



# North Crescent Primary School

*Guiding Explorers of the Future*

A huge thank you to the PTA and everyone that helped to arrange and set up our brilliant Halloween Disco on Tuesday, as well as to the staff members that helped out on the night; Mrs Quick, Miss Elson, Mrs Byford and Miss Bayliss.

The children all seemed to have a brilliant time and the costumes were amazing. As always we appreciate the support of the school community at events like these. We also managed to raise an amazing **£248.50**, which will help go towards some amazing things in the future!

We hope you all have a wonderful half term, stay safe.

## Diary Dates

**28th October - 1st November -**  
Half Term

**Monday 4th November -**  
Back to school

**Thursday 14th November -**  
Year 5 Sharing Assembly @ 2:50pm

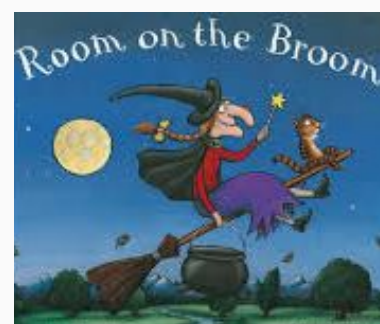
**Thursday 21st November -**  
Year 3 Sharing Assembly @ 2:50pm

**Thursday 28th November -**  
Year 2 Sharing Assembly @ 2:50pm

## Reminders

- The school gates are open between 8:35 to 8:45. If your child arrives later than 8:45, please bring them to the school office and sign them in. This is important as it ensures that children are marked as present on the register.
- The school car park is for staff and visitor use only. Unless permission is given by the Head Teacher, please do not park in or walk through the car park, even if the barrier is up or the gates are open.
- The grey gate in the car park is for staff and visitor use only. If you wish to access the school office, please use the black pedestrian gate and walk down the path.

## Book of the Week



Julia Donaldson is best known for her popular rhyming stories for children, especially those illustrated by Axel Scheffler, which include The Gruffalo and Stick Man.

A witch is thankful to three animals that help her find her belongings and fight a fire-breathing dragon. In order to give them a ride on her broom, she creates a new, spacious broom to fit them all.

**Room on the Broom**  
By  
**Julia Donaldson**

Huge congratulations to the following children who have been chosen as the Lead Learners.

Pathfinders 1		Pathfinders 2	Aalayah / Larosa
Adventurers 3	Louis	Adventurers 4	Demarni
Navigators 5	Emma	Navigators 6	Carmen

Each week we celebrate the class that have shown respect for their classroom. The children really love our gold, diamante dustpan and brush award! Why don't you ask them about it?

## Essex ActivAte - October Half Term

Looking for things for your children to do over the half term? Check out Essex ActivAte - they have a variety of club providers that offer free activity clubs for children and young people this half term across Essex, supporting children aged 4-16 years including, specialist SEND, mental wellbeing and youth clubs.

<https://www.activeessex.org/children-young-people/essex-activate/halfterm-club/>

Instagram: @northcrescentprimary  
FB: North Crescent Primary School  
Twitter/X: <https://x.com/NorthCrescentP>





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## Special Acknowledgements 1

We wanted to take a moment to acknowledge Bernie from Navigators 4 who, on Saturday 19th October, took part in the "Paw Patrol on a Stroll" sponsored walk for Dogs Trust.

He walked a total of 2.2 miles, all the way from Wickford Train Station to Dogs Trust Basildon with his cart of 38 dog teddies. In doing so, Bernie has raised an amazing £386 in total and is very proud of his achievement. Well done Bernie!



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## Special Acknowledgement 2

We also wanted to take a moment to acknowledge Malcolm from Navigators 5 who, on Friday 18th October, was chosen by Southend United Football Club to be their mascot for one of their games!

This means we will get to meet the players, visit the changing rooms, warm up with them before their game, and even walk out on the pitch with his favourite player! Congratulations Malcolm!



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

## Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



#WakeUpWednesday

The National College

# What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

## CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

## WHAT ARE THE RISKS?

### STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

### FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

### PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

### CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

### PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

## Advice for Parents & Educators

### WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

### DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

### Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.

### REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

### USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

FREE

LET'S GET SPOOKY



CODING

HAIR BRAIDING

NAIL ART

ACL BASILDON  
31/10/2024

FOR FURTHER INFORMATION, & TO ENROL,  
VIEW WEBSITE OR PHONE

GHOSTBUSTER CODING:  
SPOOKY FAMILY FUN 1000-1200

SPOOKY STYLES HALLOWEEN HAIR BRAIDING  
1000-1200

CAN'T FIND IT ON THE WEBSITE? EMAIL  
ACLFAMILYLEARNING@ESSEX.GOV.UK  
&  
WE WILL SEND YOU A URL LINK

FANGTASTIC NAIL ART:  
SPOOKY STYLES 1200-1400