



# Forest Glade Primary and Nursery School Family – Growth – Potential

November 2025

**We have lots of exciting things happening across school in the lead up to Christmas. Take a look below at some of the amazing things we have been doing this month!**



## **Anti-Bullying Week & Children in Need 2025**

We started Anti-Bullying Week with Odd Socks Day to celebrate diversity. Throughout the week, children took part in different activities to raise awareness. We finished the week with a 'spotty' non-uniform day to support Children in Need, The Great SPOT-acular. Thank you for your donations, together we raised over £100!



**Eco Quote of the Month**  
"Save the bees. Plant trees!"



**Water Saving Tip of the Month**  
"Turn off the tap whilst brushing your teeth."



# Key Information



## Remembrance Day

Our History ambassadors attended a remembrance service at New Cross Church where they paid their respects and delivered a poppy wreath created by some of our children. In addition, our FS2 children visited the cenotaph to deliver a poppy wreath they had made, whilst there they took part in a minute's silence. We are so proud of all the children who were very respectful and showed great maturity.



## PTA Christmas Dress Up Day

We all got in the Christmas spirit with a Christmas dress up day to begin the festive period. Thank you for all your donations, our PTA will now be able to create Christmas hampers for the raffle on the last day of term. Don't forget you can buy your raffle tickets (50p each) from Wednesday the 10<sup>th</sup> of December before and after school on the playground!



## FS2 Bonfire Night

Our FS2 children have been learning about Bonfire Night. They read the story of the Gunpowder Plot and now understand why Bonfire Night is celebrated and even had their own little celebration with sparklers!



## Key Stage 1 Athletics Competition

Children from Year 1 & 2 took part in their first sports event at Kirkby Leisure Centre and came fourth! They competed in a variety of athletic events, including a relay and hurdle race and displayed many of the FGP characteristics. Well done to all involved!



## Year 2 Ocean Sculptures

Year 2 made some amazing 3D sculptures of the Earth's wonderful ocean creatures. Their hope is to encourage people to look after them, some children even attached plastic to their animal in a way that shows the effects people are having on the ocean. They loved learning about using slip to join their sculptures together. Great work Year 2!



## Upcoming dates for the diary

Tuesday 9<sup>th</sup> Dec – EYFS Nativity 9:30am  
Wednesday 10<sup>th</sup> Dec – KS1 Nativity 10:30am  
Wednesday 10<sup>th</sup> Dec – EYFS Nativity 2:15pm  
Thursday 11<sup>th</sup> Dec – Christmas Jumper Day  
Thursday 11<sup>th</sup> Dec – KS1 Nativity 4pm  
Friday 12<sup>th</sup> Dec – Pantomime Trip  
Wednesday 17<sup>th</sup> Dec – Christmas Dinner Day  
Thursday 18<sup>th</sup> Dec – Christmas Party Day  
Friday 19<sup>th</sup> Dec – Carols on the Playground

## Inset Days for 2025/2026

Monday 23<sup>rd</sup> February 2026  
Monday 27<sup>th</sup> July 2026



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

## SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

### A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, 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.

#### 1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping 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.



#### 2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying 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. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



#### 3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



#### 4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



#### 5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



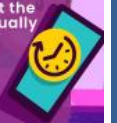
#### 6 CONSIDER YOUR OWN EMOTIONS

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 staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



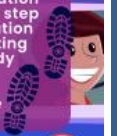
#### 7 SET LIMITS

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 important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



#### 8 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 a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



#### 9 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 actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



#### 10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article 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 events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



#### 11 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 equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



#### 12 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 is essential that children understand that they're not alone, and that help is available if and when they need it.



#### Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



**NOS** National Online Safety®  
#WakeUpWednesday

Sources: <https://www.bbc.com/news/round/5045936> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.10.2023