



## The Grange School, Daventry



Reading is the foundation on which we base all learning in school. We believe in the vital importance of teaching children to read; as well as they can - as soon as they can! As Dr Seuss told us, reading is a key way in which we learn. We know that reading is vital to learning and therefore, that learning to read is vital to every child. We place a huge emphasis on this in the Early Years, which continues as required throughout the school. Equally as important, is that we help our children to read for pleasure - to lose themselves in books and magical worlds; to meet characters, solve problems and try new ventures. This week's newsletter is filled with advice to help you to support your child on their reading journey.

Vicki

The more that you read,  
the more things you will know.  
The more that you learn,  
the more places you'll go.  
- Dr. Seuss



DREAM

BELIEVE

ACHIEVE

### Summer Show

Unfortunately due to restrictions, we have been unable to proceed with the Summer show for 2022. However, we will be back, bigger and better for Summer 2023!

Thursday 29th June **2023** -  
**SUMMER SHOW** - Keep your  
eyes peeled for more  
information.

### Depression, anxiety and mental health

If you're worried a child may be struggling with their mental health or has anxiety about COVID, we've got advice to help you support them.



<https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>

### Goodbye Mrs Gee

After 32 years at the school, our School Business Manager, Ange Gee is about to embark on her second career. Ange's final day with us will be Friday 25th February 2022. Ange has been an integral part of our community since the days when we were two separate schools. Ange has spent her professional life as part of our school and her role has been varied, changing as schools have changed over the years. We will all miss her enormously, but wish her every success and happiness in her new role. Please feel free to pop into the main office to wish her well.

## Meet the Governor

**Mrs Estelle Calow** (Whittaker for linkedin)

Estelle is our Vice Chair of Governors.

A credible and dynamic leader of multi-disciplinary and multi-country teams; offering a unique passion and a drive to succeed, always encouraging others to celebrate the success of their achievements.

Estelle is highly accomplished and widely respected with extensive international experience leading large-scale transformation change for organisations such as HSBC, Barclays and Deutsche Bank.

She is renowned for championing the customer and colleague side of change, with a strong belief this will drive the desired commercial outcome. These valuable skills were developed and proven during her time at Virgin Money, Lloyds Banking Group and the Prudential.



### 'Random Reading' Competition

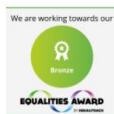
As part of our 'World Book Day' celebrations, we would like the children to send in photos of them reading in random places. **Please upload your photos to Clasdojo by Thursday 3rd March.** We will choose a winner from each year group and they will receive a book related prize.



# RED NOSE DAY IS BACK ON FRIDAY 18 MARCH

## Stay posted for more Information

## Dream Believe Achieve



# BIKEABILITY - Week Commencing 28th February 2022

If your child has signed up to take part in the above event, please note the details below:

## Bikeability Checklist

Please check your child's bike before the start of the course. If the bicycle is not roadworthy, pupils won't be able to participate in the course. Due to Covid-19 our instructors can't make big adjustments and pupils can't borrow another child's bicycle. Faults are often easily fixed but occasionally a new part from a bike shop is required so please check your child's bike well in advance.

### Bicycle Checklist

Please tick off the bicycle, helmet and clothing checks below:

**1. MECHANICAL CONDITION:**  
Are the saddle, handlebars and wheel fixed on tight?

☐

**2. FRAME & SEAT POST:**  
Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle?

☐

**3. BRAKES:**  
Does the bike have a working front and rear brake capable of stopping the bike?

Can your child comfortably reach and operate the brake levers?

☐

**4. TYRES:**  
Are both tyres inflated to the required tyre pressure stamped on the side of the tyre?

☐

**5. CHAIN:**  
Have you cleaned and oiled the chain?

☐

**6. GEARS:**  
If present, do the gears change smoothly without any delays?

☐

Did you know? Many local bike shops offer free bike checks for Bikeability participants.



For advice and videos on checking bicycles, helmets, and clothing before a course, please visit our website: [www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)

**Outspoken!**  
Training

### Helmet Checklist



- ☐ 1. Does the helmet conform to BS EN 1078:1997 or equivalent (check sticker inside the helmet)?
- ☐ 2. Does the helmet sit comfortably on the top of your child's head?
- ☐ 3. Is the peak of the helmet sitting about two finger widths from your child's eyebrows?
- ☐ 4. Do the side adjusters sit just below your child's ears forming a nice V on either side of their head?
- ☐ 5. When done up, does the chin strap allow for two fingers to fit between the buckle and your child's chin?

### Clothing Checklist

PLEASE ENSURE YOUR CHILD HAS A WAY OF CARRYING WATER BOTTLES, MEDICATION, ETC SUCH AS A BACKPACK.  
If your child has their own Hi-Viz, please send this to school with them so they can wear this for training.

Please ensure that your child will be dressed appropriately for the weather conditions each day:

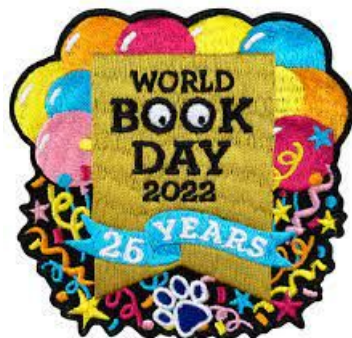
- 1. **WINTER:** Gloves, a coat and extra warm clothes to wear during the training.
- 2. **SUMMER:** Sun cream and a water bottle.

## WORLD BOOK DAY 2022

Thursday 3rd March

**DRESS AS YOUR FAVOURITE  
BOOK CHARACTER**

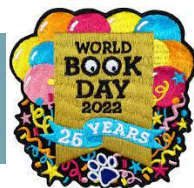
**No donations required**



**Dream Believe Achieve**

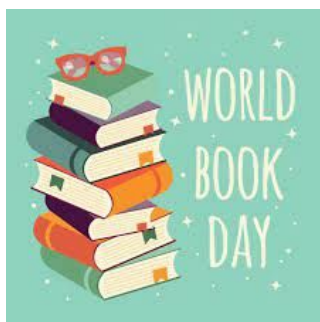


# World Book Day



Next week, we are celebrating World Book Day by having a 'Book Week'. The table below outlines some of the book related activities the children will take part in.

When?	What?
Ongoing throughout the week	<b>'Random Reading' Competition</b> As part of our 'World Book Day' celebrations, we would like the children to send in photos of them reading in random places. <b>Please upload your photos to Classdojo by Thursday 3rd March.</b> We will choose a winner from each year group and they will receive a book related prize.
Monday	<b>Whole School Storytime</b> The children will choose a story they would like to listen to, from a selection, and will then go to that teacher/location to listen to it.
Tuesday	<b>Performance Poetry</b> All classes will learn and perform a poem. This performance will be recorded and shared during Wednesday's assembly slot.
Wednesday	<b>Performance Poetry Assembly</b>
	<b>Pupil 'Book Swap'</b> More information to follow
Thursday	<b>Dress Up Day</b> Staff/pupils to dress up as their favourite book character
Friday	<b>Reading Buddies</b> Classes 'buddy up' with another class to take part in shared reading.





# SPOTLIGHT ON SPECIAL NEEDS



This leaflet sets out the plans for this new post diagnostic support service. En-Fold will be linking up with all organisations in the Autism field to enable effective signposting and system navigation for Autistic individuals and parents/carers. Providing a short-term intervention but equipping individuals and families for the rest of their autism journey.

We are a new charity, with limited funding, so are starting out with a pilot project. We are hopeful that in time we will secure the resources to expand across Northamptonshire.

**Diane Johnson** – [diane@enfold.org.uk](mailto:diane@enfold.org.uk)  
**07845905766**



*'The welcome arms for those seeking information, training and support around Autism'*

Charity number – 1180998

**Diane Johnson** – [diane@enfold.org.uk](mailto:diane@enfold.org.uk)

**07845905766**



*'The welcome arms for those seeking information, training and support around Autism'*

## Post Diagnostic Support Service

Charity number – 118099

- Recently diagnosed with ASD?
- Not sure what to do next?
- Looking for some support?

**Then contact us about our post diagnostic support service...**

### What are our aims?

We recognise that going through the diagnostic pathway as an adult is a long and difficult process with questions as well as answers



Parents and carers of children and young people get lost in the diagnostic system and are often confused and isolated after the process has ended.

We want to ensure that all children, via support to their parents, are able to access the best services, information and support for them. We also want to ensure all



information and support.

We will act as system navigators to ensure

better support, better communication, and most importantly connect individuals and families to the right support for them. All people deserve an equal chance to flourish.

### What will the pilot post diagnostic service look like?

4-6 weeks of support, in the home as adjustment to the autism diagnosis occurs. An excellent understanding of the emotional journey and empathetic listening skills to be used alongside offering practical support and signposting individually tailored to the family's needs. Afterwards, the option of taking part in our mentoring and befriending service is available with trained volunteers supporting the individual or parent/carers of a child for a further 3 months.



### Summary of support programme:

**Week 1** – What is Autism? What might this mean for me/my child and family?

Assessment of individual support and information the family may need.

**Week 2** – Information sharing on agencies, support groups, services etc, specific and tailored to the individual/family. Related disability benefits and form filling support

**Week 3** – Understanding behaviour and meltdowns including sensory needs within ASD and overview of strategies to support.

**Week 4** – Education and understanding the system. Support form filling referrals to specific organisations if some longer-term support is required.

An individualised written summary of support and organisations signposted to will be provided.



NPFG January Newsletter 2022 - [mailchi.mp/324e0cbf2c2c/p...](mailto:mailchi.mp/324e0cbf2c2c/p...)  
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## Parent Participation in Northamptonshire

Northants Parent Forum Group (NPFG) is an independent parent-led group formed and run by volunteers to represent the views of all families of children and young people up to aged 25 with special education needs and/or disabilities (SEND) in West and North Northamptonshire.

We work in partnership with service commissioners and providers, sharing knowledge and experience of families to help plan and develop the quality, range and accessibility of provision, creating better outcomes for families through participation and co-production.

**need advice or support?**



# Learning To Read, Reading To Learn and The Importance Of Reading For Pleasure

## The Importance Of Teaching Joyful Reading

A Podcast For Parents

THE  
PARENT  
HOOD



**It's never too early to start!**

Here are some more tips to help you enjoy storytime with older children:

Ask your child to choose what they'd like to read. They'll feel more interested in the story if they've picked it out themselves. (And don't worry if they keep returning to the same story, either!)

If you can, turn off the TV, radio and computer. It's easier for both of you to enjoy the story without any other distractions.

Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.

Take a look at the pictures. You don't just have to read the words on the page.

Ask questions and talk about the book.

Have fun!

Talk to your bump.

Give black and white books a go when they're little.

Ask your health visitor or library about where you can pick up your free Bookstart Baby pack. Join your local library.

Get other family members involved.



[Reading With Your 0-12 Months Child](#)

[Reading With Your 3 - 4 Year Old Child](#)

## Reading With Your 4 - 6 Year Old Child



## A Guide To Reading With Hearing Impaired Children

## A Guide To Reading With Visually Impaired Children





**BookTrust**  
Getting children reading



**Peppa Pig**

# Bath, Book, Bed:

Simple steps to a better night's sleep



From  
**BookTrust**  
featuring  
**Daddy Pig**



[booktrust.org.uk](http://booktrust.org.uk)

From  
**BookTrust**  
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# Welcome

**to Bath, Book, Bed:**  
Three steps to a great night's sleep

**■** [Download the full report](#)

Every family is preoccupied with sleep – getting babies and young children to settle after a long busy day can sometimes be a challenge, and sleep deprivation isn't good for anyone. Children who are well rested will be happier and healthier – and parents and carers will be, too! It can sometimes feel an uphill struggle to get babies and young children to sleep well at night. But did you know that **Bath, Book, Bed** is a tried and trusted way of ensuring that your little ones establish a great sleep routine?

Our **Bath, Book, Bed** campaign adopts three easy steps to a good night's sleep!



## Routine

Bath, Book, Bed is a very simple, gentle routine to help children wind down at the end of the day.

Having the same bedtime routine each evening helps children and babies to understand that it's time to wind down, time to relax. None of us like to go to bed wired and excited and children are no different.

A simple **Bath, Book, Bed** routine every night will let your baby or toddler know that it will soon be time for bed and that it's time to put the toys and games away, and cuddle up for a story, helping their brains unwind and letting their imagination soar before bedtime.

It's time for Bath, Book, Bed.



 Routines are great fun.

Every night I tell  
Peppa and George  
when it's time for bed  
and they never stay  
up late, playing in  
their room.

Well... almost never. 





## Bath

Bath time is always fun with babies and children, it's a great start to a relaxing bedtime routine.

Bath time should be lovely and relaxing. Children love to play in the bath – whether that's in an adult bath, a specially designed bath for babies, or even the kitchen sink! Make sure their necks and bodies are supported (you can hold them, or use a baby bath support – but don't take your eyes off them for even a second!). Water should be room temperature, and you don't need any bubble bath – if you do use something, make sure it's suitable for sensitive baby skin.

Babies and toddlers love to kick and splash in the bath and it can be a great time to talk about their day or simply to enjoy the moment. Keep a nice warm towel handy so that there's no shock on getting out – you want your baby or child snugly and warm and ready for bed. But make time for brushing teeth!



Peppa and George love jumping up and down in muddy puddles.

Who doesn't?

But the tiny little problem with jumping up and down in puddles is that you can get a bit muddy. But that's no problem as that's what baths were invented for! Bath time is a time for snorts and giggles and bubbles and splashes. And we don't always flood the bathroom...



## Book

Sharing a story with your child is one of the most incredible things you can do for them. Children love stories, and sharing a book with them helps build their imagination, their vocabulary and even their confidence. Books teach them so much about the world around them – the pictures encourage them to spot details and differences, and stories help them develop knowledge, empathy and so much more. It's also precious time together that creates memories and a great bond.

There's no 'right' way to read a book – some children like to read the same page over and over; others can't wait to turn the pages. Some will like to look at the pictures first, others will want you to read the words in silly voices. What's important is that you do it your way and that you enjoy it – so choose a book you both like, cuddle up and start your adventure.

The BookTrust website has lots of recommendations by age and type of book. Very young babies love black and white books that they can see really clearly and all babies like to see pictures of other babies. There are hard books, soft fabric books, even books that float in the bath. Flap books are very popular as children get a bit bigger, and you can also find books featuring children's favourite TV and film characters.

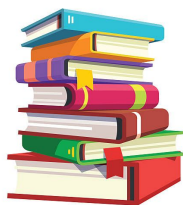
Don't be scared to act the book out – babies and children love to hear your voice, and you never know, you might have a laugh too, or even discover a hidden talent!



My favourite thing in the whole world is reading Peppa and George their bedtime story.

Peppa likes stories about princesses and pirates. George likes any story – as long as it's about a dinosaur.

I think Peppa and George really like my books about concrete too, but I'm not sure because they always fall asleep before I can ask them...





## Bed

And now it's time for bed. The great thing about a routine is that your child will know that bedtime is the next step – make it easier by creating a really peaceful environment, with toys tidied away. A dimmer switch or bedside lamp can be a great investment, creating a cosy bedtime atmosphere. Once the story is finished, make sure the lighting is low, check that last toilet trips/nappy changes are taken care of. Then it's time for cuddles and bedtime kisses – don't forget teddy!

A nightlight is a must for some children – if your child doesn't like the dark, try and use a special night light if you can, as they have amber tones that don't interfere with children's natural rhythms.

Talking is a lovely and important part of the bedtime routine, but once it's really time for bed, keep answers short and factual – children are great at delaying the inevitable final 'good night'. Make sure they feel really secure and comfortable, then let them know that it's time for sleep.

Children might well get themselves out of bed – if they do, calmly tuck them back in bed again.



‘The trick here is for me not to fall asleep before Peppa and George.

Once they start yawning I just can't stop yawning too.

And then Mummy Pig starts to yawn. Before you know it, we are all fast asleep and snoring wonderfully loudly.’



Peppa Pig © 2003 BBC Children's Books

## Your questions answered

**Routines are great for all children, but all families are different so it's important to find a routine that works for you. Here we answer common questions from parents...**

**For more tips and advice, ask your health visitor and visit [booktrust.org.uk/bathbookbed](http://booktrust.org.uk/bathbookbed)**

### ● **My child prefers playing on my phone before bed. Can I substitute my tablet for a book?**

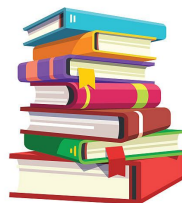
Phones and tablets have all sorts of fun activities that children love – from videos and games to reading apps. At bedtime, though, we recommend real books – screens can interfere with melatonin production (the sleep hormone) whereas books are great at lulling children to sleep. Books also encourage sharing and cuddling, which is a lovely way to relax your child before bed.

### ● **My toddler keeps getting up at night – how do I get them to stay put?**

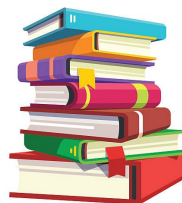
Children often wake up at night – as do adults. The trick is teaching them to roll over and go back to sleep! Make sure they've been to the toilet/had a nappy change if required, then calmly and gently get them back to bed, reassure them with a quick kiss, then leave them to go back to sleep with a minimum of fuss. Eventually they'll realise that they're better off settling themselves back to sleep.

### ● **How do I find a good book to read with my toddler?**

There are so many great picture books for toddlers – from classics to new. Bookshops and libraries are great places to find a great book, and the BookTrust website has new recommendations every day. Find something you both love reading, and don't worry about reading the same book over and over again – repetition is really reassuring to children and they'll soon view the book as a trusted friend.



**BookTrust**  
Getting children reading





## What Parents Need to Know about Wink

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on each other's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

In the guide, you'll find tips on a number of potential risks such as grooming, cyberbullying and inappropriate content.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# WINK

AGE RATING

13+

### WHAT ARE THE RISKS?

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

### POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

### ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

### INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

### CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

### EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

## Advice for Parents & Carers

### DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

### OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

### BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

### DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

### BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

### BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

### 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.



National  
Online  
Safety®

#WakeUpWednesday

Source: <https://www.gov.uk/guidance/wink>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@atnlinesafety



/NationalOnlineSafety



@nationalonlinesafety