

Somerville News

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AIMING HIGH TOGETHER



SUBJECT UNDER THE SPOTLIGHT – COMPUTING

Mrs Sloan is the Computing Lead in school. This year she has created a team of 'Digital Leaders'. Below she will inform you of the role of the Digital Leaders.

One child from each KS2 class has been chosen to be a digital leader. Digital Leaders are children with a passion for technology who want to share their knowledge with others and promote the use of all things digital throughout the school. Being a Digital Leader is a fantastic opportunity to take on responsibility, learn new skills, develop and demonstrate leadership skills. Each week, the children will be carrying out training, checking on the IT equipment and focusing on online safety.



This week we discussed age guidelines with popular apps. This is the information we found:

APPS AND THEIR AGE RATINGS

13+		16+	
Facebook	Snapchat	WhatsApp	
Instagram	Twitter	17+	18+
TikTok	Kik	Sarahah	MeetMe
YouNow	Yubo	YOLO	LiveMe
House Party	Monkey		

If your child has a smart phone then please check and see if they have any of these apps. If they have there are safety / maturity risks associated with each.

Dates for your Diary

Friday 18th February

Year 3 trip to Chester Zoo

Friday 18th February

Dress to Express Day

Monday 21st - Friday 25th February

Half term

Thursday 3rd March

World Book Day

Thursday 31st March

Year 4 trip to Chester

Monday 11th April - Friday 22nd April

School closed for Easter holidays

Monday 25th April

School opens to pupils

Monday 2nd May

Bank holiday Monday - school

Monday 9th May - Friday 13th May

SATs week

School opens to pupils

MENTAL HEALTH WEEK AT SOMERVILLE

We all know that January and February can be difficult months to remain in a cheerful and positive frame of mind. This year's theme for mental health week is growing together which links in beautifully with our school vision '**AIMING HIGH TOGETHER**'.

What we will be doing during Mental Health Week:

- ▶ Assembly on Monday
- ▶ Daily meditation to learn about mindfulness and finding calm
- ▶ Yoga in PE sessions to learn about why physical exercise is so important for wellbeing and good mental health
- ▶ Growth stories daily in Year 2 to 6
- ▶ Circle time on Friday to pull the learning together

Meditation and yoga can be found on YouTube and can be done by the whole family. Please encourage your child to continue with these when feeling angry, anxious or stressed or just to continue with wellbeing and contributing towards good mental health.

Friday 18th February will be Dress to Express day in school.

Children are welcome to wear non uniform to express their personality





GROWING TOGETHER

WE'RE TAKING PART IN
CHILDREN'S MENTAL
HEALTH WEEK

childrensmentalhealthweek.org.uk
#ChildrensMentalHealthWeek



Cheshire and Wirral
Partnership
NHS Foundation Trust



Timid to Tiger Parenting Course

**Does your child struggle with anxiety?
Are you looking for ways to support
them?**

Timid to Tiger is an entirely parenting-based approach to managing anxiety in children (available to parents of children aged 8-12).

It is based on evidence that anxious children benefit substantially from a parenting style that is clear, calm and consistent.

8-week remote courses via Zoom starting on

Mon 7th March 2022 6pm-7pm

Tue 8th March 1pm-2pm

To register your interest in one of the online parenting courses, email cwp.adminmhst@nhs.net

For more information
email us at
cwp.adminmhst@nhs.net

Helping people to be
the best they can be



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