

CHRISTMAS FAIR

What an amazing day the Christmas Fair was. We can't thank all those involved enough, from staff giving up some of their weekend, to the hard work of the PTFA in organising it, the pupils and parents for their generous donations for the stalls and not to mention Father Christmas himself. It truly brought our community together. The PTFA managed to raise £2000 that will help the school provide resources to support your children. Thank you very much.



Raffle Prizes

90
377
358
268
145

55
56
107
49
270
193
640

192
403
246
297
100
90

104
395
43
647
272
191

STARS OF THE WEEK

YEAR 1

1N: Theo C

1S: Scarlett

YEAR 2

2B: Ariella

2L: Bobbie

YEAR 3

3B: Aliyah

3L: Isaac

YEAR 4

4F: Amelia

4P: Hannah

YEAR 5

5M: Lola

5S: Lexi

YEAR 6

6C: Logan

6J: Billy

EYFS

Gruffalo: Erin

Elmer: Momoreluwa

Class

Stars





Christmas Toy Collection

Do you have any toys that you no longer play with? Are you having a clear out before Santa arrives? If so, then you can bring them into school and we will donate them to families in need.

4P Rota Kids are collecting toys that will be given out to families in Blackburn with Darwen this Christmas.

The toys need to be in good condition. No jigsaws or teddies please.

Please bring in before Wednesday 11th December.

Vondale
Primary School



CAROLS IN THE WOODS

Following on from the success of our Christmas Fair some of our staff and choir ventured into a muddy Sunnyhurst Woods to perform for members of the public. This was also a lovely event and the choir did us proud.



PANTOMIME

Thank you for your contributions to the Panto. The children had a lovely time. It was the right decision to bring Panto to Avondale instead of the expense to parents of coaching them to the theatre.

The pantomime was great fun because I've never been to one before! Thank you SCHOOL!!
Zachary K



It was hilarious!
Teddy
4F

I loved it Jack 3L

I've never been to a pantomime before - it was AMAZING!
Elsie and Oliver 1N

I loved the whole morning Elaf
4F

I want to watch it again, I loved it - GY 2L

Thank you to all the teachers for organizing it. It was the best thing ever.
Hannah 4P

I've never been to a panto before. I didn't know how funny it was! Reeva Year 1

It was so funny!
Finley 4P

I didn't realise Mr Frankish could dance like that! Ayaan 5S



M E N U



Weekly Menu

WEEK 1

MONDAY

Sausage Roll or Jacket Potato

TUESDAY

Chicken Burger or Veg Southern Fried Burger

WEDNESDAY

Cottage Pie or Cheese Flan

THURSDAY

Chicken Curry & Rice or Cheese & Tomato Pizza

FRIDAY

Fish Fillet & Chips or Cheese & Tomato Pasta



Sunnyhurst Craft Day at Sunnyhurst Visitor Centre - 8th December 11am

EYFS Performance 16th December 2:15pm

EYFS Performance 17th December 6pm

Year 1-2 Performance 16th December 6pm

Year 1-2 Performance 18th December 2:15pm

Year 3 Carols around the Christmas Tree 19th December at 2.15pm

Year 4-5 Performance 17th December 2:15pm

Year 4-5 Performance 18th December 6pm

Christmas Lunch (bookings now closed) - 19th December

Christmas Jumper day - 19th December

**SAVE
THE DATE**

Performance Tickets

Year 3 will be completing a Christmas project during the last week of term. If you have any small empty and clean jars at home, eg jam jars or smaller please could you send them into the school office. Many thanks.

Tickets are now on sale - please remember to put your money in an envelope and clearly write the full name of your child, their class and which performance you wish to see.

ONLY 2 tickets available per child.

AFTER SCHOOL CLUB

On Friday 20th December, After School Club will be closed a little earlier than usual. All children will need to be collected before 5:30pm. This is for the children that have pre-booked their session. Thank you.

FREE Winter lunches

Monday 30th December

Tuesday 31st December

Thursday 2nd January

Friday 3rd January

11:30 – 1:00

at

Family Hub Livesey

Family Hub Darwen

Family Hub Shadsworth

Family Hub Little Harwood

To register please phone 01254 585000 or
drop in to one of our Family Hubs/Childrens Centres



**Family
Hub**

Darwen | Little Harwood | Livesey | Shadsworth



Scan me  



To: Christmas Crackers

We at Hawks love to support our local community, and what better way to show our support than offering your school/club the chance to **watch your 23/24 Play Off & Cup Champions play at Blackburn Arena** as we try and push towards greater success together & **with great thanks to Hawks in the Community, you can come along and help us on our way!**

We would like to invite you to our Ice Hockey Fixture
vs **WIDNES WILD** on **15/12/24!**

Half Price

£6.50	£3.50
ADULT	CHILD



To: Xmas Pudding Club

We at Hawks love to support our local community, and what better way to show our support than offering your school/club the chance to **watch your 23/24 Play Off & Cup Champions play at Blackburn Arena** as we try and push towards greater success together & **with great thanks to Hawks in the Community, you can come along and help us on our way!**

We would like to invite you to our Ice Hockey Fixture **vs Billingham Stars on 7/12/24!**

Half Price

£6.50	£3.50
ADULT	CHILD



To: Twixmas Team

We at Hawks love to support our local community, and what better way to show our support than offering your school/club the chance to **watch your 23/24 Play Off & Cup Champions play at Blackburn Arena** as we try and push towards greater success together & **with great thanks to Hawks in the Community, you can come along and help us on our way!**

We would like to invite you to our Ice Hockey Fixture
vs **SHEFFIELD SCIMITARS** on **29/12/24!**

Half Price

£6.50	£3.50
ADULT	CHILD



We are so so proud of our boys tonight who demonstrated resilience in abundance as they battled the torrential downpours at Witton Park .The team managed to win both games (4-0 and 6-1) and we now head into the Christmas break from the league having won 7 out of our 8 games. The boys were excellent tonight and represented Avondale superbly .



Online Safety

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at <https://nationalcollege.com/guides/mental-health-apps>

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