



**CHESSWOOD  
JUNIOR SCHOOL**

**Weekly Communication  
Edition 20  
Friday 9th February 2018**

**Upcoming key dates for the diary (please see diary for extensive list):**

Half Term week: Monday 12<sup>th</sup> February – Friday 16<sup>th</sup> February

Tuesday 20<sup>th</sup> February – Year 6 Spanish Day

Tuesday 20<sup>th</sup> & Thursday 22<sup>nd</sup> February – Parents evening via appointment

Thursday 22<sup>nd</sup> & Friday 23<sup>rd</sup> February – Year 6 trip to Michelham Priory

1. **Parent Information Hub – All – Information**
2. **Safer Internet – All – Information**
3. **Updating details – all – information**
4. **Sport News – All – Information**
5. **External Events – all - information**

## 1. Parent Information Hub – All – Information

The West Sussex Safeguarding children's board seek to provide parents with essential links to information, advice, guidance and support on some of the safeguarding challenges facing children, young people and their parents today. By following the link provided you can access information in a wide range of areas that can affect children directly and indirectly including:

Alcohol and Drinking

Smoking

Healthy Relationships

Child Sexual Exploitation

Safe Sleeping

E- Safety

And many more....

<http://www.westsussexscb.org.uk/parents-carers-2/>

West Sussex Safeguarding Children Board  
Call: 0330 222 7799  
Email: [lscb@westsussex.gov.uk](mailto:lscb@westsussex.gov.uk)

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Home » Parents & Carers

**Parents & Carers**  
Welcome to the WSSCB parent and carer pages  
Here you will find links to information, advice, guidance and support on some of the safeguarding challenges facing children, young people and their parents today.

**Getting help early**  
Children of any age can experience problems at times, and parents or carers can't always meet their needs by themselves. When children do require some extra support it's always best to put help in place as soon as it is needed, before things worsen.

Throughout your child's life there are people around who you can go to for advice, guidance and support, for example:

- Midwives
- Health Visitors
- GPs
- Children Centre workers
- Nursery workers
- Teachers
- Other workers you might be in contact with such as Youth Workers, PSCOs or Housing Officers

For more information on getting help for your child or family find out more about your local [Family Support Hub](#)

If you are worried about the safety of a child, family or adult, see our [Worried about someone pages](#)

**NEW UPDATE:**  
Find out more about [Nappy Sack Safety here](#) – [Nappy Sack Safety](#)

Alcohol and Drinking Drugs and Legal Highs Smoking Healthy Relationships

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## 2. Safer Internet – All – Information

As the children set off for a deserved break during half term, they may find themselves having more free time to spend at home playing games online.

During Safer Internet Day on Tuesday, children learnt and discussed areas of online gaming, and how to report unpleasant behaviour. Another issue of concern amongst school age children is that of online gaming addiction, where children can become addicted to playing games, losing interest in other hobbies, and affecting their concentration at school.

If you have any concerns, or would like to find out more about online game addiction, please see the following website for advice and what to look out for:

<https://www.internetmatters.org/hub/news-blogs/child-addicted-online-gaming/>

### Online Gaming Addiction: What to look out for

#### Preoccupation

A video game addiction can be harmful if your child is unable or unwilling to participate in any interests or extracurricular activities other than gaming. The On-Line Gamers Anonymous website notes that it may be a sign of an addiction if your child is constantly thinking about his next video game session, devising ways to get back to the game, abandoning former hobbies that don't relate to video games or declining social events with personal interaction because he's spending time discussing video games on the Internet.

#### Health Problems

If your child spends most, if not all, of their free time playing video games and skips meals or loses sleep because of excessive game play, a video game addiction can negatively impact their health. Children who spend more than two hours a day in front of a television or video games in lieu of participating in physical activity may also suffer from childhood obesity. In addition, the University of Texas at Dallas notes that the addiction can lead to such medical issues as backaches, headaches, eyestrain and carpal tunnel syndrome--pain and numbness that your child may feel in his wrists, hands, shoulders and elbows.

#### Suffering Relationships

Relationships with friends and family members may suffer if your child is spending more time gaming than they do talking to or going out with loved ones and friends. The On-Line Gamers Anonymous website notes that gaming may be negatively affecting your child's life if they only want to talk about video games, lie to cover up the amount of time they spends playing, and arguing with parents over excessive gaming.

#### Increased Aggression

Video games that feature violent actions and scenarios may lead addicted players to becoming desensitized to the violence. Richard Gallagher, director of the NYU Child Study Center's Parenting Institute, states that players who become engrossed in first-person shooter-style video games, for example, may adopt a detached view of society or develop aggressive thoughts and tendencies.

#### Poor Performance

Long hours playing video games can negatively affect your child's performance in school if they are preoccupied with video games. Children can fail to work at his optimum level because they are exhausted from a late night of video game playing. If your child devotes more than one or two hours a day to television or video games, they may have trouble falling asleep, have problems paying attention and have lower test scores than other children who do not spend as much time in front of a television or video game console.

## Online safety: useful information for children, parents and staff

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### UK Safer Internet Centre

Tips, advice and resources to help children have a safe and positive time online.

[www.saferinternet.org.uk/](http://www.saferinternet.org.uk/)

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### The Breck Foundation

Training for parents, pupils and teachers.

[www.breckfoundation.org/](http://www.breckfoundation.org/)

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### NSPCC Share Aware

Resources for parents and teachers.

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/teaching-resources/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/share-aware/teaching-resources/)

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### Net Aware

Up to date guidance on social media sites and apps.

[www.net-aware.org.uk/](http://www.net-aware.org.uk/)

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### Childline

Information and advice service for children and young people.

[www.childline.org.uk/](http://www.childline.org.uk/)

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### CEOP (Child exploitation and online protection command)

Reporting and recording concerns.

[www.ceop.police.uk/safety-centre/](http://www.ceop.police.uk/safety-centre/)

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## 3. Updating details – all – information

If you update your mobile phone, house phone or move address please do not forget to inform the school office. You can do this via email: [office@chesswood.w-sussex.sch.uk](mailto:office@chesswood.w-sussex.sch.uk). This is very important in case we need to contact you in the event of an emergency.

## 4. Sport News – All – Information



Congratulations to our Y3/4 swimming gala squad - joint winners of the Worthing schools swimming Gala. Team squad names Myla, Eve, Sophie, Maryam, Seb, Luca, Callum and Jonah.

In the Upper school Gala Alex won his 50m freestyle in convincing style. Team: Alex B, Shanghan-Jay, Oliver B, Oscar S. Maddie, Elsie, Evie and Lily T.

## 5. External Events – all - information



Feeding the children a hot and healthy meal during the school holidays can cause extra pressure for some families, especially if they normally receive free school meals.

**Would you like a free meal during the holidays?**  
There will also be lots of games and activities to join in with.

**COME AND JOIN US...**

**WHERE?** Springfield Infant School, Sackville Road

**WHEN?** Tuesday 13 February 2018

**TIME?** 11.30am – 1.15pm

**WHO?** MakeLunch:Worthing is open to children of low income families (and their families if they would like to join us too) who would appreciate a free hot and healthy meal. Please note that regretfully we cannot accommodate childminders.



For more information contact [makelunchworthing@gmail.com](mailto:makelunchworthing@gmail.com) or visit our facebook page Make Lunch Worthing

**FAIRTRADE FORTNIGHT 2018**  
**26 FEBRUARY – 11 MARCH**



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Celebrate Fairtrade Fortnight with Chartwells

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The lucky winner will receive a family ticket to Tulleys Farm

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