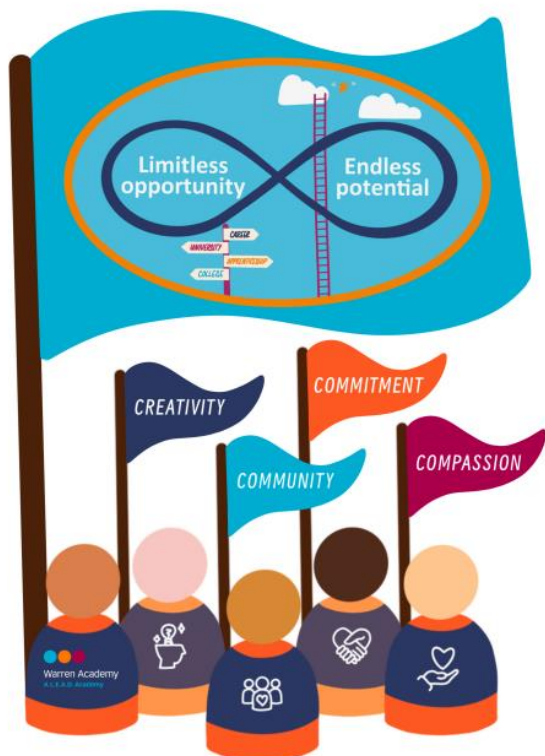




## A message from our Headteachers



We are very excited to share with you our new school values! We now have 4 new values, which have been created following consultation of our staff team, pupils, parents and governors.

The values are:

**Creativity**  
**Community**  
**Commitment**  
**Compassion**

We feel that these values will allow our whole community to work together and live out our school vision: Limitless Opportunity: Endless Potential.

We also wanted to introduce Miss Francis to the Warren team. Miss Francis is a PCGE student, who is training to be a teacher. She is working in Year 5, alongside Miss Broadberry, and will be with us until December.

Thank you,

Mrs Salam and Mr Middleton

### Attendance

Our attendance target this year: **96%**.

It is **so** important your child is coming to school every day to reach this target. Our whole school attendance for this week is 95.14%.

If your child is absent from school, **we ask that you communicate every day with school to share reasons why your child is absent from school.**

Here is this week's attendance:

F1: 90.8%

F2: 88.9%

Y1: 97.3%

Y2: 95.6%

Y3: 97.4%

Y4: 86.8%

Y5: 97.8%

Y6: 96.7%

Well done to Year 5 who have the highest attendance this week!

### Attendance updates



You may have noticed a new attendance board in the playground! This board is to inform parents and carers of weekly attendance for each class.

**96% and above**

**96-91%**

**90% and below**

The board will be updated weekly to keep parents and carers informed of where the class attendance is currently at.

### Attendance-opoly prizes for this week!

All 3 places gained a prize this week for attendance being over 96%!

**1<sup>st</sup> place** – Year 5 who have won an extra PE lesson of a sport of their choice next week!

**2<sup>nd</sup> place** – Year 3 who have won a free item for every child in the class from the tuckshop during 1 break time next week.

**3<sup>rd</sup> place** – Year 6 who have won a non-uniform day!

Key datesAutumn 1

<u>Date</u>	<u>Event</u>
10.10.23	World Mental Health Day – Hello Yellow Non-Uniform day
11.10.23	Year 2 visit to Green's Windmill, Sneinton
13.10.23	Year 6 visit to the National Holocaust Centre
16.10.23	Year 5 visit to Perlethorpe for Anglo-Saxon and Viking experience day
17.10.23	Fire Safety visit to UKS2 by Arnold Fire Station
18.10.23	EYFS visit from the Teddy Bear's Hospital
19.10.23	EYFS parents and carers stay and play session
20.10.23	Black History Month Art Exhibition
20.10.23	Last day of half term
<u>Autumn 2</u>	
6.11.23	Return to school for Autumn 2 term
19.12.23	End of the term – finish at 2pm
20.12.23	Warren Inset Day

Hello Yellow Day!

On Tuesday 10<sup>th</sup> October, all children are invited to wear something yellow or brightly coloured to school, to celebrate Hello Yellow Day, in exchange of a £1 donation. This donation will be given to the Young Minds Charity – a charity designed to support the mental health and wellbeing of children and young people.

Achievements this week!

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

**F1:** Alicja for building confidence & Elysee for being brave and holding an owl!

**F2:** Cohen for good sharing of ideas in R.E. & Lowan for always being kind.

**Y1:** Aarathan for being a very fast cat in our game in P.E. & Alfie for being so kind towards everyone in our class.

**Y2:** Finley for his fantastic attitude towards his writing & James for his resilience in maths and solving some tricky problems.

**Y3:** Heavenly for being an outstanding citizen in our class & Olly for outstanding conduct and learning behaviour.

**Y4:** Marcel for increased confidence and determination in lessons & Lexi for patience and great listening skills.

**Y5:** Cayla for super ambition in her English & Karan for great enthusiasm in everything!

**Y6:** Maleeka for quiet determination and creative ideas in her writing & Brea for excellent mathematical thinking.

Best seats in the house winners this week:

I'arla in Year 2 and Chloe in Year 1 for their incredible efforts in class and around school. They have been spotted working extremely hard in their new classes over the last few weeks, and their maturity has been seen too! Well done both!

Career of the week

This section of the newsletter is where we will be sharing information about a job or career, which you can then share with your child, to inspire or interest them in different career options!

This week's career is: A firefighter!

This is a brave job which involves inspecting and maintaining equipment to fight fires, carry out practice drills and training, and respond to emergency calls where buildings may be on fire. You can also work in the Royal Air Force as a firefighter!

Subjects that are useful if you were interested in a career like this are: **English, PE and PSHE (Personal, Social, Health Education)**

**Routes into the industry:** There are 2 routes you can take to become a firefighter. You can do a college course in Public Services before applying directly to the fire service. You can also start training as an operational firefighters through an apprenticeship.

More information can be found here:

<https://nationalcareers.service.gov.uk/job-profiles/firefighter>



## Subject Ambassador Teams



We are passionate about pupils at Warren becoming leaders. This year, we are introducing pupil subject ambassadors to Warren! This involves pupils who have a particular interest or love for a subject area, championing the subject and 'leading' the way forward for their particular area. This could mean visiting classes with the adult subject leader, host an assembly, or showcasing learning from across school in the subject. It is a very exciting and creative opportunity!

The pupil subject ambassadors for each subject are:

<u>Subject</u>	<u>Pupil Subject Ambassadors</u>
Reading	Shanay and Demi-Leigh
Writing	Julia and Taylor-Jo
Maths	Jason and Abidev
Science	Eliyah, Eli and Alore
History	Finley, Karan and Natas
Geography	Tymoteusz and Thomas
Art	Divine and Tabitha
Design Technology	Joel and Noah
Music	Beteal and Maleeka
Computing	Aiarna, Dylan and Daniel
Religious Education	Aaron and David

There will also be some additional pupil leadership roles we will be announcing in coming weeks. We are very excited to see what impact our subject ambassadors can have across the school!




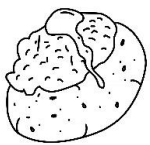
## Falconry UK visit

Children in F1, F2 and The Burrow had a visit from Falconry UK on Wednesday. The children have been reading the story 'Owl Babies' and this was an opportunity to bring the story to life! The children showed **commitment** in their bravery, and held the Owls on their arms!







Day	Main	Vegetarian	Dessert	Jacket Potato
				
Monday	Mexican Quorn Pasta Bake		Chocolate Sponge	Baked Beans, Grated Cheese
Tuesday	Loaded Jacket Potato with Cheese and Bacon	Loaded Jacket Potato with Cheese and Spring Onion	Fresh Fruit Salad	
Wednesday	Roast Chicken & Stuffing	Quorn Roast	Vegetarian Fruit Jelly	Baked Beans, Grated Cheese
Thursday	Beef Lasagne	Quorn Lasagne	Strawberry Iced Smoothie	Tuna Mayo
Friday	Chicken Nuggets	Quorn Sausages	Fruit Crumble	Coleslaw

If your child is having a packed lunch, please ensure you are making healthy choices for your child to eat. Below shows the 'Eat Well Guide' which is what is recommended to be eaten on a daily basis to maintain a healthy diet. We have also included some healthy lunchbox ideas. More information can also be found at:  
<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>



## Love your packed lunch!

Create a healthier packed lunch by choosing foods from the 5 main food groups below:



### 1 Starchy Carbohydrates

to re-fuel your body

Base your lunchbox on starchy carbohydrates.

**Choose ONE EVERY DAY from:**

- ✓ Bread, rolls, bagels, wraps, pitta or baguettes
- ✓ Pasta
- ✓ Couscous
- ✓ Noodles
- ✓ Potatoes

*Choose wholegrain*



*Use a thermos flask to keep pasta warm*



*Get kids involved in the choice*



*Supervise!*

### 2 Fruit & Veg

to keep you healthy

Pack one portion of fruit and one portion of veg every day

**Choose TWO EVERY DAY from:**

- ✓ Apple, banana, pear, orange, plums
- ✓ Small pot of mixed berries or grapes
- ✓ Prepared melon or mango
- ✓ Chopped vegetable sticks: carrots, cucumber, pepper, celery, mange tout, mini corn
- ✓ Salad vegetables
- ✓ Vegetable Soup

*Add salad to your sandwich*



*Use a thermos flask for delicious soups*



### 3 Dairy & Alternatives

for healthy teeth and bones

Don't forget the dairy!

**Choose ONE EVERY DAY from:**

- ✓ Milk
- ✓ Cheese – hard cheese, soft cheese, cheese spread
- ✓ Yoghurt or Fromage Frais
- ✓ Custard

*Choose low sugar dairy products*



*Reduce sugar choose plain yoghurt and have fruit on the side*



### 4 Protein Foods

for growth and repair

Pack a protein punch!

**Choose ONE EVERY DAY from:**

- ✓ Meat
- ✓ Fish
- ✓ Eggs
- ✓ Non-dairy protein e.g. lentils, chick peas, beans

*Keep processed meat to a minimum*



*Choose oily fish like salmon once every 3 weeks*



### 5 Drinks

to rehydrate your body

- ✓ A large glass of water
- ✓ Semi skimmed milk – or skimmed milk for children over 5 years.
- ✓ 150ml of fresh unsweetened fruit juice/smoothie

*Milk, water or 150ml juice*



**Occasionally!**

Meat products such as sausage rolls, pies, sausages

Plain cakes/sponges and biscuits of appropriate portion sizes



For more healthy packed lunch ideas and recipes visit [www.phunkyfoods.co.uk/recipes](http://www.phunkyfoods.co.uk/recipes)

# **BLACK HISTORY MONTH POETRY COMPETITION**

**OCTOBER 2023**

**READ ABOUT AN AMAZING AND INSPIRING  
BLACK WOMAN WHO HAS MADE HISTORY.**

**WHO HAS INSPIRED YOU AND WHY?**

**WHO HAS MADE A DIFFERENCE IN THE  
WORLD**

**WHAT KIND OF POEM COULD YOU WRITE?**

**SUBMIT YOUR POEMS TO MISS PITHERS  
OR MRS SALAM BY FRIDAY OCTOBER  
20TH!**

**YOU COULD HAVE YOUR POEM PRINTED  
IN A NATIONAL POETRY BOOK**





# What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.

AGE RESTRICTION  
**7**  
PEGI

## WHAT ARE THE RISKS?

### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be 'impostors', tasked with eliminating their colleagues while the survivors try to uncover them. While the concept's not too far removed from traditional games like Cluedo or TV shows such as The Hot Chick, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the scenarios depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

### CHAT BETWEEN PLAYERS

With up to 10 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the impostors might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord, a popular app which offers voice and video chat functions. These understandably make communication easier, but also create a potential route for children to hear inappropriate language – or be strangers to message them privately in an environment which isn't regulated by the game itself.

### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £3 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the social deduction unsettling. If so, plenty of similar murder-themed games are available (on both digital and traditional board game formats) which dispense the potentially grimmer elements, some centre around underdog tales, for instance, and there's even a beloved superheroes-themed variant.

### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'social lobby' – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

### Meet Our Expert

David Cameron is Editor in Chief of parenting magazine mumsnet and has written the parenting guide for mumsnet for years. He regularly updates the app's guide to the latest apps, so he's always up to date with the latest of online safety. Being a parent, he's also got a good understanding of the risks of online safety.



NOS  
National  
Online  
Safety  
#WakeUpWednesday



The Jolly Gardener  
and The Duke of st  
Albans Public House

*Presents*

Sunday  
OCTOBER

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FROM 12 till 5pm

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Emmanuel Food Kitchen*

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