NOVEMBER'S NEWSLETTER

NOVEMBER 2026

Spelling

We are excited to introduce Spell Cast, an online app that will help us target and improve pupils' spelling skills through personalised practice. Each week, pupils will be expected to complete 30 minutes of practice on the app to support and reinforce their learning in school. Pupils will have received their individual login details from their class teacher. We encourage parents to support their children in making time for this weekly practice, helping us to develop confident and accurate spellers.

Reading

We had 86 children join us for takeaway Tuesday. This time the takeaway will be either the pizza or KFC, decision to be made by school council. Gluten free children will be provided with GF chicken from our kitchen and the sides from KFC.



Parent Governor Vacancy

As a parent governor, you can play a vital role in helping to shape the future of River View Primary and Nursery School. Governors work alongside school leaders to support, challenge and celebrate the school's achievements, ensuring the best possible outcomes for all children. This is a rewarding opportunity to share your views, represent the parent community and make a positive difference. If you are interested in becoming a parent governor, we would love to hear from you.





Christmas Production Dates

DAISIES/DAFFODILS

Monday 14th December 2026 at 2;30.

KEY STAGE ONE

Tuesday 9th December at 2;15

Monday 14th December at 10;30

KEYSTAGE TWO

Carol Service -

14th December at 9;30

17th Decmber at 9;30 and 2;30

NURSERY

Nursery workshop followed by Christmas Dinner - Tuesday 15th December at 11;30

TRENT VIEW

Trent View workshop followed by Christmas Dinner - Tuesday 15th December at 11;30

Attendance Premier League

Well done, Daisies! You have shown fantastic commitment by topping the Premier League attendance table and winning every week this term. Your excellent attendance, enthusiasm and determination have set a wonderful example.

Diary Dates

- 27th November- Non Uniform (Chocolate)
- 1st December- Trent View Jungle Madness Trip
- 4th December- Inset Day - School is closed
- 7th December- Reception & Year 6 Height and Weight
- 8th December- Nursery Conkers Trip
- 10th December- Christmas Jumper day
- 10th December- Christmas Bingo
- 11th December- Year 1 Birmingham Hippodrome Trip
- 15th December- Key stage 1 Christmas Dinner (Reception, Year 1 & 2)
- 16th December- Key stage 2 Christmas Dinner (Years 3,4,5 & 6)
- 18th December - School Closes for Christmas
- 4th January - INSET
- 5th January - School reopens for pupils

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

Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games' boxes together while shopping, discussing why some games might have earned certain age ratings.

FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

Meet Our Expert



Daniel Lipscombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.

Source: https://hipal.app/about/privacy.html

National Online Safety®

#WakeUpWednesday

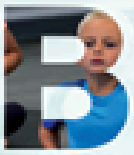
Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 13.09.2023

A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.



ASK FOR HELP
You are not alone, so reach out and ask for help



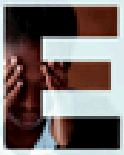
BREATHE
Focus on your breath to find a sense of calm



CONNECT
Connect with friends, family and trusted adults



DETOX
Unplug from social media and other distractions



EMOTIONS
Observe how you feel and label your emotions



FIND SAFE PLACE
Go to a place where you feel safe and at ease



GRATITUDE
Focus on the things you're grateful for



HEALTHY HABITS
Create a balanced routine with healthy habits



INQUIRE
Pause and ask yourself, 'how do I feel right now?'



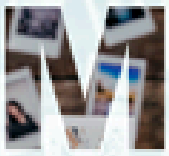
JOURNAL
Use a journal to express your thoughts and feelings



KINDNESS
Be kind and compassionate to yourself and others



LET GO!
Feel more energised, by moving your body



MEMORIES
Visualise three things you are proud of



NATURE
Improve your mood by exploring the great outdoors



OPENNESS
Be open to new activities and notice what happens



PATIENCE
It's okay to not be okay, so give yourself time



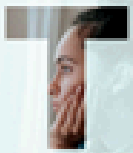
QUIET
Take quiet moments every day to reflect



REST
Be mindful, rest often and get plenty of sleep



SUPERHERO
Stand in the Superhero Pose for two minutes every day



THOUGHTS
Track your thoughts in a journal, and notice any themes



UNIQUE
You are unique, and so is your mental health



VOLUNTEER
Boost your self-esteem by giving back to others



WORRY TIME
Schedule 'worry time' to help solve practical worries



EXCITEMENT
Do more of the things that bring you joy and excitement



YOU MATTER!
You are important and your feelings matter



ZEN
Practise calming activities like yoga and meditation

Find out more about how Optimus Education can help boost your wellbeing at **healthinschoolsuk.com**

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