



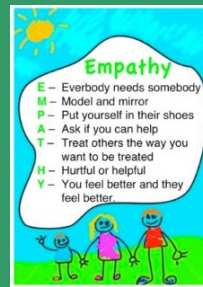
# Mail on Friday

## Redhill Primary Academy and Nursery Weekly Newsletter

Email us at: [parentcontact@redhillprimary.co.uk](mailto:parentcontact@redhillprimary.co.uk)

### A Valued Me

Thank you for all your support with the core value for the first half of the spring term, which was responsibility. Throughout January and February, children learnt why being responsible is such an important quality to have as we grow older.



Our 'A Valued Me' core value for the second half of the spring term is Empathy.

### What is Empathy?

Understanding that we all encounter a range of feelings at different times.

Being aware of others' emotions and feelings.

Being compassionate to others.

### Suggestions for parents to work with children at home:

1. Talk with your children about empathy. Try to answer; 'What is empathy?' What is the difference between emphasising with others and not emphasising with? Discuss some examples.
2. Talk to your child about showing kindness to others. Model kind behaviours and provide positive reinforcement when your child does the same.
3. Discuss what your child could do when faced with different scenarios. For example, what would you do if a child from your class didn't have anyone to play with?
4. Start your own kindness jar; every time you see someone in your family doing something nice, write it down. At the end of each week, read all the notes with your child and talk about how these acts of kindness made them feel.
5. Whilst listening to your child read or when watching television programmes together, when appropriate, pause and ask how different characters are feeling and to consider how the character may behave as a result. Ask how your child may feel if they were placed in a similar situation. Please let your child's teacher know if we can celebrate any work from home, in school. Feedback on the values and what you do at home is really valuable to us and we appreciate all your support. Teachers will be working hard to ensure the children's learning is linked to our new 'A Valued Me' core value of empathy over the next few weeks.

### Social Media Influencers

The things social media influencers do and say online can be quite impactful. Around a third of children and young people think that, because the influencer is a 'celebrity', what they share is always good. But we know that isn't the case, sometimes it can be advice based on pseudo-science, selling something because they've been paid to and much more.

Internet Matters have a great article where various specialists offer advice and guidance to parents/carers to help them to their children think critically about social media influencers. You can find the article [HERE](#)

## **Safeguarding Resource for Parents** **What is Child Sexual Exploitation (CSE)?**

Child Sexual Exploitation, often shortened to CSE, is a form of child sexual abuse (CSA). It refers to when a child or young person (or a group of children or young people) under the age of 18 is abused by a person or group of people in a position of power. The person or group of people will use their position of power to manipulate and coerce the child or young person into sexual activity.

Child sexual exploitation can happen to anyone regardless of their gender or sexual orientation and can be carried out by anyone, including people of the same age.

Young people or children are unlikely to disclose CSE, that's why it's really important to know what CSE can look like and how to spot the signs.

### **What does CSE look like?**

CSE can take many different forms.

Often the abuser forms a relationship with the child or young person with the intention of manipulating them - this is known as grooming. This could be seen as a friendship or a romantic relationship. Through gifts and expressions of love, the young person or child becomes close to the abuser before the abuse starts. This way the abuser is able to convince the young person or child to do sexual activity often framed as a thing that friends or boyfriends/girlfriends do. This can leave the young person or child believing they are in a loving relationship.

CSE often involves some sort of exchange. The abuser will give the young person something, for example money, alcohol, accommodation, affection or power and in exchange demand sexual acts. Often the young person is manipulated to believe they owe the abuser.

Some gangs will use CSE to recruit new members. Other times it is carried out by an opportunist abuser who happens to meet the young person online or in person.

Abuse can happen once, or it can become a pattern of abuse in which the young person feels trapped and unable to escape.

### **What are some of the signs of CSE?**

CSE can happen to anyone, although certain young people may be more vulnerable to CSE, for example if they have a disrupted family life or have a history of abuse or disability.

Some potential signs of CSE include

Being under the influence of drugs or alcohol

Using two different phones

Carrying or owning lots of money or items with no explanation

Inappropriate sexual behaviour

Physical signs of abuse including unexplained cuts and bruises

Looking frightened or nervous in certain areas and with certain people

Hanging around with people who are older than them

Spending less time with family and friends

### **I'm concerned about a child or young person, what do I do?**

If you think a young person is being abused, don't confront the abuser as this may put the young person at greater risk.

If the young person is in immediate danger, call 999.

You should also report it to the authorities even if you're not 100% sure.

You can report directly to Family Connect on 01952 385385

You can speak to our CSE lead, Mrs Cartwright, or any of our DSLs here at school.

If you're concerned about a child or young person or someone's behaviour towards children and young people you can contact Stopitnow!'s confidential helpline on 0808 1000 900 or use their live chat or send them a secure email [Contact the Stop It Now! child sexual abuse helpline - Stop It Now.](#)

PACE offers support to parents or carers of young people at risk or experiencing abuse [Ivison Trust.](#)

For more information about CSE visit the NSPCC website which has lots of information about spotting signs, preventing CSE and reporting it [Child Sexual Exploitation & How to Keep Your Child Safe | NSPCC.](#)

## **Eat Them to Defeat Them**

The Catering Team are delivering an exciting event for the children where they are supplying activity packs, stickers and samples to encourage the children to eat vegetables. The children have been really engaging with the event and have enjoyed picking up their activity packs.



### Drop-Ins

Due to other events happening in school, the parent/carer drop-ins will not take place on the following dates:

Tuesday 27th February and Tuesday 5th March. They will begin again in the following week.

Thank you.



**EAT THEM  
TO DEFEAT THEM**

**EAT THEM TO DEFEAT THEM** is a campaign created by Veg Power and ITV to encourage kids to eat more veg. It is award winning and proven to work. Last year over half of parents reported that their kids ate more vegetables as a result– even those with fussy eaters!

**RETURNS 19TH FEBRUARY 2024**

**VEGPOWER** **itv** **4** **sky**



# Parenting Smart



**We all want the best for our children, but parenting can be really tough sometimes. We've all been there.**

Place2Be's Parenting Smart is a site for parents and carers of 4-11 year olds, offering practical advice on supporting your child and managing behaviour.

All of our content is created by Place2Be's parenting experts. It's based on evidence and their experiences working with children, young people and their families.

Designed with busy parents in mind, the site has short videos and articles on topics from meltdowns to bullying, from sleeping difficulties to encouraging self-confidence.



Learn more at  
[parentingsmart.org.uk](https://parentingsmart.org.uk)

Or scan me



# A note from the Friends of Redhill Primary Academy



✉ [redhillfriends@outlook.com](mailto:redhillfriends@outlook.com)

📘 <https://www.facebook.com/redhillfriends/>

## **Chocolate Hampers!**

Our Chocolate Hamper Prize Draw is live on PTA Events right now! Children can wear Mufti to school in exchange for chocolate on Friday 19<sup>th</sup> April. This donated chocolate will then be turned into fabulous hampers by the Friends!

Ticket sales for the hampers and other prizes are online only and end on the 24<sup>th</sup> April – the draw will be held on the 25<sup>th</sup>, and prizes given out on the 26<sup>th</sup>! Good luck

## **Pre-loved Uniform Purchasing**

Don't forget that you can order pre-loved school uniform online! It can help you keep costs down without sacrificing quality, not to mention it's good for the planet. The uniform we have is of really good quality, and anything bought raises money towards Redhill ☺

Follow the link below to PTA Events, click 'Shop' then 'Uniforms & Merchandise' to see what's available and to purchase!

<https://www.pta-events.co.uk/friendsofredhillprimaryacademy/>

## **Dates For Your Diary**

We have lots of exciting events coming up. More information will be available closer to the time, so make sure you follow our Facebook page to keep updated and reminded:

- King Cone Ice Cream Van – Friday 22<sup>nd</sup> March (end of term treat!)
- Mufti-Day in exchange for chocolate – Friday 19<sup>th</sup> April
- Chocolate Hamper Prize Draw – Thursday 25<sup>th</sup> April
  - End of Year Discos – Wednesday 26<sup>th</sup> June
    - Leaver's Hoodies – End of June
    - Year 6 Prom – July, date TBC

King Cone Ice Cream Van – Friday 19<sup>th</sup> July (end of term treat!)

## **Easy Fundraising**

A huge thank you to all who have logged on and used Easy Fundraising.

Please support Redhill Primary Academy and raise FREE donations with your everyday online shopping at Tesco, eBay, M&S, Expedia, Just Eat and many more! Join this month and we could win a £250 donation. Sign up here: <https://www.easyfundraising.org.uk/causes/redhillprimaryacademy/>

Thank you!

*The Friends*

# Upcoming Events 2024



**FEBRUARY**  
**08**  
*Valentine's Disco*

**MARCH**  
**22**  
*King Cone Ice Cream Van*

**APRIL**  
**19**  
*Mufti Day*  
*Bring in an item of chocolate*

**APRIL**  
**25**  
*Chocolate Hamper Prize Draw*

**JUNE**  
**26**  
*End of Year Discos*

**JUNE**  
**LAST WEEK**  
*Leavers Hoodies*

**JULY**  
**TO BE CONFIRMED**  
*Year 6 Prom*

**JULY**  
**19**  
*King Cone Ice Cream Van*



Scan the QR code to book tickets to events

\*Dates are subject to change\*



# Chocolate Hamper Prize Draw

Friday 19th April - Mufti Day - children to bring in an item of chocolate for the winning hampers

Thursday 25th April - Draw will be held

Friday 26th April - All prizes will be given to children

Prizes include a large Easter egg, £10 voucher for Paint & Create at Apley Farm Shop, as well as 24 chocolate hampers



Tickets cost £1

Buy tickets at PTA events at <https://www.pta-events.co.uk/friendsofredhillprimaryacademy/> or scan the QR code





 easyfundraising

Help us make a difference when you shop.  
Visit [www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)



# A new week and a new chance to win £250!



Share the love



Valentine's Day has come and gone, but we're sharing the love for the rest of the month!