

Wray Common Primary School Newsletter



Inspiring Lifelong Learning



THIS WEEK...

JINGLE ALL THE WAY

This week, Wray Common held 'Jingle All The Way' and it was great to see so many Wray Common families attend. The Choir performed some festive songs and carols, as well as some readings. Thank you to all the children in the Choir and Mrs Miller, as well as the Friends who sold refreshments.



ALLOTTMENT

Year 2 have been busy in the allotment this week planting bulbs. We were given four different types of bulb to plant: crocus, narcissus, alliums and tulips. We look forward seeing what comes up in the Spring time!



THANK YOU FOR YOUR DONATIONS TO THE FOODBANK AT ST MATTHEW'S

Wray Common did us proud this week by bringing in so many lovely donations towards the Foodbank at St Matthew's Church - thank you all SO much! The Charity Champions met with Miss Palmer to sort the food into different crates and we were so pleased with how much we have collected to donate to such a good cause. Thank you to everyone who contributed. Here are some of the proud Charity Champions with our collection!



UPCOMING EVENTS

Tues - Whole School Carol Service
PM

Wed - Y1 Nativity 9:20am



Wed - YR Nativity 2:15pm

Thur - Christmas Lunch

Fri - End of term - 1:35pm KS1 and
1:40pm KS2

If you need any support, please do not hesitate to contact us. We can help you source information about support through the right agencies, and make referrals ourselves to local support groups. Here are some of the things we have supported families with recently:

- School uniform, school bags, P.E. trainers and school shoes
- Pre-loved clothes for children
- Foodbank referrals
- Housing applications and letters of support
- Seasonal gifts for children



If you have any questions or would like to talk about how we can help, please contact Miss Kober on 01737 761254 or email familysupport@wray-common.surrey.sch.uk



THANK YOU!

A huge THANK YOU to everyone who bought books at the Scholastic Book Fair last week.

The total spend from parents, carers and pupils was £1,400, which means that the school have been granted £770 to spend on books!



SCHOOL ADMISSIONS

Just a reminder that if your child turns 4 before the 1st September, applications for school places are open and they will close on the 15th January 2025. Applications need to be made directly on Surrey's Admission's website [here](#).

CHRISTMAS LUNCH

If you have opted for a Christmas lunch on Thursday, please can we ask you to pay by the end of Wednesday. All children on Thursday can wear a Christmas jumper with uniform trousers/skirt/shorts, regardless of their meal preference.



HONOUR BOOK

1EL	Jade	For persevering in maths this week when adding and subtracting.
1B	Darcie	For learning her lines in a short space of time and delivering them with confidence in our practices.
2T	Oscar L	For his fantastic effort and perseverance in Writing and Maths learning this week.
2P	Daisy	For being a great Wray Common citizen and looking after her environment and the resources.
3S	Abel	For persevering and exploring new methods in maths when doing tricky division sums.
3F	Emma	For persevering and learning alternative methods for division.
4BR	Jonah	For excellent woodwork skills demonstrated during DT this week.
4BE	Billy	For showing excellent perseverance this week when tackling division.
5E	Kaspian	For his perceptive ideas during class discussions in our reading workshop lessons.
5J	Lexie	For her incredible perseverance when tackling long division questions.
6C	Jaxson	For showing perseverance in his maths and writing this week.
6F	Jess	For showing good perseverance in Netball this week and seeking an adult to help her improve.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

YMCA RED OAK
FAMILY CENTRE

PART OF YMCA EAST SURREY

PARENTING PUZZLE



Raising children can be puzzling at times, but puzzles have solutions – and the Parenting Puzzle course provides them. This 10 week informal course gives you tips and advice on how to get the best out of family life.

Thursday 23 January – Thursday 3 April 2025

(with one week break on 20 Feb for half-term)

10:00-12:00

YMCA Red Oak Family Centre, Radstock Way, Merstham, RH1 3NH

Run jointly by Red Oak Family Centre and Welcare Family Centre and is open to all parents and carers.

Course costs £20 (includes Parenting Puzzle Book and refreshments)

A reduced rate is available for any family on income related benefits.

To book a place on this course please call **01737 645908** or email reigatebansteadfamilycentre@ymcaeast Surrey.org.uk

YMCA

Here for young people
Here for communities
Here for you



welcare
strengthening families since 1894