

SJL News



Friday 13th October 2023

Important dates

Please remember not to book holidays during term time.

October	
Monday 16 th	6H begin a week at Into University Parent consultation EYFS
Tuesday 17 th	Parent consultation 1 & 2
Wednesday 18 th	Parent Consultation 3 & 4
Thursday 19 th	Parent consultation 5 & 6
Friday 20 th	Last day of half term School closes at 3.30pm
Monday 23 rd to Friday 27 th October Half term Holiday Play centre available	
Monday 30 th	Return to school 8.50am
November	
Monday 13 th	Whole school flu nasal session

Visit our website

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

Raising 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 on-line without being exposed to upsetting 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 choosing to engage online on the media, both online and offline. Before swarming 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 tired and/or hungry. Choose a time when they're relaxed and have plenty of time to talk. Make sure you have a quiet space where you can talk. These conversations can become emotional and you want to make sure 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 responses. With older teens, you can be more open about the feelings and again, do 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 context of what's happening. Children often feel reassured when they know they're not powerless. Encourage them to take 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 a sign of being worried, angry, shocked or upset. Children develop coping strategies by mirroring those around them. Talking out of the box is important for supporting your child through worrying times.
- CONSIDER YOUR OWN EMOTIONS**
It's not only young people who find upsetting news difficult to process; adults also have to deal with those emotions in moments of stress. Children develop coping strategies by mirroring those around them. Talking out of the box is important for supporting your child through worrying times.
- 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 school year for example). It's vitally important to try to limit exposure by using parental controls, talking about using devices or essential 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 a simple one about the news, but it's vitally important to try to limit exposure by using parental controls, talking about using devices or essential content and enforcing screen-time limits.
- ENCOURAGE QUESTIONS**
Online, troubling images, posts, videos and stories are shared instantly. It's difficult to know which of which your child might access. Even if the content is not your own, encourage your child to ask you questions about what they see instead of being shy or afraid. Encourage them to ask you questions about what they see instead of being shy or afraid. Encourage them to ask you questions about what they see instead of being shy or afraid.
- 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 articles or view the most recent video on social media. It's important to encourage your child that it's healthy to take regular breaks and to focus on positive news 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 equipped and they're exposed to it. Talk about upsetting news and encourage them to ask you questions about what they see instead of being shy or afraid. Encourage them to ask you questions about what they see instead of being shy or afraid.
- IDENTIFY HELP**
It's hugely important that children know where to find support if they encounter upsetting content. 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.

Meet Our Expert
Cecily Jorgensen is the director of Family South Africa, which is a reporting system that is currently being used by schools and community organisations. Her work focuses on helping give a voice to bystanders by encouraging them to speak up and get the help they need when it's needed.

NOS 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 14th 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.

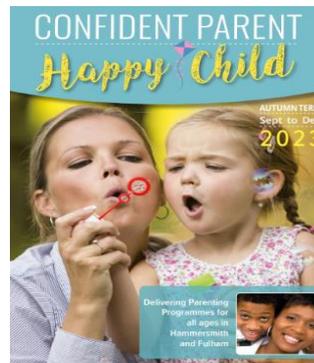


I'm Rebecca. I'm based in your child's school.

scan here to sign up:



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

Tel: 0207 386 6834

Manager—Deborah Pope

Debbie@sirjohnlillie.lbhf.sch.uk

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,_,_,_