

# SJL News



Friday 13<sup>th</sup> October 2023

## Important dates

Please remember not to book holidays during term time.

### October

Monday 16 <sup>th</sup>	6H begin a week at Into University	
	Parent consultation	EYFS
Tuesday 17 <sup>th</sup>	Parent consultation	1 & 2
Wednesday 18 <sup>th</sup>	Parent Consultation	3&4
Thursday 19 <sup>th</sup>	Parent consultation	5&6
Friday 20 <sup>th</sup>	Last day of half term	
	School closes at 3.30pm	

Monday 23<sup>rd</sup> to Friday 27<sup>th</sup> October  
Half term

Holiday Play centre available

Monday 30 <sup>th</sup>	Return to school 8.50am
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### November

Monday 13 <sup>th</sup>	Whole school flu nasal session
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Visit our website

[www.sirjohnlillie.lbhf.sch.uk](http://www.sirjohnlillie.lbhf.sch.uk)

Our attendance target is 96%



Autumn has arrived at SJL ☺



**SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT**  
A Guide for Parents and Carers

Helping children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

**FIND OUT WHAT YOUR CHILD KNOWS**  
There are many ways that children are exposed to upsetting content on the media, both online and offline. Before assuming your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.

**RIGHT TIME, RIGHT PLACE**  
Starting a conversation about upsetting content probably isn't the best idea when your child is rushing for an exam or about to go to bed. Choose a time when they're relaxed and open to talking. To make sure you have their full attention, try to make sure you're in a quiet space where you can be uninterrupted. Your child feels safe and comfortable.

**KEEP IT AGE APPROPRIATE**  
With younger children, try and keep the conversation more general and avoid leading questions and complex details. You can get slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the themes and again, stay aware of their emotional state.

**EMPHASISE HOPE**  
Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength in the current events when they know they can do something to help. Children often feel less in control through activities which make them feel they're positively impacting the events they're concerned about.

**MONITOR REACTIONS**  
All children react differently, of course, and young people might not display any sign that they're worried, angry, nervous, confused or distressed. Children often feel less in control through activities which make them feel they're positively impacting the events they're concerned about.

**CONSIDER YOUR OWN EMOTIONS**  
It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them. So taking a step of how you yourself are managing your emotions is an important part of supporting your child through worrying times.

**Meet Our Expert**  
Cathy Jorgensen is the director of Family South Africa, which is a reporting system that is currently being used by schools and communities to help build a safer world. Cathy helps give a voice to children by encouraging them to speak up and get the help they need when they need it.

**SET LIMITS**  
Managing screen-time and content can be difficult, even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's very important to try to limit exposure by using parental controls, talking about the dangers of emotional content and enforcing screen-time limits.

**TAKE THINGS SLOWLY**  
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation about a specific event, then move on to the subject and then work your way back to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.

**ENCOURAGE QUESTIONS**  
Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is not scary, it's important to encourage your child to ask questions and learning that not everything online is accurate is a vital first step.

**FIND A BALANCE**  
There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications and we're often tempted to check the news or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks and to focus on positive news and becoming overwhelmed by bad news.

**BUILD RESILIENCE**  
News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're exposed to them and that they're aware of the world around them. It's important to emphasise that they can always talk to you or a trusted adult if something they see makes them feel uneasy.

**IDENTIFY HELP**  
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

**National Online Safety**  
#WakeUpWednesday

Check our Parent Advice & Help page for links, posters and information about online safety, secondary transition and more.

Class	Percentage of children in school every day these past five days. (F/M/T/W/Th)	How many children late these past three days.
1L	95%	2
2A	94.6%	3
3P	95.7%	6
4M	83.5%	4
4H	92.2%	2
5T	94.6%	2
6H	97.2%	6
6P	95.7%	6
OVERALL	94%	31

Thank you to all parents who have informed us and given evidence of medical appointments during the school day.

It is so important that we have evidence in order to authorise the absence.

**CONGRATULATIONS**

to 6H for beating the school target.

**Brain nibbles.....** This weekend you could....

Go to Shepherd's Bush Library on Saturday 14<sup>th</sup> October between 2.30pm and 3.30pm and create a mini banjo.

Play a board game with your family.

Can you invent your own?

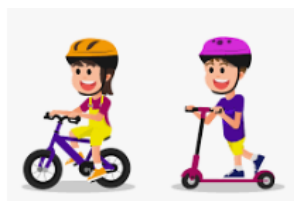
If you eat an apple or a pear or another fruit with a pip, try planting the pip in some soil. Leave it on a window sill and water it and see how long it takes to grow.

Every day counts. Every minute counts.

## Scooters and bikes

Please make sure you are on time if your child brings their scooter or bike to school.

If you are late, please take them with you and do not leave them by the main entrance. Thank you.



As the weather is turning colder it is important that your child is prepared for cold playtimes.

Please ensure they bring a coat or jacket to school every day.



## Working together

We believe and value the partnership we have with you.

There are many skills your children will benefit from learning both at home and in school.

Please teach and encourage your child to tie their shoelaces.



Help us to grow this lifelong skill for your child.

## Drop - in Telephone session for Parents

### Is your child feeling anxious?

• Worried • Stressed • Test Stress • Scared • Overwhelmed

### Is your child presenting with challenging behaviours?

• Frustrated • Having frequent tantrums  
• Difficulty following routine • Defying instructions

We at HFEH Mind are providing drop-in telephone sessions to help you with your child's mental health needs.

## How can you get help?

Each phone call will last for 20 minutes, where you have the opportunity to discuss concerns regarding your child's mental wellbeing, unpleasant thoughts and feelings they are experiencing. We'll also explore our service interventions/ what help is available.



I'm Rebecca. I'm based in your child's school.

scan here to sign up:

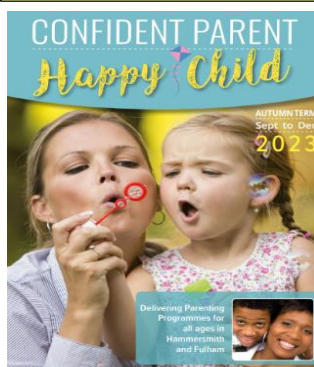


Anna Freud  
National Centre for  
Children and Families

NHS  
North West London Collaboration of  
Clinical Commissioning Groups

mind  
Hammersmith, Fulham,  
Ealing and Hounslow

You can read about these courses on our website.



Can you donate a box of tissues to your child's class?



Help us to keep coughs and sneezes in tissues. Thank you ☺



Sir John Lillie Playcentre  
Lillie Road, Fulham, SW6 7LN

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Manager—Deborah Pope

Debbie@sirjohnlillie.lbhf.sch.uk

[www.sirjohnlillieprimary.co.uk](http://www.sirjohnlillieprimary.co.uk)



Sir John Lillie  
Playcentre  
Autumn Half - Term

23rd October to 27th October 2023



Children from 3 years to 11 years old are welcome to join us

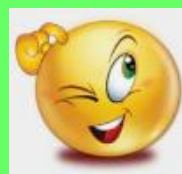
On site we have a variety of activities for the children to enjoy including arts & crafts, t shirt printing, sports and more.



Price	
9am to 5pm	£30
Additional hours	
8am to 9am	£5
5pm to 6pm	£5



## Puzzle Time



Can you finish these number patterns?

2,4,6,\_,\_,\_,16,\_,\_

5,10,\_,20,\_,\_,\_,50

6,12,\_,\_,\_,36,42,\_,\_,\_

1,3,5,\_,\_,\_,15,\_,\_,\_