



KING'S ACADEMY COLLEGE PARK



PROUD TO BE POMPEY



Don't forget that this Thursday is our Proud to be Pompey Day!

We will be visited by the Lord Mayor and Mayoress of Portsmouth in the morning and will have visitors from one of the Lord Mayor's chosen charities!

There will also be a special prize draw to win a Family Ticket for the D-Day Museum for anyone who **reads on Wednesday and records it in their reading diary** to show to their teacher on Thursday morning!

Dress Code: Wear your **Best Blue** and bring £1 donation if you can!

Attendance News

Our school target for attendance is 96%

Last week the following year groups met that target:

Year 2
Year 5



Year 5 had the best overall attendance with 97.9%

Dear Parents and Carers,

It has been a very busy half term and this week will be equally as busy. Today we have had the Harvest Assemblies. Thank you for all of your contributions.

As a school we have enjoyed hosting the 'Parent Afternoons' and it has been wonderful to see so many parents attending. The art work created during these visits, is on display throughout the school.

I'm sure next half term we will as busy and with excitement of different celebrations, I'm sure the children will have a wonderful time.

Just to remind you, Friday is an INSET day and also, Monday 30th October too.

Have a restful and relaxing half term.

Mrs Carlyle

UPCOMING EVENTS

Individual & sibling photographs

Tuesday 17th October

EYFS 2024 Information Evening

Wednesday 18th October

3.30pm and 5pm

Proud to be Pompey Day - Thursday 19th October

INSET DAYS

Friday 20th October & Monday 30th October

Year 3 2024 Open Evening

Wednesday 1st November

3.20pm

Parents Evenings

Monday 6th November

Wednesday 8th November

DON'T FORGET TO VISIT OUR WEBSITE FOR THE MOST UP TO DATE INFORMATION!

[Take me there!](#)

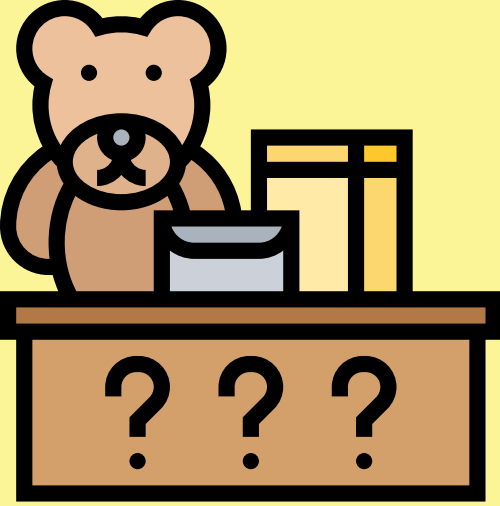
Follow
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COMMUNICATION SUMMARY

- Harvest Festival
- Dingo Class Update
- MHST Appointments Available
- Parent Governor Ballot
- Extra-curricular Club Offer





LOST PROPERTY

This half term's lost property will be available this week after school:

Junior lost property: Wednesday - Crofton Road playground

Infant lost property: Thursday - Infant playground

Anything not collected will be disposed of or given to charity.

Any lunchboxes left at school on Thursday will be disposed of.

PORTSMOUTH NEURODIVERSITY TEAM

Please get in touch if you have any queries, questions, concerns or need support:

Neurodiversity0-19Enquiries@portsmouthcc.gov.uk

Telephone: 02392 606051

[Neurodiversity Platform](#)

[Family Assist Home](#)



#HelloYellow

10 October 🙌

Wear yellow to show young people they're not alone with their mental health

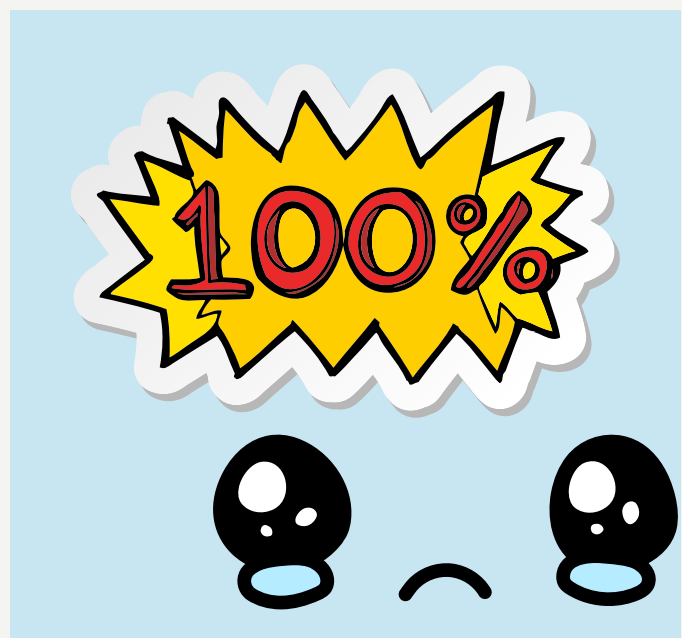


Infant Value Champions

Hedgehog Class	Ava	Resilience	Megan	Creativity
Squirrel Class	Luna	Challenge	Harry	Independence
Rabbit Class	Violet	Resilience	Lola	Kindness
Fox Class	Lyla Rose	Responsibility	Bodhi	Creativity
Koala Class	Isabella	Creativity	Ebad	Responsibility
Wombat Class	Derrick	Independence	Charlie	Resilience
Emu Class	Nellie	Independence	Yusuf	Challenge
Dingo Class	Sunnie	Challenge	Elsie	Independence
Lion Class	Zog Table	Teamwork		
Flamingo Class	Freddie	Resilience	Isabella	Responsibility
Giraffe Class	Ava	Challenge	Hallie	Responsibility
Zebra Class	Eden	Kindness	Tilly	Challenge

Infant Attendance Awards

	Best Class	Year Group
Year R	Hedgehog	95.9% 
Year 1	Dingo	94.1% 
Year 2	Lion & Giraffe	96.6% 

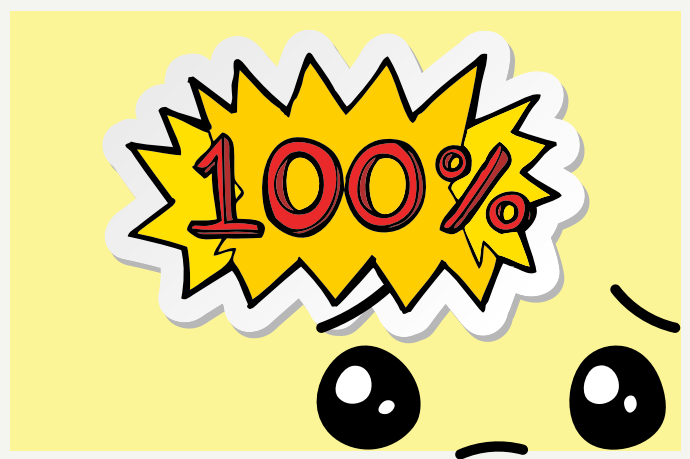


Junior Value Champions

3AB	Henry	Teamwork	Delilah	Teamwork
3HK/JC	Corby	Creativity	Daisy	Responsibility
3RW	Elliott	Challenge	Harper	Responsibility
3FL	Zainab	Kindness	Charlie	Creativity
4ML	George	Resilience	Alex	Kindness
4CM	Emily	Kindness	Isaac	Resilience
4HT	Kian	Challenge	Isabelle	Independence
4SS	Theo	Independence	Eden	Responsibility
5KM	Carson	Creativity	James	Challenge
5JB	Sophia	Challenge	Louie	Teamwork
5AC	Theo	Independence	Talia	Challenge
5HW	Austin	Responsibility	Victor	Independence
6AD	Eve	Challenge	Maddison	Resilience
6NC	Tiana	Resilience	Ivy	Kindness
6BT	Reggie	Challenge	Renee	Challenge
6CD	Rex	Responsibility	Lewis	Independence

Junior Attendance Awards

	Best Class	Year Group
Year 3	3RW	94.5% ↓
Year 4	4SS	94% ↓
Year 5	5JB	98.9% ↑
Year 6	6CD	93.6% ↓



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 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.



Sources: <https://www.bbc.com/health/children-10-07-2020> | <https://www.childnet.com/blog/supporting-your-child-with-upsetting-content/> | <https://www.unicef.org/parenting/how-to-talk-your-children-about-conflict-and-war>