your preferred school and register your child's name. The leaflet will then be distributed by the primary school at the end of November 2024.

Information relating to Admission to Primary School 2025, including oversubscription criteria, is available at **[www.calderdale.gov.uk/admissions](http://www.calderdale.gov.uk/admissions)**

**The application process opens on 18 November 2024 and the close date is 15 January 2025**

Offers of school places will be made on 16 April 2025.

## School Lottery

So far we have raised a huge £3000 through the School Lottery. If you would like to support our school and help us raise funds to provide extra resources for the children, improve the school environment and organise extracurricular activities such as music, art and sport please sign up and be in with a chance of winning the super draw or £1000 cash!

Cash prizes are guaranteed weekly for one player locally plus money for school. You can also win up to £25,000!

Follow the link to sign up— <https://www.yourschoollottery.co.uk/play>.





# Christmas Trail

Join us this December at the Piece Hall for some festive fun!

Christmas Trail £3.50 (includes a prize bag)

Face painting £2.50

Bauble and badge making £1  
Free Christmas crafting in the Learning Studio

Weekends leading up to Christmas:

7th, 8th, 14th 15th, 21st and 22nd  
The Piece Hall, Blackledge, HX1 1RE

# Moorside Dental Practice

1 Forest Grove, Halifax. HX2 8AU

**NHS**





**NOW WELCOMING CHILDREN (aged 0-17)  
TO REGISTER For FREE NHS Dental Care.**

**Call us on (01422) 229616  
to arrange an appointment.**

Limited spaces available. Moorside Dental Practice reserves the right to withdraw this offer when capacity is reached.

## Week commencing Monday 16th December

 <b>School Meals Menu - Week 3</b> 					
3	Monday	Tuesday	Wednesday	Thursday	Friday
Hot Meal Option	Chicken Nuggets 5	Sausage 5	Fish Fingers 2, 5	Homemade Chicken Pie 5, 10, 12 Chicken Sausages 5	Pizza 5, 10
	Vegetable Pasta Bake 5, 10	Quorn Nuggets 5	Homemade Vegetable Curry Rice	Vegan Rolls 4, 5	Homemade Creamy Broccoli Pasta 5, 10
Vegetables	Ziggy Fries Beans Sweetcorn	Mashed Potato 8, 10 Spaghetti 5 Mixed Veg	Potato Puffs Sweetcorn Broccoli	Roast Potatoes Carrots Cauliflower	Potato Cubes 5 Beans Peas
Served Daily	Jacket Potatoes with various fillings Salad Bar Selection of Sandwiches Allergies for the daily items available on request				
Dessert	Sweet Waffles 4, 5, 10, 12	Treacle Sponge 5, 10, 12 Custard 10	Parkin 5, 10, 12	Chocolate Sponge 5, 10, 12 Custard 10	Assorted Fresh Baking 5, 10, 12
	Chocolate Swirls 10	Assorted Biscuits 5, 10, 12	Cheesecake 5, 10	Jelly	Vanilla Ice Cream 10



**PROJECT**  
COMMUNITIES CIC

# WINTER HAF Camp

## Forest Cottage Community Centre

**Thursday 2nd January -  
Friday 3rd January 2025**

**10.00AM UNTIL 2.00PM**

**Multi-sports including football, cricket, dodgeball, archery and many more!**

Free to children who are eligible for benefit-related free school meals

**Ages 5 - 11**

**Cousin Ln, Halifax HX2 8AD**

Hot meal provided for all that attend

Scan QR or visit <https://healthyholidays.calderdale.gov.uk>






## DIARY DATES

DATE	EVENT
Tuesday 17th December	EYFS Christmas Performance
Wednesday 18th December	Nursery Stay + Play—January Starters
Wednesday 18th December	Christmas Behaviour Treats
Thursday 19th December	Singing around the Christmas Tree
Friday 20th December	Christmas Party—Non-Uniform Day
Friday 20th December	School finishes at 1:10pm for ALL

**REMINDER:** All school fees, dinner money, extended provision and Nursery fees need to be paid in advance. We do not offer any credit and there are no exceptions. Please pay fees on time.

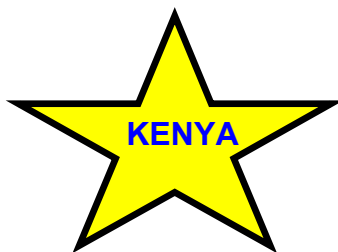
**REMINDER:** We are a nut free school and we would appreciate that any lunchboxes do not include nut products to protect the children in school with nut allergies.



**REMINDER:** If your child has asthma please ensure they have an inhaler in school and you have filled out a medical form at the school office. Thank you.



## Accelerated Reader – Reading Achievements this week



Australia	85%
Poland	72%
Kenya	87%
Brazil	77%
Ireland	80%

You could help increase your class percentage by doing some extra reading on myON! There are thousands of books for you to choose from! If you need a reminder of your login details, please speak to your teacher. Visit <https://www.myon.co.uk/login/> to start reading!

### This Weeks Attendance

Group	% Attendance
Mexico	88.3%
China	87.6%
Australia	98.7%
Poland	93%
Kenya	90.4%
Brazil	85.6%
Ireland	94.1%
Total	91%

Congratulations to Australia class who had the highest attendance in the school this week. Well done to Ireland class for coming second. I am seriously concerned of classes who are below 96%. Meetings with parents of children who are of concern will occur.

If your child is absent from school please contact the school office on 01422 258258 before 9.00am.

It is important we are aware of the reason for your child/children's absence. It becomes a safeguarding concern if parents do not inform school when their child/children are absent. Please contact the school office on the first day of absence before 9am stating reasons for any absence. This will avoid absences being recorded as unauthorised.

If you have any concerns or questions surrounding your child/children's attendance please do not hesitate to contact me.

Many thanks,  
Loraine Stansfield, Pastoral Manager



# CELEBRATION ASSEMBLY

Mexico Reception	Ayvah-May K	For AMAZING independent name writing.
	Elsie B	For getting straight back into her learning after having some time off.
China Year 1	Autumn S	For fantastic progress in maths! Amazing understanding of teen numbers using '10 and a bit' theory.
	Evie E	For becoming more independent in all lessons and always smiling.
Australia Year 2	Megan S	For some impressive drawing and mono-printing in art this week.
	Bella W	For engaging so well with Mr. Winston's poetry session.
Poland Year 3	Reggie A	For your improved behaviour and attitude to learning.
	Annabelle H	For being an all-round superstar!
Kenya Year 4	Emma L	For amazing predictions in our English sessions.
	Elliot R	For English and maths participation and excellent behaviour.
Brazil Year 5	Freya B	For always engaging in all lessons.
	Kodey N	For putting 100% effort in ALL lessons.
Ireland Year 6	Scarlette W	For excellent engagement in science this half term.
	Kyia R	For excellent reading on Reading Plus.