

Westgate Academy Newsletter

Thursday 19th December 2024



End of Term Message from Mr Beaven

As we come to the end of the Autumn term, we would like to thank you for your support. We are so very lucky to have such supportive and caring parents, it makes our work so much easier. We thank you for helping with homework and listening to your child read. We totally understand the stresses of everyday life and that it can be very difficult to fit this in, so thank you for trying.

Our pupil groups continue to work hard to make Westgate even better. The pupil wellbeing group have sent out questionnaires to find out how safe and supported their peers feel; they are trying to put a worry box in each room so that worries can be dealt with quickly. The school council are working with the Midday Supervisors to make lunchtimes even better; they are also thinking about the charity work that they would like to organise. The playleaders have been busy purchasing new equipment for everyone, this will be available to play with in January. The ECO committee have identified the areas they would like to focus on, they are very keen to increase the number of us who walk, scoot or cycle to school. More information about this initiative will follow in the New Year. The online safety group will start their work in earnest in the New Year and they intend to include advice and support for parents. We have attached a couple of posters about things that you might want to do online this Christmas and there is some advice on how to have an internet free Christmas.

It has been a busy half-term with much happening in school and it has been lovely to talk to the children about all the exciting things they have done. They talked fondly about visiting church and of learning a musical instrument. They have loved spending time with their parents in school and the new books in the classrooms, there's a real buzz about reading.

I'm sure you'll join with me in thanking our staff who have worked really hard to ensure Westgate continues to grow. We wish those of you who celebrate Christmas a Merry Christmas, and to our Jewish families, Happy Hanukkah. To everyone, we hope you have a lovely holiday. We look forward to seeing you in January and we wish those who are leaving us, all the best as they continue to grow in different countries or settings.

John Beaven

Spelling Shed Winners - w/e Friday 13th December

Congratulations to Darwin for topping the league this week! 😊

Speller of the week - Isla Cu in Spitfire

Top Speller 1 - Mason in Darwin

Top Speller 2 - Roja in Lancaster

Times Tables Rockstar Winners - w/e Friday 13th December

Class winners:

1. Claudius
2. Boudicca
3. Seacole
4. Lancaster

Child winners:

Blessing - Seacole
Benita - Claudius
Harry - Claudius

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Year 3, 4 and 6 - School PE Days - Term 3

Indoor

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	Year 3	Year 6	Year 3	Year 4

Outdoor

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		Year 4		Year 6

Year 5 - PE and Swimming Timetable – Term 3

January 2025						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7 Nightingale and Seacole Outdoor PE First Day of Term 3	8	9	10 Tennyson and Darwin swimming	11	12
13 All year 5 Indoor PE	14 Nightingale and Seacole Outdoor PE	15	16	17 Tennyson and Darwin swimming	18	19
20 All year 5 Indoor PE	21 Nightingale and Seacole Outdoor PE	22	23	24 Tennyson and Darwin swimming	25	26
27 All year 5 Indoor PE	28 Tennyson and Darwin Outdoor PE	29	30	31 Nightingale and Seacole swimming		

February 2025						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3 All year 5 Indoor PE	4 Tennyson and Darwin Outdoor PE	5	6	7 Nightingale and Seacole swimming	8	9
10 All year 5 Indoor PE	11 Tennyson and Darwin Outdoor PE	12	13	14 Nightingale and Seacole swimming Last Day of Term 3	15	16
17	18	19	20	21	22	23
24 All year 5 Indoor PE First Day of Term 4	25 Tennyson and Darwin Outdoor PE	26	27	28 Nightingale and Seacole swimming		

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Cross Country Years 5 & 6 - Boys and Girls

The children have been trialling for the Westgate Cross Country Team whilst in their PE lessons this term. Those who have been selected to run for the school will shortly receive an email asking them to train at school with Miss Willows on a Thursday between 3.30 pm and 4.30pm. The 1st session will take place on Thursday 16th January 2025 and the last, Thursday 13th February 2025 there will also be races taking place throughout the term, details of which will follow. Please note you will need to arrange transport for your child to attend away fixtures.

Synergy Sports Coaching

Tuesdays Multi Sports - open to all pupils

Synergy will be running Multi Sports session which are FREE and open to boys' and girls' years 3-6 inclusive. There are limited places which are available to book from 5pm on Friday 20th December.

[Event Search | Synergy Sports Coaching Ltd](#)

The 1st session will run on Tuesday 14th January from 3.30 pm - 4.30 pm and then every Tuesday for 5 weeks, the final session of the term will be on Tuesday 11th February. Please be sure that your child wants to attend and can commit fully to the sessions before booking, we have had several children not attend this term which is a shame as others could have benefited.

Fridays - Girls only Football - all year groups

Synergy will be running girls only football coaching sessions, these are open to all girls, years 3-6 inclusive. The trial session will be run by Mr Marshall at 3.30 pm - 4.30 pm on Friday 17th January. He will be holding trials during this session to select the players he wishes to join the team and to train with Synergy on a Friday. Please scan the QR code below to register your child's interest and opt into the trial.



Those who are successful will be informed by email and begin training with Synergy on a Friday afternoon 3.30 pm - 4.30 pm. The first team training session is on Friday 24th January 2025 and will run until the end of the school year. There will be home and away fixtures throughout the term, details of which will be shared with parents of those chosen for the team, please note you will need to arrange transport for your child to attend away fixtures.

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Boys Football - Years 5 & 6

Mr Marshall will be running trials to recruit football players for our school team, unfortunately at present this is only open to boys in years 5 & 6. Years 3 & 4, please keep practising, when you reach year 5 you will have your chance! Please use the relevant QR code below to register your child to attend the trial. This is a very popular activity and so Mr Marshall is splitting the trials over two days:

Year 5 Boys' trials - Monday 13th January 2025 3:30 - 4:30pm



Year 6 Boys' trials - Tuesday 14th January 2025 3:30 - 4:30 pm



Those chosen to play for the school will be informed by email and will commence their training sessions on a Mondays 3.30 pm - 4.30pm. The first session will be on Monday 20th January 2025 and the last on Monday 16th June 2025. There will be regular home and away fixtures against local schools, details of which will be shared with those chosen to join the team, please note you will need to arrange transport for your child to attend these.

Netball Club

Further information will follow but the plan is for trials and selection to commence in February 2025.

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Taylor Swift - Freebie

We have had a very kind offer for any Staff, Parents, Guardians, and their children, to attend the following event FREE OF CHARGE. If you are interested in tickets, please call the number on the flyer, letting them know that you have seen this in the Westgate Newsletter and how many tickets you would like.

Taylor Swift
ALEXA, PLAY

LOVER

ANTIHERO

TAYLOR SWIFT CONCERT
19TH DECEMBER
6pm - 8pm

Tickets
£15.00 pp

Under 10s
£10.00

Featuring
- Support act
- Taylor swift tribute
- DJ and Disco
- Stalls and vendors

01522686878
windmillfarmreservations@greeneking.co.uk
WINDMILL FARM // LINCOLN // LN6 3QZ

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

When parents and carers finally have the chance to spend some quality time with their child over Christmas, many face a familiar struggle to prise their young one's attention away from their phone, console, tablet or computer. Fun family bonding over the festive period, however, doesn't have to exclude devices. There are sackfuls of Christmas activities and ideas online which grown-ups and children can enjoy together. We've compiled our own 'nice list' of seasonal suggestions for how to...

MAKE THE MOST OF THE ONLINE WORLD THIS CHRISTMAS

1 EAT, DRINK AND BE MERRY

Budding bakers will relish helping out in the kitchen with some tasty festive treats. Spend some time together researching child-friendly Christmas recipes online (the BBC Good Food site is an excellent place to start), and then you and your little elves can rustle up gingerbread santas, marshmallow snowmen or reindeer shortbread. The only thing that's more fun is eating your creations afterwards!

WHEN THE SNOWMAN BRINGS THE SNOW...

4 A WORLD OUTSIDE YOUR WINDOW

From turkey on the beach in Australia to roller-skating to church in Venezuela, Christmas is celebrated in a variety of ways worldwide - curious youngsters might enjoy discovering other nations' festive traditions online. Google's Santa Tracker is a brilliant (and free) starting point, with games, activities and animations to help children enjoy learning as they count down to the big day!

2 THE OLD SONGS ARE THE BEST?

We've all had that Christmas compilation CD that was almost perfect, if it wasn't inexplicably missing one of your best-loved tracks. In this era of music streaming, however, your little helpers can assist you in compiling a definitive playlist of all your favourite seasonal songs - no more pining for The Pretenders or wishing for Wizard.

5 THE NEAR AND THE DEAR ONES

Between time constraints, distance, the weather and Covid precautions (or a combination of all four) for many families it just won't be possible to physically spend time with everyone they'd ideally like to this Christmas. Video calling technology, of course, takes some of the sting out of the disappointment by virtually transporting loved ones into your living room.

3 DECK THE HALLS

There's no such thing as 'too many' Christmas trimmings! Let your child channel their excitement into some creative crafting, and you'll make memories as well as your own DIY decorations. There are loads of step-by-step guides online (including video walkthroughs on YouTube) for seasonal showpieces like paper plate angels, handprint wreaths and cupcake wrapper Christmas trees.

6 KIDS FROM ONE TO 92

If Santa's brought your young ones a console this year (or they already had one), it's a perfect excuse for some quality time while they gleefully trounce you at FIFA or Mario Kart. Digital versions of traditional board games like Monopoly and Cluedo are available on most platforms, too; get the whole household together for a modern take on some old-school family fun.

7 A WINTER'S TALE

Everyone enjoys a story at this time of year; after all, the whole celebration is based on an engrossing yarn. Sites such as Audible are an excellent way of entertaining excited young ones, with classics like Dickens' *A Christmas Carol* and seasonal short stories by Enid Blyton alongside more contemporary Christmas tales by the likes of Tom Fletcher, JK Rowling and Ben Miller.

8 CAN'T WAIT TO SEE THOSE FACES

People used to express their gratitude for a thoughtful Christmas gift with a thank you card or a dutiful phone call. Not in the digital age; now your relations can see first-hand on video calls how delighted the children are with their presents - and even how they look in that slightly questionable hand-knitted pullover.

9 BROUGHT ME SOME CORN FOR POPPIN'

Snuggling up against the winter weather with the family (and a generous helping of chocolates) to enjoy a well-loved movie is a delightful Christmas tradition. The usual streaming services have some classic candidates on offer: *Home Alone* and *The Santa Clause* are on Disney+, while Amazon Prime has *Elf* and *The Grinch*, and Netflix goes with *The Princess Switch* and *The Christmas Chronicles*.

10 GUESS WHAT I FORGOT?

Friends and family pitting their wits against each other on Zoom, Teams or Skype really took off during lockdown, so why not revive the tradition over the holidays? Your questions could be on the biggest news, sport and showbiz stories of 2021, or be Christmas themed, or you could stick to classic general knowledge. Ideal for those days between Christmas and New Year.

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#WakeUpWednesday



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Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people - of any age - can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company,

Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours - and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically - rather than reacting every time a notification arrives - helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas - but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately - the holiday is your chance to drop down a gear or two.

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ONLINE SAFETY - LIKE RIDING A BIKE



Are you considering getting your child a mobile phone?

There are benefits to being online but equally there are risks that children may experience.

Just like preparing your child to ride a bike for the first time, there are things we can do as parents to make our children's online experience as safe as possible.

Pick the device

- 1 Basic phones can message and make calls but children will not be able to access apps

Helmet - Parental Controls

- 2 Before giving your child any device make sure you access parental controls and discuss apps you are happy for them to access

Brakes - Stop and Think

- 3 Teach children to stop and think before they reshare information or reply to comments.

Protection - Block and report

- 4 Teach your children how to block and report on the games and apps they are using.

Stabilizers - Tech free areas

- 5 Keep technology out of bedrooms and charge devices downstairs

Talk to your children about the risks they may face online and where they can go for help. Explore games and apps together. Talk often and openly. For more information on parental controls and online risks visit www.internetmatters.org

Social
Media



Safer
Lincolnshire



Stay Safe
Partnership



@StaySafe
Partner

Contact for info: SSP@lincolnshire.gov.uk <https://www.lincolnshire.gov.uk/staysafepartnership>