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Weekly Communication Roundup 21st January 2022

**Class Photos – Friday 4th
February**

**Half-term – starts Monday 21st
February**

**Year 6 Michelham Priory Trip –
Tuesday 8th March & Thursday
11th March**

**Inset Day – Wednesday 9th
March**

1. Latest Correspondence – All – Information

Keeping up to speed	
We are very aware both professionally and personally how hard it is to keep up with communications from school and from everywhere else for that matter. And, nobody has the time to search for letters they think they might have missed and are experiencing understandable parent anxiety of the consequences of missing important communications. We hope the very clear links and organisation below will ensure you are able to find any school communication quickly and easily.	
You may find the current and all previous newsletters for this academic year for reference on our website	Chesswood Junior School - Latest Correspondence
Newsletter from previous academic years may be found at	Chesswood Junior School - Previous Academic Year Newsletters
You may find all current term correspondence for the whole school	Chesswood Junior School - Current Academic Year Correspondence
Current and previous correspondence for specific year groups	
Year 3	Chesswood Junior School - Year 3
Year 4	Chesswood Junior School - Year 4
Year 5	Chesswood Junior School - Year 5
Year 6	Chesswood Junior School - Year 6

2. Weekly Attendance – All – Information

Bright Sparks – Turn up, Turn up on Time, Turn up Ready for Action!

The following classes have won the year group attendance trophies for Week beginning 17th January. Well done!!

Year 3	Year 4	Year 5	Year 6
3HG 89.6%	4CR 88.7%	5CL 87.4%	6OP 89.4%

3. Non-prescribed Medication Consent – All - Information

In accordance with legislation regarding the giving of non-prescribed medicine to children, schools are now able to hold a small stock of standard paracetamol and anti-histamine on site to use if a child needs it for pain or allergy relief. These medications will only be administered under limited circumstances (if they develop a headache, mild allergic reaction or any other type of mild to moderate pain whilst in school). Obviously, if your child is very unwell, we will contact you to collect them. Should you wish your child to have paracetamol and anti-histamine administered during the school day, please complete the online Parental Agreement form – short term, non-prescribed ‘ad-hoc’ medication, which can be found by clicking on the link [HERE](#) or visiting the school website. [HOME > PASTORAL > MEDICAL INTERVENTION > AD HOC MEDICAL CONSENT](#)

4. Spring Term Clubs – All – Reminder

A reminder that extracurricular clubs and interventions have now started on Monday 17th January. Please ensure you have paid the club fees by this date, either through SchoolsBuddy or through the external companies.

5. Sports News – All – Information

Y3/4 Girls Football



This was the second tournament for the lower school girls football team. The team faced 4 matches against 2 Orchards team and one each from Thomas A Becket and Goring.

All the matches were very close; the first was a goalless draw with Goring, then a 1-1 draw with Thomas A Becket with Emma (EC2) scoring the goal. Up next was the first of the Orchards team, it was a competitive match but we lost 1-0 then the other Orchards team was another 0-0 draw but we were unfortunate not to come away with a win as the Orchards team defended and block many shots at goal. The team finished joint 3rd which was an

improvement on their last outing. This was Lacey's first time representing the school and she did amazingly well.

Team: Lydia, Sophia, Scarlett, Lacey, Emma, Ruby and Poppy.

If your daughter is interested in playing or trying out football there are still places available on a Monday afternoon at the club, email Mr Quick if your daughter is interested.

Upcoming Events:

Tuesday 25th Jan – Y5/6 Football Festival with TAB

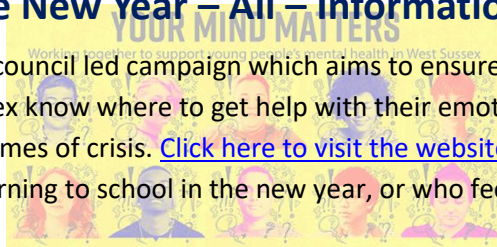
Wednesday 26th – Y3/4 Boys Football Event

Friday 28th – Area Cross Country Finals

Mr Quick is still looking for Year 5 or 6 pupils to join the Dodgeball Club on Monday mornings in the Gym. Please contact Mr Quick via email if your child would like a place.

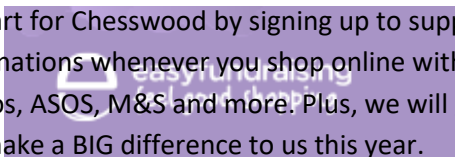
6. Support During the New Year – All – Information

[Your Mind Matters](#) is a county council led campaign which aims to ensure young people, parents and professionals across West Sussex know where to get help with their emotional wellbeing and mental health, both in general and in times of crisis. [Click here to visit the website](#), which has resources to help children who may struggle returning to school in the new year, or who feel uncertain about the year ahead.



7. Fundraising – All – Information

Help us get 2022 off to a great start for Chesswood by signing up to support us for FREE on [Easyfundraising](#). You can raise donations whenever you shop online with over 6,000 retailers including John Lewis & Partners, eBay, Argos, ASOS, M&S and more. Plus, we will get a bonus £5 donation when you do! Sign up today - this will make a BIG difference to us this year.



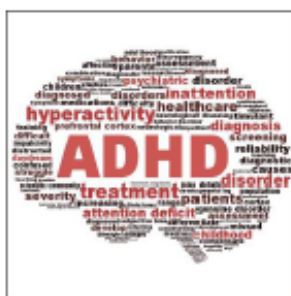
8. Supporting a Child with Anxiety Leaflet

Please click the link [HERE](#) to be directed to the school website for more detailed information for parents.

Alternatively, please follow the link to the website here:

HOME > PASTORAL > CHILD AND FAMILY SUPPORT > MANAGING ANXIETY

9. Find Out More About ADHD – All – Information



*Are you interested in finding
out more about **ADHD/ADD**?*



Do you wonder if your child may have some ADHD or ADD traits?

If so, [sign up to this one-off opportunity](#) to come and find out more:

Thursday January 27th 2022 from 2.30 – 3.15

We are aware that many parents have expressed concern about possible ADHD/ADD and Vicki Lader, an advisory teacher from LBAT (Learning Behaviour Advisory Team), has offered a **one-off** Question and Answer session for parents who have concerns around ADHD.

We are lucky to have this opportunity, as this is not normally able to be on offer from LBAT. This is in response to the large numbers of parents currently expressing concern in this area.

The session will include:

- a brief summary of how ADHD can present itself;
- an explanation of the diagnostic pathway for those that it could be applicable for;
- a discussion in response to **questions sent in prior to the 27th**. This discussion will be anonymous, and no individual child discussed, as it is a group session and we will respect your confidentiality. Many of your concerns and questions are likely to be similar and we can discuss strategies that can be used at school to support children with difficulties with their focus and impulsivity and also how home can support these strategies.

This is an event, open to any parent with questions, regardless of their child's level of need – you may just have a few concerns around level of focus and some impulsive behaviours, or you may already be on the diagnostic pathway.

*If you would like to attend, you **must** book stating:*

- your name,
- your child's name and class,
- any questions or issues you'd like addressed.

Please do this either by:

- calling Reception to confirm attendance and questions to be raised **OR**
- send email confirmation to vradcliffe@chesswood.w-sussex.sch.uk

Attendance is only through prior booking. We are looking forward to seeing you.

Ness Radcliffe (SENCo)

10. Online Safety – All – Information

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 that we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about REPLIKA

Replika is an artificial intelligence (AI) chatbot companion that its developers claim users can form an actual emotional connection with. Once users have created an account and chosen a 3D avatar, they select the type of relationship they want with the chatbot: friend, mentor or romantic partner. Using a neural network to hold an ongoing one-on-one conversation, Replika gradually becomes more like the user as it gathers data from their responses. It isn't the only AI chatbot app available, but Replika pushes the boundaries of the concept to offer a highly realistic conversational experience.

AGE RATING
UK & EUROPE: RATED 'MATURE'
17+

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

As its age rating suggests, Replika includes content that isn't suitable for children, such as flirtatious messaging and sexual role-play. While the developer has recently updated the app to ensure this can only be accessed by adults who select 'romantic relationship', there are numerous accounts online of sexual content being seen by younger users of the app.

18
CENSORED

NO SELF-AWARENESS

Replika is designed to seem very human, but it's important to remember that it's still an AI-powered chatbot that has no self-awareness. This means (as numerous users have highlighted online) that the chatbot sometimes fails to filter out inappropriate content: one user reports, for example, that Replika shared upsetting videos of vicious dogs.

NOT MEDICALLY CERTIFIED

Replika claims to be able to improve users' emotional wellbeing by easing feelings of anxiety and loneliness. However, its disclaimer states "we are not a healthcare or medical device provider ... nor should our services be considered medical care, mental health services or other professional help services." There is no guarantee that Replika can help with mental health issues – it could, in fact, have the opposite effect.

POTENTIAL ADDICTION

Like many apps, Replika is addictive by nature. It encourages the user to provide more information so it can learn about them and become better at conversation. Not only does this mean your child could end up spending a long time on an app where they might share sensitive information, but also that they could find themselves forming an emotional attachment to the human-like chatbot.

IN-APP PURCHASES

Replika is free to download, but its developers do offer in-app purchases. Users can pay to upgrade to a 'Pro' version of the app, which unlocks extra content such as additional activities, conversation topics and the ability to hold voice calls with their AI 'companion'. Users can also spend real-world money on the 'gems' used to buy new outfits or different personality traits for their avatar.

Advice for Parents & Carers

SET UP PARENTAL CONTROLS

Replika doesn't feature its own in-game parental controls, but most mobile devices come with these controls built in. On iOS devices, for instance, you can set content and privacy restrictions – so if you don't want your child to be using 17+ rated apps like Replika, you can adjust the settings to prevent these from being downloaded.

TALK ABOUT THE DANGERS

If your child is determined to use Replika and you're happy for them to download it, then it's vital you talk to them first about the possible dangers of this type of app. For example, it's key that they understand not to give out any information which is personal or could be used to identify them – and it would be prudent to warn them about the potential of being exposed to mature content on the app.

WATCH FOR WARNING SIGNS

If you're concerned that your child is spending too much time on Replika and might be forming an unhealthy emotional connection with their chatbot, it's important to look out for the warning signs. They may be giving increasing priority to the app ahead of more important everyday activities (such as doing homework or eating meals) or could be showing signs of irritability and a lack of concentration.

SEEK PROFESSIONAL HELP

If your child is suggesting that they should use Replika for mental health reasons – because they're lonely or having feelings of anxiety, for example – it would be sensible to reconsider other options to them. Replika's developers freely admit that they are not a certified mental health service, so if your child needs help it would unquestionably be best to consult a qualified professional instead.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.01.2022

11. Additional information – All - Information



HELPING YOUR YEAR 6 CHILD WITH MATHS



(F1408CA21)

**Starts Monday 28th February 2022
10:30am - 12:30pm, Online Course**

This course is aimed at parents and carers of children in Year 6 who wish to find out more about how their child is taught Maths in primary school and how they can provide further support at home.

**EMAIL US AT FAMILYLEARNING@ASPIRESUSSEX.ORG.UK
OR CALL US ON 0345 601 0161**

Aspire Sussex Limited, Adult Education Centre, Marle Place, Leylands Road, Burgess Hill, West Sussex RH15 8HZ
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HELPING YOUR YEAR 6 CHILD WITH ENGLISH



(F1407CB21)

**Starts Tuesday 2nd February 2022
10:30am - 12:30pm, Online Course**

This course is aimed at parents and carers of children in Year 6 who wish to find out more about how their child is taught English in primary school and how they can provide further support at home.

**EMAIL US AT FAMILYLEARNING@ASPIRESUSSEX.ORG.UK
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Staying Healthy

Illness

Feelings

Getting Help

A fun and interactive resource for learning about health



Parents and Carers!
As well as enjoying the content with your child, you can get advice on supporting their health and wellbeing.

www.healthforkids.co.uk

Follow us:  @SussexCommunityNHS  @NHS_SCFT

Parentline:
Text a school nurse for confidential advice and support

07312 277011

Disclaimer: We may need to inform someone if we are concerned about your safety but we would usually speak to you first. Your messages are stored securely and can only be accessed by other authorised health care professionals who follow the same strict confidentiality rules. We aim to reply to your message within one working day and you should get an immediate message back from us to confirm we have received your text. Texts will only be seen Monday to Friday from 9 am - 4.30 pm (excluding bank holidays and weekends). If you need help before you hear back from us, please contact your GP, nearest walk-in centre or dial 111. In an emergency please dial 999. Unfortunately, our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some number masking mobile apps). To opt-out of receiving messages from a healthcare professional, please text STOP to our number. Messages are charged at your usual rates.