



Mindfulness quote of the week:
'I can learn anything I set my mind to'

This week the children have shown off so many amazing talents during our book week activities. Reading to the infants was one of the main highlights. I am so proud of them for showing such enthusiasm and practicing so hard to entertain their younger audience.

They also created some amazing artwork! You will be able to see all of this on display during parents evening on Thursday.

During maths, the children have been working so hard to increase their weekly arithmetic scores. They really are doing so well!

In computing, the children showed off their new typing skills and created messages for me, which they then saved in a file on the school server.

This week's stars of the week.

These children have been making great progress in their English and maths sessions! They also share their beautiful smiles with everyone around them.

They are simply delightful!

Miss Jones and Miss Smith are delighted with you!



Maths and English Homework will be given out on Monday and is due in on Friday. If children struggle with any part of this, please stop completing it and send it in to me with a little note so that I can help them.

No homework will be set over half term.

Reminders: Tempest photographers are in school on Thursday 23rd October taking photographs of children. We break up for half term on Friday 24th October and the children come back to school on Tuesday 4th November.

Y5 ONLY Please sign up to Bike ability using the QR code from the pack sent home if you would like your child to take part.

Please can you let me know if your child has any allergies, dietary requirements, or special requirements in school, which you need to share with me. You should be able to do this in the messaging part of seesaw.

Have a lovely weekend together! Kind regards Miss Jones & Miss Smith

Spanish Revision



E safety

Is your child accessing games online?

How are you keeping them safe?

Why not start a conversation with them sometime this week so they know you are always there to talk if they need.

Here are 10 quick questions to get you started today and help you connect with your kids over their favourite hobby.

- [Which games are your favourite? Why are they your favourite?](#)
- Can you tell me what it's about and show me how you play?
- Do you usually play alone or with other people?
- Who do you like to play with the most and why?
- How do you feel when you're gaming? How does it feel after a great game?
- What are the best parts about gaming?
- [What are your favourite moments when you are gaming?](#)
- Are there times when playing a game can make you feel bad?
- When was the last time something upset you in a game or made you feel uncomfortable?
- Which game would you like to play with me?

Conversation starters

- 1** What do you enjoy about online gaming? What benefits does it have for you?
- 2** Do you think online gaming can ever have a negative impact on us?
- 3** What happens when you've been playing online games for too long? What happens to your body, to your mood, and to your device?
- 4** What would you do if something ever worried or annoyed you within a game? How would you support others?
- 5** Who could you talk to if you were worried about anything within an online game?



How can you help?

Talk

- Talk to your child about genAI. Ask if they are using it or would like to. Discuss how they may be using it and the positives of using AI but also make them aware of how they can use it safely
- Talk about the difference between talking with GenAI and people. Remind your child that genAI cannot experience emotions, empathise or understand the nuances of a situation, so there's always a place for talking to a person, whether that is a trusted adult or a medical professional
- Remind your child that genAI tools may collect data they enter, so they should think carefully about what they are sharing with it

Research

- Research the age rating for genAI platforms your child wishes to use
- Be aware of any policies your child's school has for genAI and support your child to follow them
- Be aware that genAI technology is developing rapidly and work together to help keep your child up to date with signs that something has been created using genAI

Support

- Remind your child that genAI can be a useful tool to help inspire them or to start a task, but they should also use their own ideas in anything they create
- Young people tell us they may turn to genAI to learn about a topic without judgement, so do remind your child that they can always reach out to you or other trusted adults for support
- Help your child understand that not all the content they see online will be true and how they can check information they see using different sources
- Help your child to report any content that worries or upsets them



"I have experienced many teen girls crying because boyfriends dumped them with AI. At 17/18, young love is important, and it's not right to get dumped in that way. I have really pushed up some of my emails using AI, for emailing CEOs but I would never dump a partner. Social interactions need to be protected." Anna, 17

Talking about GenAI with your family

Top tip - Try to keep the conversation positive but if something concerning does come up please visit our [help page for parents and carers](#).

Explore

- Have you heard of generative AI or genAI?
- What do you think genAI does?
- What do people use genAI for?
- Would you like to use genAI?
- Have you ever used genAI? If so, which ones?

Discuss

- How do you think genAI works?
- What do you think about genAI?
- Do you trust genAI?
- How could we test how trustworthy genAI is?

Examine

- What would you use genAI for?
- Is there anything you would not use genAI for? Why?
- What are people better than genAI at?

