



A message from our Headteachers

Mental health and wellbeing

Today in school, we have celebrated Hello Yellow Day, to recognise the importance of Mental Health and Wellbeing. This day, created by Young Minds UK, is designed to raise awareness of being mentally positive and developing ways of coping with mental health and wellbeing.

Children across school have fundraised by wearing something yellow or brightly coloured for this vital charity, and we will let you know how much we raised after half-term! Thank you to everyone who donated!

At Warren, mental health and wellbeing is a priority and taught through our PSHE curriculum. Miss Keemer has also been teaching Warren pupils the importance of mindfulness and using breathing techniques to support positive wellbeing. Miss Keemer is in school every Wednesday and delivers yoga sessions to all children across school.



There are also many mental health services that can be accessed across Nottinghamshire as well as nationally. Please click on the links below for further information.

[Nottingham City Mental Health Services](#)

[Nottinghamshire Support Services](#)

[Be U Notts - Mental Health Services](#)

[Young Minds UK](#)

[CAMHS Nottinghamshire](#)

We have also included a YoungMinds parent support sheet on the end of the newsletter, which includes prompts to use to talk to your child about mental health.

We hope you have a restful and enjoyable half-term break, and we look forward to seeing all of the children back at school on Monday 31st October.

Thank you

Mrs Salam and Mr Middleton

Achievements this week!

Well done to the following children who have been given a certificate in our celebration assembly today!

Y1: Zuriel for a confident performance during our topic celebration & James B for sharing his ideas and being kind to others.

Y2: Natalia for her ambition in reading a million words & Julia for enthusiasm on our school trip to Nottingham City Centre.

Y3: Logan for always being a good role model & Mia for trying hard with her handwriting.

Y4: Aurijah for always being empathetic and Beteal for being determined.

Y5: Deborah for increasing confidence & Mollie for increasing active participation in all areas.

Y6: Bryce for great focus within his reasoning paper & Isla for always being such a positive role model.

Children in Foundation who also received awards are:

F1: Kalani & Harper for creating some lovely artwork.

F2: Charlie for showing ambition by being a good role model to others & Jessica for being determined to complete a challenge.



Attendance

Our attendance target this year for each child to reach is 97%. It is important your child is coming to school every day to reach this target. Here is this week's attendance:

F2: 89.5%

Y1: 85.4%

Y2: 98.3%

Y3: 94.4%

Y4: 96.5%

Y5: 90%

Y6: 96.6%

Well done to Year 2 who have the highest attendance this week!





Key dates

Date	Event
31.10.22	Return to school
7.11.22	Great Project starts in Y5
9.11.22	NSPCC group in Y5/6 starts
9.11.22	Y1/2 STEM morning
11.11.22	Y5 Tag Rugby Festival
14.11.22	Odd Socks Day

We will be sharing dates for Christmas events with you within the first few weeks back at school.

After school clubs

We have been working behind the scenes to get after school clubs back up and running. More information will be shared about our club offer when we return in Autumn 2.

Social media



In addition to our Class Dojo account and Instagram page for the school, we are using our school Twitter account again! Please follow us @warrenleadacad

Please speak to your child's teacher if need access to Dojo!

Easy fundraising

Mrs Ford has set Warren up with an Easy Fundraising page. You are able to support school by purchasing through the website, and this raising money for school! You can sign up with the link below which provides you with a code. If you spend £5, school receives a bonus £5!

[Easy Fundraising Link](#)

Safeguarding contacts for over the half term break

If you feel a child is in danger or at risk of harm during the school holidays, please contact:

[Nottingham City Multi-Agency Safeguarding Hub](#)
[Nottinghamshire Multi-Agency Safeguarding Hub](#)

Enrichment at Warren this week!

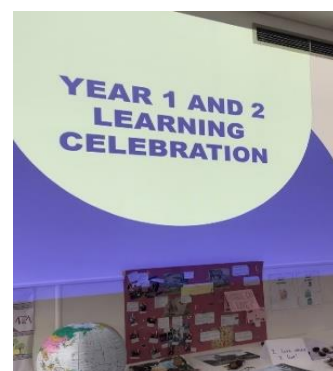
We have had lots of exciting things happening in school this week. Here are some photos of what we've been up to!

Year 2 visited Nottingham City Centre and walked to different key landmarks



Falconry UK visited F2 and Y2

Y1 and Y2 also had their first learning showcase!



Hello Yellow Day in school!



Halloween themed lunch

We will be serving a themed lunch for Halloween on Monday 31st October. The menu will be:

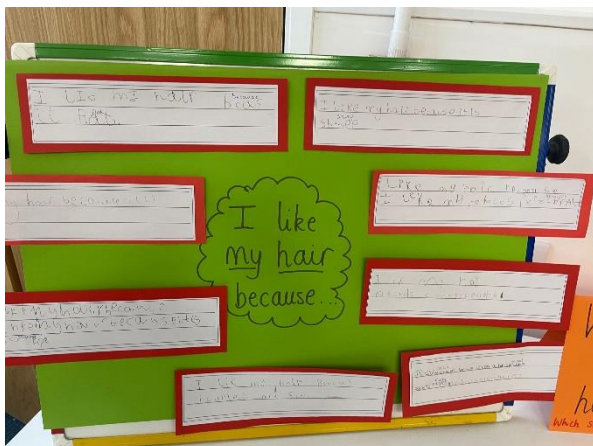
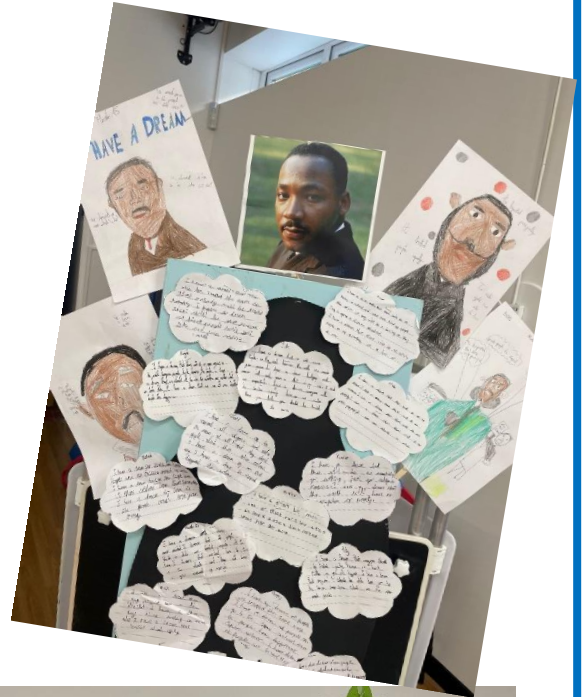
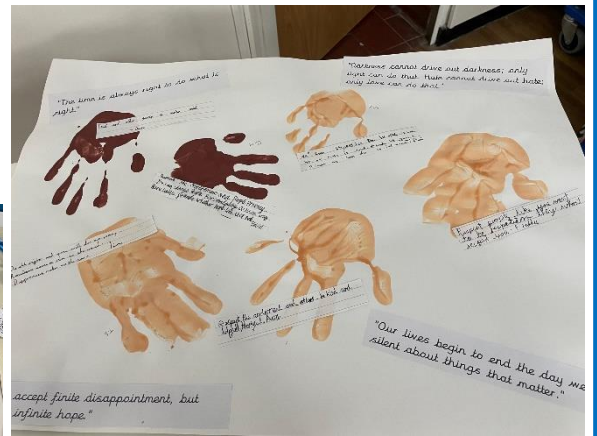
Scary Halloween Pizza (pepperoni & veggie)
Cracking Rib Fries
Monster Mash-up Beans
Chocolate Mousse Grave Pots



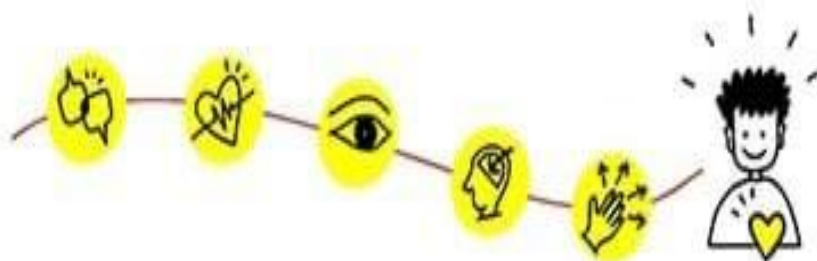
If your child would like this themed lunch, they just need to let their teacher know on Monday morning.

Black History Month – immersive day

Classes from F1-Y6 created an artist response to learning about Black History month on Thursday. Please visit our art exhibition after school today to see our amazing work!



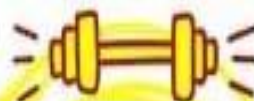
5 WAYS OF WELL-BEING



CONNECT

WITH FAMILY, FRIENDS, COLLEAGUES
and NEIGHBOURS

INVEST TIME IN BUILDING
RELATIONSHIPS



BE ACTIVE

WALK, RUN, DANCE, PLAY

DISCOVER PHYSICAL ACTIVITY
YOU ENJOY



TAKE NOTICE

CATCH SIGHT of THE BEAUTIFUL

SAVOR THE MOMENT

BE AWARE OF THE WORLD
AROUND YOU

REFLECT



KEEP LEARNING

TRY SOMETHING NEW

REDISCOVER AN OLD INTEREST

LEARN- HOW TO COOK, AN INSTRUMENT...

LEARNING BUILDS CONFIDENCE



GIVE

... A SMILE

DO SOMETHING NICE FOR
A FRIEND

THANK SOMEONE

VOLUNTEER YOUR TIME



Questions to ask your child



YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How are you finding things at school at the moment?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What have you enjoyed about today?

What are you worried about when you lie in bed and can't sleep?

Can you show me what you like about gaming?

How do you feel about things changing?

What do you think could help you to feel better?

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 games which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about FIFA 23

FIFA 23, like its many predecessors, is a massively popular football simulator featuring lifelike recreations of thousands of real-world players, drawn from teams around the globe. While the gameplay is subtly improved year on year, the publisher EA Sports' tweaks tend to focus on FIFA Ultimate Team mode, which can tempt gamers of all ages to spend real money recruiting better players for their side. With each new release of FIFA comes a host of new players to unlock – meaning that youngsters can feel pressured to keep buying to compete with their friends.

AGE RATING
PEGI 3

WHAT ARE THE RISKS?

RELEASE RAZZAMATAZZ

FIFA 23 will be the last in the blockbuster series, before EA goes solo with its own football title next season. This 'end of an era' vibe – coupled with a huge advertising budget making the new release almost impossible to miss – will elevate FIFA 23 into even more of a 'must have' for football-mad young gamers, no matter how minor the updates are on last year's version.

AGE-INAPPROPRIATE CHAT

Based on a popular sport which appeals to people of all ages, the FIFA franchise draws a huge audience of both children and adults. Communication is a key element, with many players enjoying in-game audio chat via headsets. With the mixed age range of players and a lack of regulation, however, chats can often turn offensive or toxic – especially in the heat of competitive matches.

IN-GAME PROMOTIONS

Unless precautions are taken, dedicated FIFA fans can spend significant sums when attempting to improve their Ultimate Team. Most top-level players can be unlocked by simply participating in matches, but some sought-after stars can be obtained more quickly in limited-time promotions which cost a large amount of FIFA points (the in-game currency, often paid for with real money).

CIRCLING SCAMMERS

The popularity of FIFA Ultimate Team (FUT) mode has led to online scammers convincing many impressionable gamers to pay real money for non-existent FUT coins and player cards, or directing unwary FIFA fans to phishing sites. If your child gives these individuals their login details, the scammers can access not only their carefully built team but potentially your payment information.

ADDICTIVE NATURE

One match on FIFA (usually around 15 minutes, but often lengthened by extra time and penalties) almost invariably leads to another. It can be a powerful temptation for young players, regardless of unfinished homework or an approaching bedtime. If the 'just one more game' mindset starts to impact a child's daily routine, it could be a sign of gaming disorder, a recognised mental health issue.

GAMBLING-ADJACENT BEHAVIOUR

Ultimate Team has become a major feature in FIFA due to the revenues it generates. It can also be addictive, with children striving to earn coins and level up while swapping, selling and buying players. Spending FUT coins to open a player pack (which many experts have likened to gambling) is designed to be an exciting act – with bright lights, fanfare and attention-grabbing prizes.

Advice for Parents & Carers

BE SELECTIVE WITH CHATS

It's enormous fun for FIFA players to chat online with friends, even as their teams do battle in the game. It's probably the safest idea, though, to restrict contact with strangers. By turning off voice chat in FIFA and allowing cross-party chat in their device's settings, your child can speak to people who are already on their friends list but won't be able to talk to (or hear) strangers online.

CONTROL SPENDING

If your child plays Ultimate Team mode on FIFA, ensure their account isn't linked to your payment methods – so they'll need your permission to make in-game purchases. Alternatively, you could use parental controls to limit spending – or set up a pre-paid 'allowance'. When excitedly clicking options on screen, it's easy for a young person to forget the real-world repercussions of online purchases.

STAY ALERT FOR SCAMS

There are some key things to remember about potential FIFA scams. Firstly, EA never contacts users via any method other than emails to the account holder (which may well be you). Neither will they ever ask for a player's username or password outside the game itself. EA's terms and conditions outlaw the buying of FUT coins, so anyone selling them should be treated as suspicious.

AVOID 'EXTRA TIME'

If your child's spending a lot of time on FIFA 23 and seems less enthusiastic about other activities in their life, you could consider restricting how long they can play for each day with the parental controls in their device's settings. Even if they're not playing on their console or computer, there's a FIFA companion app for smartphones – but that can be limited through parental controls, too.

Meet Our Expert

Lloyd Coombes is Games Editor of technology and entertainment website Dexerto and has been working in the gaming media for three years. A long-time fan of the FIFA franchise, he is also a parent and therefore a keen advocate of online safety. Writing mainly about tech and fitness, his articles have also been published on influential sites including IGN and TechRadar, among others.



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Online
Safety®**

#WakeUpWednesday

Sources: <https://www.theguardian.com/technology/2022/feb/24/fifa-23-highlighting-producers-game-designers> | <https://www.ea.com/en-gb/newsroom/2022/02/24/fifa-23-ultimate-team-mode> | <https://www.nhs.uk/conditions/gaming-disorder/>



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