



F.T. News

News from First Tower School

July 2023



A Word from the Head

Dear Parents/Carers,

Welcome to our final newsletter of the year. It contains a flavour of recent activities that have taken place across the school.

July is always a busy time for Year 6 as they prepare for the next stage of their education journey. I can honestly say that this year's cohort of leavers excelled themselves last week with their two performances of "Super Stan". The whole cast and backstage crew were absolutely brilliant. Yesterday's leavers' assembly was a more serious affair and a chance for both Mrs Changachanga and Mr Pallot to recognise the individual achievements of so many pupils. Well done and good luck to all our Year 6 pupils, I have no doubt that you will all shine brightly at your secondary schools because you are all super stars.

Today is also the day we say goodbye to some members of staff who are all moving on to new and exciting adventures, Mr Whitt (Y4), Mr Pereira (Y5) and Mrs Davies (nursery). Good luck to you all.

And...of course today is Mrs Baker's last day as school secretary at First Tower school. We all wish her the very best as she begins her retirement. The children had the opportunity to say goodbye on Wednesday when we held a special assembly. Each class gave Mrs Baker a card they had created, she was also delighted to receive her gift from the children and parents of First Tower, a retirement rose along with gardening tools and treats for her to use and enjoy in her garden.

Finally, I would like to thank all the staff for their dedication and support throughout the year, their commitment to First Tower, ensures your children all have the opportunity, to thrive.

Best wishes to you all for a peaceful and relaxing summer holiday whether you are going away or staying at home and enjoying our beautiful island.

I shall look forward to seeing you all on the school gate at 8:30 am on Tuesday 5th September.

I Kind regards,

Mrs Lyn Linton

Headteacher

DIARY DATES

LAST DAY OF TERM—21st July 2023

Monday 4th September - INSET DAY

Tuesday 5th September—Start of Term for pupils

Thursday 14th September—INSET DAY

Half term - Monday 23rd October to Friday 27th October

Year 6

Well, what can we say... what a month it has been for Year 6. Each and every one of them have worked extremely hard and we are very proud of all of them. There has been the production of 'Superstan', a surfing trip, a fire and bubble show, ice cream, pizza, the beach trip, the leavers' assembly and just lots and lots of fun!





Year 1



This month we have enjoyed lots of special performances such as this play by the National trust. We loved watching the Year 6 show and had a great time on our Holiday Day! What a great end to the year.

We have thoroughly enjoyed getting to know the children this year and we will miss them! We wish them all the best in Year 2 and hope they have a wonderful Summer making special memories at home. Thank you for your continued support.

Miss Daly, Mrs Gibson, Mrs Boschat and Mrs Beaumont x



Nursery



We celebrated the end of term with a visit to St Andrew's Park. We have had a very busy year of learning in nursery and we are more than ready to start school in September.

Year 5

What an amazing way to end a year filled with action, experiences, adventure, fun and lots of learning.



**Have a lovely summer break
and see you soon!**

Year 2



Year 2 joined Year 1 for a special end of year magic show with Year 2 parent Reverend Grantham. We also had a special visitor in RE called Mehtab, who spoke to us about her Muslim faith, following our recent learning on Islam.



Year 2



In Science, we studied the work of scientist Rachel Carson, who was an American marine biologist back in the 1950s. Her research proved that pesticides sprayed on the land, washed out into the ocean, adversely affecting marine wildlife. We recreated our own small world version. Glitter were the pesticides and the spray bottle was the rain. We took samples.



Year 2



We have also studied another famous scientist in Science called Louis Pasteur. Following the sad death of three of his children from typhoid, he researched how germs are spread. His research led him to discover that they spread through the air and through touch. Subsequently, he never shook hands with anyone ever again. We recreated his research using glitter to represent germs and witnessed how they spread, as we shook hands around the classroom.



Sunshine Group



The Sunshine Group have had a wonderful year! We would like to thank everyone who has spent time with us and made it so memorable.



Reception

We had a wonderful party to celebrate the end of Reception.
The pizzas were yummy and we enjoyed an ice lolly in the
afternoon!



We wish you all a
wonderful Summer
and all the best for
Year 1.



Year 4

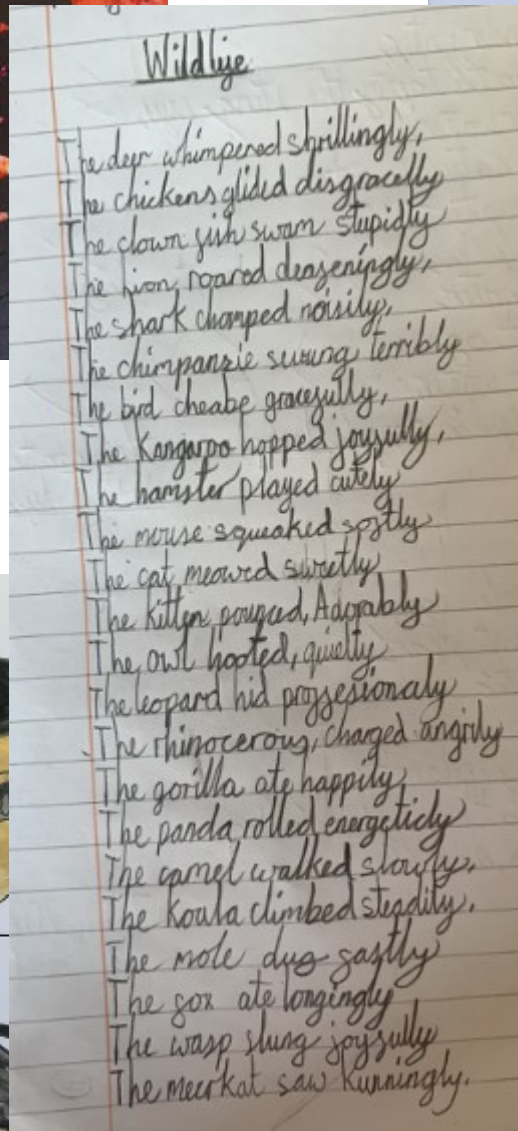
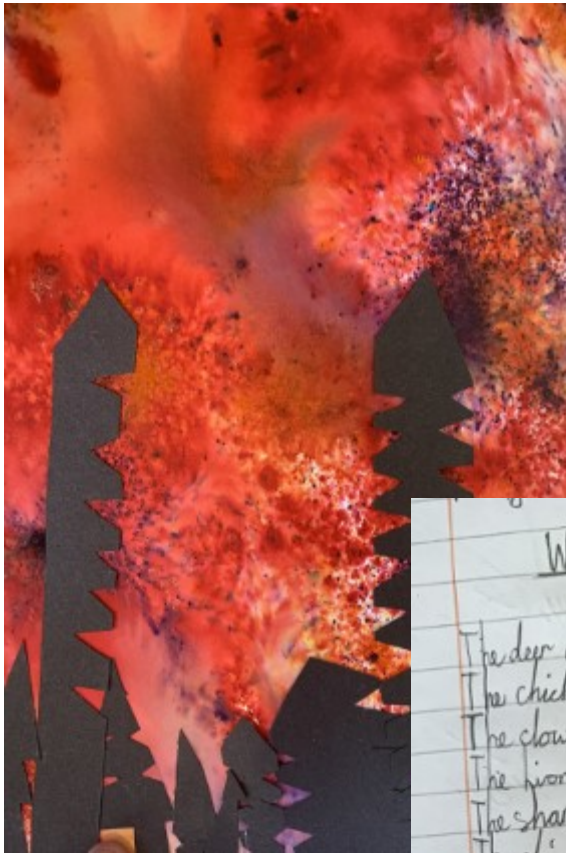
We visited the Maritime Museum and learnt about the history and the importance of sea travel in Jersey. We were able to interact with lots of different activities and learnt about how tourism on the island has changed as boats have continued to develop.



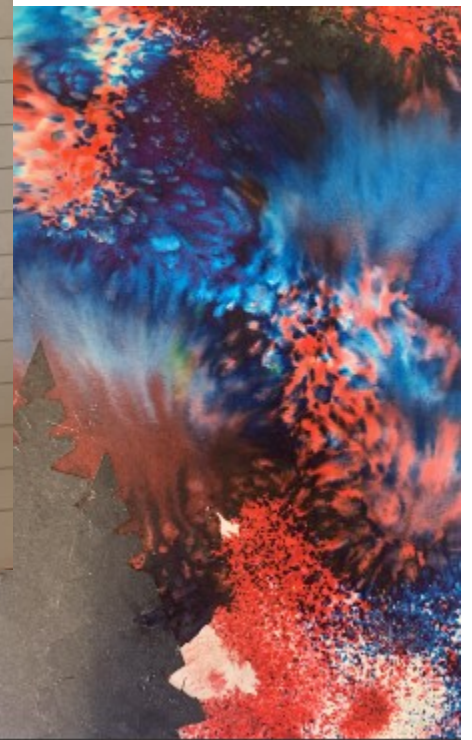
Mrs Mihai's Year 4 group rehearsed and performed a wonderful play called "The Author Visit". The children acted with great expression and with clear voices.

Year 3

Year 3 have had a wonderfully creative few weeks designing Northern Light paintings and Manga drawings of themselves. They also wrote wonderful poems.



Here is one by Pippa.



Goodbye
Mrs Baker!



E-Safety

MOVING UP TO SECONDARY SCHOOL

Ofcom's 2022 research into technology use across the UK has shown that nearly all 13 – 15-year-olds (98%) have their own phone. For most of these young people, they were given their phones around the start of secondary school, between the ages of 9 and 11 (91%). If you are considering getting your child their first phone, there are lots of factors to consider. Childnet's 'First Phone Checklist' is a great, easy to understand resource that takes you through the process of choosing the right time, setting it up and supporting your child.

Childnet's 'Moving on Up!' videos are a great place to start conversations around new devices, digital wellbeing and online bullying. The Mix The Mix is a leading support service in the UK for young people and offers free and practical advice on wide ranging issues. The article on 'How to Avoid Online Scams' helps young people understand what to watch out for and actions to take to hopefully avoid being scammed online.

TikTok Check out Parent Zone's guide on TikTok which includes functionality, reporting, blocking and privacy settings.

WhatsApp and BeReal

The NSPCC has published advice on two very popular rated 16+ . The app allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. The NSPCC advice will help you get to grips with the safety tools available including setting privacy and location settings. The risks of WhatsApp including unwanted contact, pressure to respond, location sharing, inappropriate content, cyberbullying and oversharing are explored

BeReal app is rated 12+. This is a popular image-sharing app where you can post your own pictures as well as view other people's. Users can only post once a day and are only able to see their friends' images if they have shared their own. At a different time every day, users receive an alert telling them it's 'Time to BeReal'. This gives them two minutes to take a picture, and post it on the app. The NSPCC advice page looks at potential risks including the pressure to share, location sharing, inappropriate content, oversharing and unwanted contact. The advice page also offers top tips for staying safe.

What is YouTube Go Live Together? YouTube have begun rolling out a new live streaming feature called 'Go Live Together'. A helpful guide from iNEQE outlines what the feature is, what the risks are, and some top tips to help the children and young people in your care stay safer if they choose to livestream on YouTube.

DEALING WITH SAFETY CONCERNS

Inappropriate contact from an adult

The Child Exploitation and Online Protection Command (CEOP) helps keep children safe from online grooming. CEOP is part of the police service and sits within the National Crime Agency. If you suspect an adult is communicating with a child inappropriately, or a child is being sexually abused online, you should report this to CEOP.

Online hate content

Online content which incites hatred should be reported to True Vision at report-it.org.uk which covers the grounds of race, religion, disability, sexual orientation or gender. This content should also be reported directly to the platform on which it appears.

Nude images of children online The report remove tool on the ChildLine website is for young people to get help removing a nude image or video of them that has been shared, removed from the internet. There is a helpful video that explains how report remove can help.

Online abuse and harmful content

For forms of online abuse and harmful content, such as bullying, threats, or self-harm and suicide content, you can report this directly to the platform where the abuse took place. This also includes content designed to impersonate someone else (e.g. creating a fake account pretending to be someone else) Report Harmful Content can walk you through the reporting process for many popular sites. If the content has remained online or the platform has not taken appropriate action, you can report this to Report Harmful Content. They will look into the issue and ensure the correct processes have been followed and advise you on what steps you can take next.

Helping children and young people with MANAGING DEVICE STRESS AND ANXIETY

WHAT ARE THE RISKS?

The internet and advances in the capability of digital devices have afforded us arguably the fastest period of technological and social evolution in living memory: creating opportunities for us to interact with people anywhere in the world, 24 hours a day. It's also, however, blurred safety boundaries and added new stresses for young people, who are often less aware of the hidden hazards. With almost half of 10-15-year-olds experiencing bullying online and algorithms pushing content in front of our children every day, it's important to know how to address some of these challenges.

LIVING ONLINE

The internet is awash with sophisticated algorithms that learn from our online behaviour and try to predict our wants and needs. That's very helpful in some respects, but it can make the online world difficult for children and young people to negotiate. Content can be brought to them at any time – it may not always be appropriate, and children may not have the ability or the support to deal with it.

PUSHY NOTIFICATIONS

Content is also directed at us through notifications from our apps: letting us know we have a new message or social post to read, for example. While that's useful in some circumstances, it conditions us to keep going back online (and is designed to do so) and can be a near-constant demand on your child's attention. As such alerts become more common, are we experiencing an 'attack of the pings'?

BLURRED BOUNDARIES

There are now so many ways we can communicate online in real time (like instant messaging apps) or with a delay (such as on social media) that it's possible to be constantly in conversation. Young people often prefer quickfire exchanges of text – but using fewer words can cause distressing miscommunications through the lack of non-verbal cues like facial expressions or tone of voice.

DIGITAL DEPENDENCY

As devices allow access to immediate external help in challenging situations, it's a concern that children may not be developing the inner confidence to work things out for themselves. Likewise, group membership is hugely important to young people – both in digital and 'real' life – and being excluded from online conversations can cause damaging feelings of loneliness and isolation.

DISGUISED DISTRESS

Children often haven't yet developed the emotional resources to deal with many of the setbacks of everyday life, so identifying when it's specifically something online that's worried them can be tricky. A certain level of stress is a normal response to a problem: it spurs us into action to keep ourselves safe. If the stress is excessive, though, it can feel overwhelming and potentially lead to anxiety or depression.

ANTI-SOCIAL SOCIALS

Social media can bring people together in hugely positive ways. Sadly, it does also have a darker side, including 'flame war' arguments which can escalate quickly and have hurtful consequences. With so many people looking on, 'group shaming' situations are also common – while there are continual opportunities for young people to compare themselves negatively with other social media users.

Advice for Parents & Carers

LEARN THE BASICS

It's impossible to keep up with every online change or every new app. The best option is to make yourself aware of the fundamentals of how the internet operates, so you can help your child to grasp how – and why – content reaches them. Devices and the digital world can be confusing, so learning to understand them better will give you the confidence to talk to your child about them.

PUSH DISTRACTIONS AWAY

Notifications to our phones and tablets can be helpful, but they sometimes make one wonder who's really in charge: the person or the device? Checking our phone as soon as it goes off is an easy habit to fall into – especially for young people. Try switching off non-essential alerts on your devices and encourage your child to do the same: you should both feel less triggered and more in control.

KEEP CHECKING IN

Healthy emotional regulation balances three systems: threat, drive and grounding. Down the various rabbit holes of the internet, however, that balance can easily slip away – so it's important to help your child manage their emotions when they're online. Check in with them regularly when they're on their device, and remember that 'distraction' and 'relaxation' aren't always the same thing.

TALK IT OUT

If a child mentions a comment that's been directed at them in a text chat or on social media, it may sound minor but can actually have a much bigger effect than we realise. In our evolved brains, any perceived threat can get internalised while our body reacts as if we were in physical danger – raising stress levels. It's always worth encouraging your child to get any concerns out in the open.

LOOK FOR THE SIGNS

This is tricky – and may depend on the child's age – but any sudden change in behaviour is worth looking out for. If your child seems to be checking their phone or tablet more, doesn't want to be parted from them, or appears unusually secretive, anxious or withdrawn, it could be a sign that something is amiss in relation to their device – and, possibly, that they're in need of extra support.

BE KIND: UNWIND

Be kind to yourselves as parents and carers. Remember that we're all in the same boat, trying to safely guide our children through this complex, fast-moving digital environment. Getting into the habit of having natural, relaxed conversations with your child about their online life (and yours) can level the playing field and make it far easier for them to open up to you about any concerns.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who specialises in promoting safe and ethical online communications. She consults with and offers bespoke training to businesses and organisations, supporting positive and effective online communications – often by considering some of the more hidden aspects of the various mediums.



Source: <https://www.childrenscommissioner.gov.uk/report/the-big-ask-big-answers/>
<https://www.cns.gov.uk/people/population-and-community/crime-and-justice/bulletins/childrens-online-behaviour-in-england-and-wales/year-ending-march-2020>

NOS
National Online Safety®
#WakeUpWednesday



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety



SUPPORT & ADVICE

SESSION FOR PARENTS, CARERS & PROFESSIONALS
SUPPORTING CHILDREN WITH ADHD

THURSDAY 27TH JULY 2023

SELF-CARE

6:30PM-8:30PM

CRABBE RESIDENTIAL CENTRE

THE SESSION

*"LOOKING AFTER YOURSELF IS ONE OF THE MOST IMPORTANT
THINGS YOU CAN DO FOR YOUR CHILDREN"*

CAMHS EARLY INTERVENTION MANAGER TINA HESSE
WILL BE HELPING TO UNDERSTAND THE BENEFITS AND
PRACTISES OF SELF-CARE

WORKING IN PARTNERSHIP WITH



Government of
JERSEY



Eventbrite

EMAIL: WEBELIEVEYOUBELONG@GMAIL.COM



Tina Hesse, the Early Intervention Manager at CAMHS will be joining us to teach us about the importance of self-care.

"Looking after yourself is one of the best thing's you can do for your children. Keeping your batteries fully charged means that you will have more strength, patience, confidence and energy to support them."

'You time' is so very important and Tina will be helping us to reflect on this. She will also teach you a number of techniques so that you have the skill set & understanding to implement self-care into your life.



Play and Connect Monthly Drop in Session

Discover how play and connection can promote positive mental health for your children and teens

Join practitioners from CAMHS Early Intervention team, Mind Jersey and the Children and Families Hub to learn about play and discuss any concerns or worries you may have about your child's development or mental health.

Who is it for? For parents, carers and their children up to 18 years old

When is it happening? The last Tuesday of every month, next one is 25th July at The Bridge Child and Family Centre between 12:30 – 14:30

How can I take part? Please feel free to drop into The Bridge on the above date and time, or for more information contact the Children and Families Hub team on 01534 519000, or email childrenandfamilieshub@gov.je.

The Children and Families Hub provides information, advice and support for children, young people and families.

To find out more, scan the QR code or visit www.gov.je and search for *Children and Families Hub*





NEURODIVERSE SIBLINGS

4 WEEK COURSE

**AN INTERACTIVE COURSE FOR SIBLINGS
OF THOSE WITH NEURODIVERSE NEEDS.**

FOR AGES

9-14

UNDERSTANDING NEURODIVERSITY

RECOGNISING SIBLINGS' NEEDS

THE IMPORTANCE OF SELF-CARE

CONNECTING WITH OTHERS

FREE!

TUESDAYS AT ST. JAMES SCHOOL 4-6PM

19TH SEPT, 26TH SEPT, 3RD OCT, 10TH OCT

**CONTACT JO FOR MORE
INFORMATION OR TO SIGN UP:**

JODOVE@JYS.JE



Jersey Youth Trust - Registered charity no. 378

THE YES PROJECT

We are working in partnership with CAMHS on Saturdays to provide information & advice on mental health & wellbeing for children and young people.



Every Saturday 10:00 - 18:00 at YES which is based at Eagle House, St. Helier. No appointment needed.



Open for children, young people, parents/carer and professionals to pop in and speak to a mental health practitioner or Youth Worker

 **08007350010**

On Saturdays the YES project is working with CAMHS to provide a drop-in service where any young person, parent/carer or professional can pop by without an appointment to speak to a Mental Health Practitioner.

We can offer information & advice on mental health & wellbeing for young people.

10:00 - 18:00 at Eagle House, St. Helier

www.yes.je

Wellbeing drop-in

The Wellbeing drop-in offers support and guidance on children's mental health. Its open for young people, parents/carers and professional to access.

How does the drop-in work?

There are three different professionals you can speak to on a Saturday without an appointment.

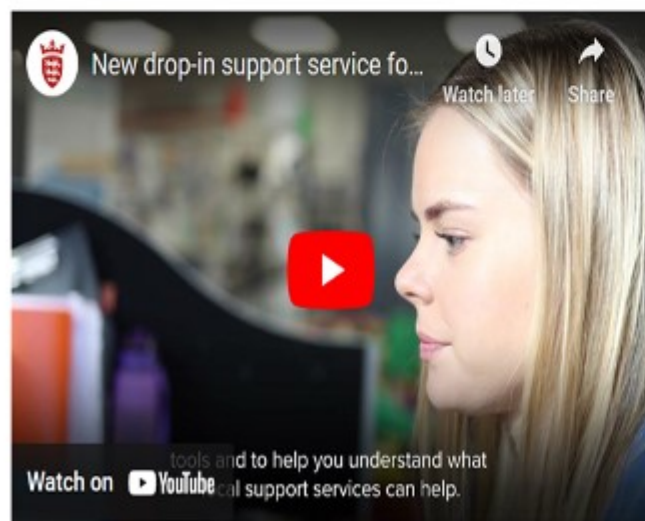
CAMHS practitioner – can speak to you specifically around children and young people's mental health, talk through any concerns or worries you may have, signpost you to the right support and give helpful tips/coping strategies.

Counsellor – can speak to you about one to one talking therapy and how to start regular counselling sessions, provide emotional support and signposting.

Youth Worker – can speak to you about all support services available in Jersey, how to access them and general advice and guidance on wellbeing for young people.

If you would like to find out more about visiting the Wellbeing drop-in, call us on our free phone 0800 7350 010 or email us on yes@jys.je

Location: Eagle House, La Colomberie, St. Helier, JE2 4QB



Drop-in support service for children and young people's mental health and wellbeing

Children, young people, parents & carers can drop in to speak to a mental health practitioner or counsellor for a free, informal, confidential chat

Youth Wellbeing Drop-In
Every Saturday, 10am - 6pm
The Link, Eagle House

For a list of other services, please see reverse.



<https://www.yes.je/about/>

Children and families hub

The Children and Families Hub provides information, advice and support for families and young people.

Their aim is make sure families get the right help, at the right time. This could be some advice on the telephone or a one to one consultation. They can also put you in touch with any services that can help you.

The hub will also respond to any safeguarding concerns you may have for a child or young person.

Areas they can help with or provide information on:

- Health and well being of children and young people.
- Concerns that a child is being abused or at risk of harm.
- Advice and guidance on behaviour concerns.
- Information around support options available.

Opening times:

Monday – Thursday 8:30am to 5:00pm

Fridays 8:30am to 4:30pm

Tel: 01534 519000

Recommended Resources

- ➔ Request advice form
- ➔ Children and families hub website



<https://www.gov.uk/caring/childrenandfamilieshub/Pages/ChildrenAndFamiliesHubHomepage.aspx>

MY TIME FOR YOUNG CARERS

There are many children and young people in Jersey who, for various reasons, are carers for loved ones.

The My Time project currently runs youth club sessions each week for young carers to take a break from these responsibilities and to have fun in a supported environment. These run on Monday evenings for Seniors (Year 9+) and Saturday 10-12 for Juniors (Year 5-8), as well as exciting activity programmes during school holidays.

My Time 4 Young Carers

The My Time project gives young carers the time and space to be young people and have fun!

If you are under 18 and are supporting someone, we can give you a safe, fun place to meet other young people like you!

Weekly Sessions
Packed full of fun stuff like baking, climbing, games, art, dancing, sport...

Holiday Programme
Sailing, kayaking, paddle boarding, bowling, cinema...

Trips & residentials

Support & advice

JERSEY YOUTH SERVICE

Young people may be providing support for a range of needs in many different ways, our doors are open to offer any advice and support needed.

T: 280500
E: mytime@jys.je