

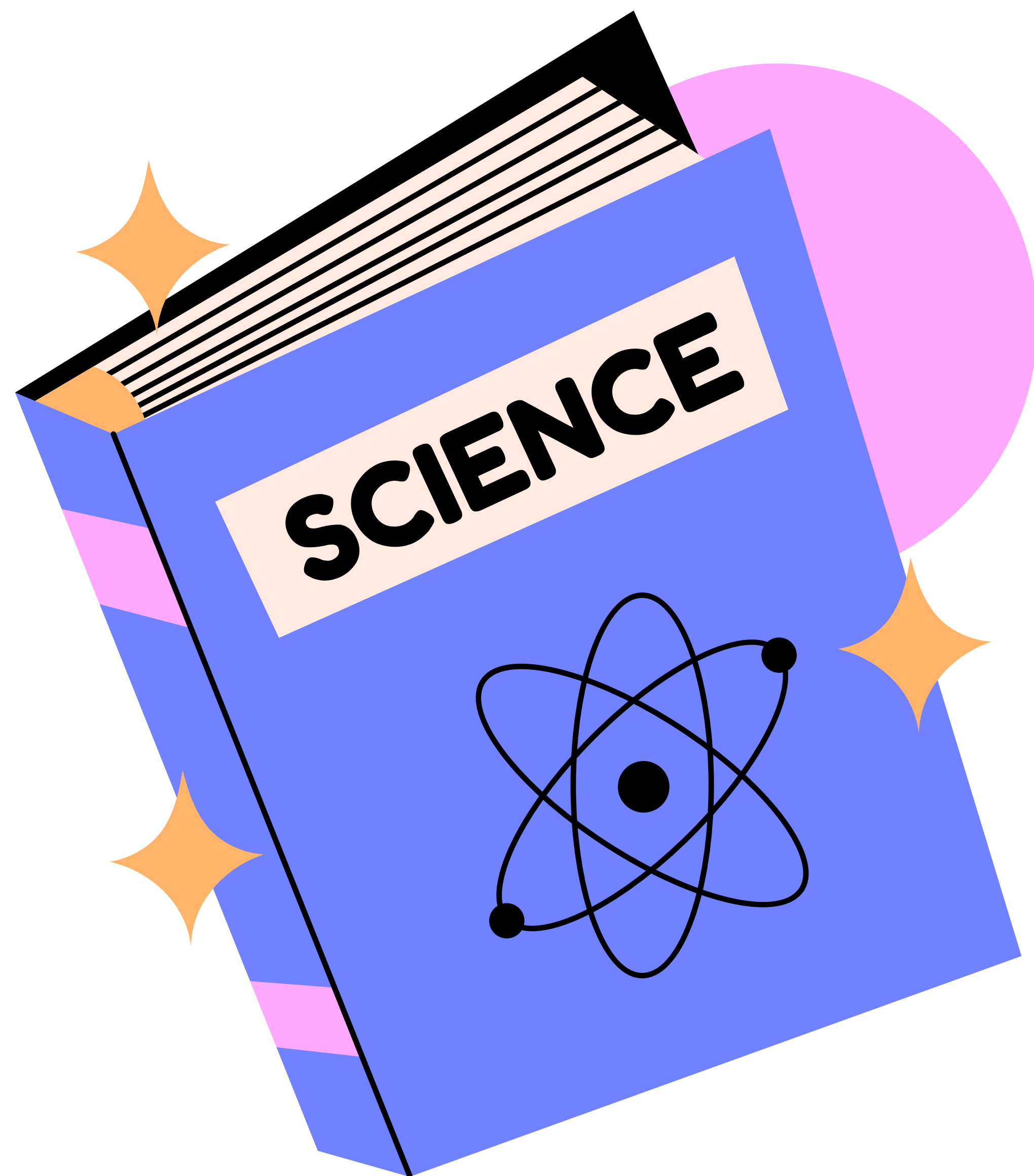
STORMONT HOUSE SCHOOL MATTERS

OUR VISION
ACHIEVEMENT FOR ALL IN A UNIQUE WORLD-CLASS SCHOOL

WEEK ENDING 24/11/2023



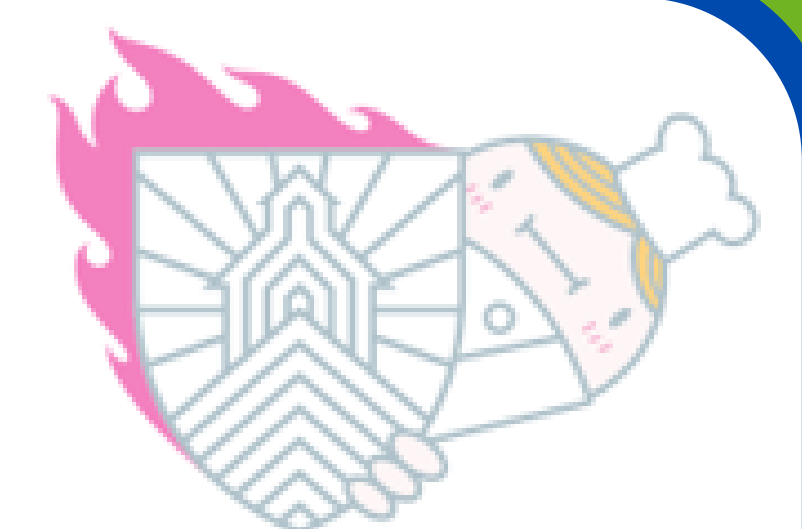
Next Week's Homework



GREEN FROG
TOMBOLA WINNERS
KEY STAGE 3 WINNERS
SIENNA
ARCHER
KEY STAGE 4 & 5 WINNERS
AVA
FAITH
WELL DONE!!

Next weeks menu...

WHAT'S FOR LUNCH? WEEK 3



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN (OPTION 1)	Basil Pesto Pasta	Cajun Chicken Wings	Vegetable Lasagne	Slow cooked Beef & Mushroom Pie	Fish Goujons
MAIN (OPTION 2)	Roasted Tomato & Vegetable Sauce with Pasta	Pepper, Mushroom & Onion Quesadilla	Roasted Tomato & Vegetable Sauce with Pasta	Butternut Squash, Sweetcorn & Carrot Bechamel Pie	Roasted Pepper, Onion & Cheddar Frittata
SIDES <small>Where main includes, portion will be offered as optional extra</small>	Mixed Lettuce, Cucumber, Olive & Tomato Salad	Peri Peri Rice Pickled Guindillas	Mixed Lettuce, Cucumber, Olive & Tomato Salad	Roast Potatoes Vegetable Gravy	
VEGETABLES	Steamed Green Beans	Paprika & Coriander Sweetcorn	Steamed Broccoli	Steamed Peas	Potato Salad with Peppers, Celery, Peas, Parsley & Mustard Mayo
BREAD	Garlic & Herb Focaccia		Garlic & Herb Focaccia		
DESSERT	Fresh Fruit or Yoghurt	Ginger Biscuits	Fresh Fruit or Yoghurt	Fresh Fruit or Yoghurt	Lemon Drizzle Sponge Cake

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Dates to remember...

Emotional Regulation in Girls – workshop for parents

Emotional Regulation in Girls – workshop for parents. We are delighted to invite you to a workshop led by our Speech and Language Therapist on Emotional Regulation in Girls. *The workshop will take place at Stormont House on Wednesday 29th November from 2.30 – 3.15.*

The Stormont House Speech and Language Therapy will talk through some information about emotional regulation, share recommended resources and you will have a chance to share your experiences among the group.

When - Wednesday 29th November

What time - 2.30-3.15pm

Where - Stormont House School

Topic - Emotional regulation in girls.

Let us know if you have any access requirements or have any questions. We hope you can make it.

SENCo & Safeguarding/Welfare Officer DROP-IN sessions for Parents

Our SEND Lead, Ms Sagan and our Safeguarding and Welfare Officer, Ms Napier are delighted to invite parents to drop-in sessions every other Thursday between 2.30 pm and 3.15pm. The next drop-in session will be taking place next Thursday 30th November and our Occupational Therapist (OT) will be joining the session.

This will be an ideal opportunity to have an informal talk, ask questions and to find out about Speech and Language therapy as well as other services that are available in the borough. Please feel free to bring along any forms that you might need help with completing or just come along for tea, coffee, and biscuits.

We very much hope you can attend, and we look forward to meeting you on the following dates:

30th November

14th December

This year, Stormont House School
raised...

£83.20p

Thank you for your
donations!!



2023

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ONLINE SAFETY SESSION AT GUILD ESPORTS

*Guild Esports are excited to invite parents and their kids to a free of charge shared experience day this Sunday at **The Sky Guild Gaming Centre in Shoreditch.***

They will be hosting a shared experience where parents learn how to game (on Fortnite) with their child, and can learn about how to keep their children safe when gaming

- **Date:** Sunday 26th November
- **Time:** 10am - 2pm
- **Location:** Sky Guild Gaming Centre, Shoreditch, E1 6JT
- **Child Age:** 10-13 years *(We are comfortable with children either side of this bracket attending)*

If you and your child would like to attend this session, please complete the below online form to confirm attendance.

Attendance form - <https://forms.gle/XJBry4ekGkcETHao7>

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WINTER FAIR

DONATIONS

Dear Parent / Carer,

Can you, your business or employer donate something for the Winter Fair?

In the past, we have received things like a PlayStation, iPad, free haircuts, cakes, garden design, clothes, tickets to shows or subscriptions, vouchers etc.

How you can help...

You can help by asking your local businesses for donations. You can run your own stall or even help with setting up or cleaning up at the end.

If you run your own small business or have a crafty talent, you may want to rent a stall. This would come at a cost of £10 which will go towards the school fund and any profits made will be yours to keep.

Please indicate if you would like to rent a stall by clicking on the link and completing the form: <https://forms.office.com/r/KW2rkGu23z>

Once the form has been submitted, we will get in touch with further information.

Assessment Photo's



Aisha made lasagne,
salad, garlic bread
and tiramisu



Josh made pizza,
a layered salad and ginger
chocolate dipped biscuits



Rayyan made beef burgers,
potatoes wedges, salad
and chocolate cake



Tilly made shepherd's pie,
roasted vegetable slices
and chocolate fudge cake



Enitan made Chicken stir fry,
garlic and cheese bread to
share and butterfly cupcakes



Corey made seabass with
homemade pesto, vegetable
gnocchi, garlic bread
and chocolate brownies



Curtis made Butter chicken
with rice, garlic bread,
tabbouleh salad and tiramisu



Reon made Chicken fillet burgers,
potato wedges, mixed bean
salad and chocolate brownies



Leon made Pepperoni
pizza, coleslaw and
chocolate fudge cake



Salih made Four cheese
pizza, coleslaw and
chocolate cupcakes



Jose made Chicken, rice and peas with
fried plantains and pineapple salsa.
Summer vegetable salad
and chocolate brownies



J'Kia made Shepherd's pie,
chopped salad, garlic bread and
Victoria sponge cupcakes

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In celebration of Diwali, our chefs made a special lunch

Thursday 23 November 2023

Diwali Lunch

Mains

Tandoori Masala Chicken, Pepper & Onion Kebab
Or
Tandoori Masala Paneer, Pepper & Onion Kebab
With
Pilau Rice
Cucumber, Red Onion, Chickpea, Chilli, Pomegranate, Coriander &
Tomato Salad
Spinach, Onion & Green Chilli Bhaji
& Garlic Naan
& Mint Yoghurt

Dessert

Fresh Fruit
or
Ginger and Cardammon Biscuit



We all know how important it is for all our students to be in school and achieve their full potential both academically and socially. This can only be achieved with us all working together and we really appreciate all you do as parents and carers to ensure your son or daughter attends school.

We know you will always strive to:

- Make sure your child attends every day on time
- Call the school to report your child’s absence before 9am on the day of the absence and each subsequent day of absence, and advise when they are expected to return
- Ensure that, where possible, appointments for your child are made outside of the school day.

We are including attendance as part of our reward systems, celebrating both individual and whole class attendance each term and year, to highlight the importance and connections there are of being in school and achieving your very best overall.
Thank you again for all your help and support we do appreciate it.



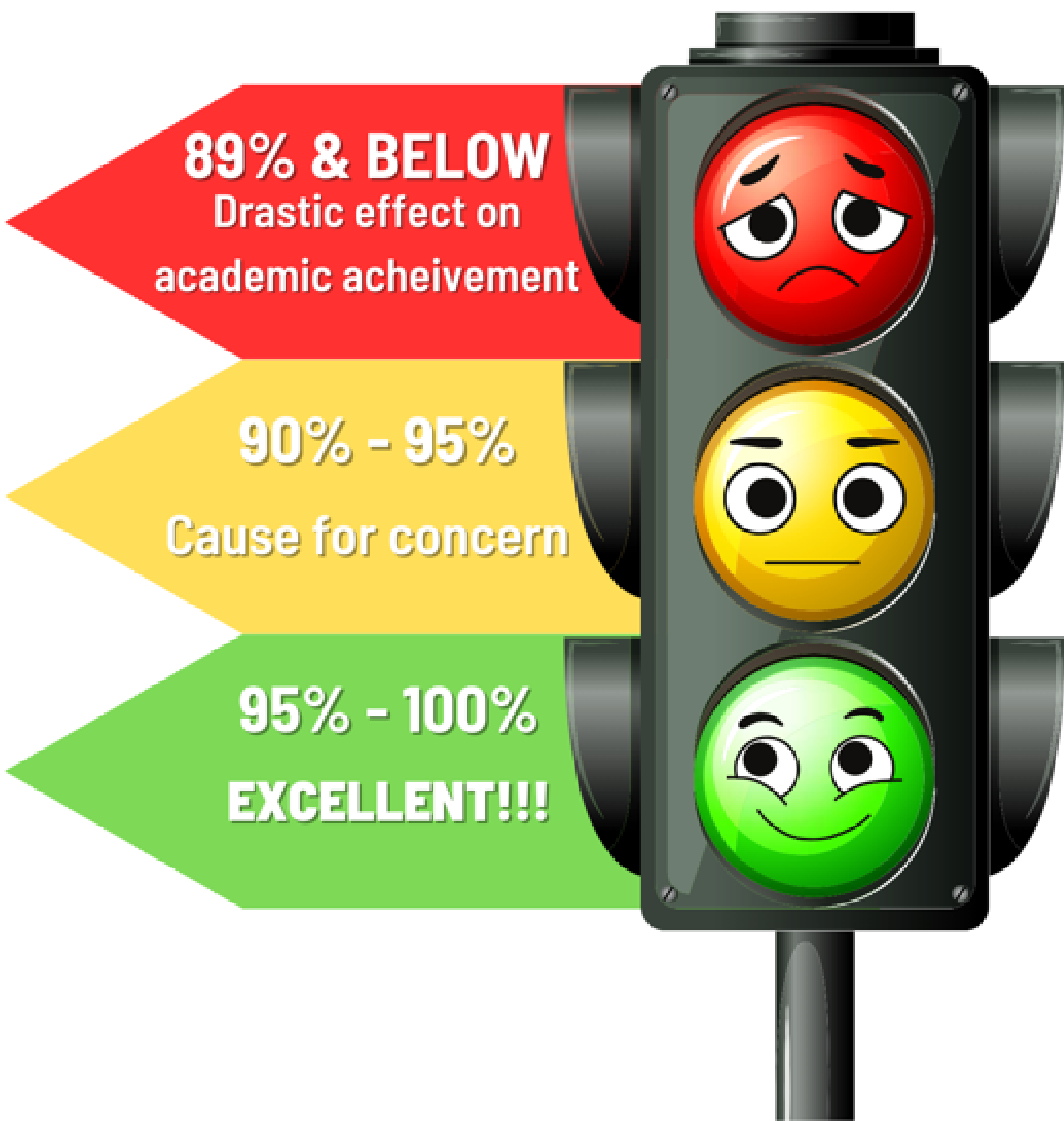
ATTENDANCE

WHY IS IT IMPORTANT?

Did You Know?

Children are required by law to attend 190 school days per year.

The Government states that every pupil's attendance should be at least 95%.



HOW DO YOU MEASURE UP?

Attendance	Days Absent	Weeks Absent	Lessons Missed
95%	9 Days	2 Weeks	50 Lessons
90%	19 Days	4 Weeks	100 Lessons
85%	29 Days	6 Weeks	150 Lessons
80%	38 Days	8 Weeks	200 Lessons
75%	48 Days	10 Weeks	250 Lessons
70%	57 Days	11.5 Weeks	290 Lessons
65%	67 Days	13.5 Weeks	340 Lessons

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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 issues 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 SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

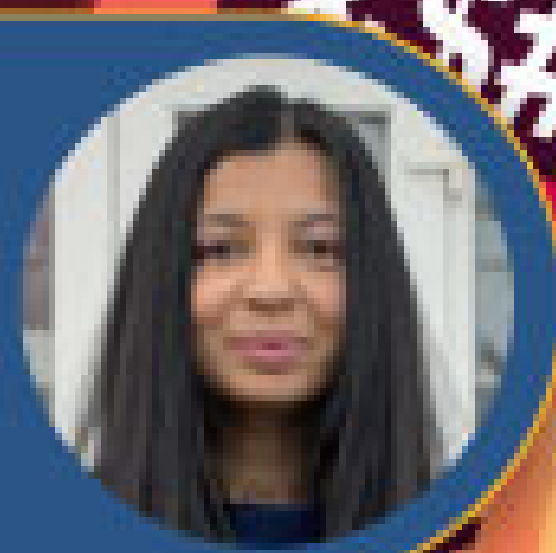
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-60045815>
<https://iproutsocial.com/insights/social-media-algorithms/>

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Supporting our children at home

Practical Suggestions for parents:

- Establish routines. Have a routine for when your child gets home from school or outings. This might include allowing your child to unwind and relax, giving them a healthy snack and then setting them up with an engaging activity. Routines make it easier for everyone to transition from one setting to another. It is even better if the routine includes activities – such as colouring-in or a run around outside – that are calming or burn off energy.
- Set simple house rules. Have a few simple rules that clearly communicate to your child how you expect them to behave. For example: “use an inside voice” or “keep the toys on the floor”.
- Notice good behaviour. Let your child know when they have done the right thing. Do this by describing what you are pleased with (“you two are sharing the toy so nicely”). This will make it more likely the behaviour will occur again.
- Spend small amounts of time with your child regularly. This is especially important when your child approaches you for help or attention. It shows you’re there for them and they do not need to become louder or act out to get your attention. Spending small amounts of time – as little as one or two minutes – often throughout the day is a powerful way of strengthening your relationship with your child and preventing problem behaviour.
- Have realistic expectations. Change is easier if you focus on one or two goals at a time. Also, when striving to improve behaviour, expect occasional setbacks. No child (or parent) is perfect!

To access the full article, please click [here](#)

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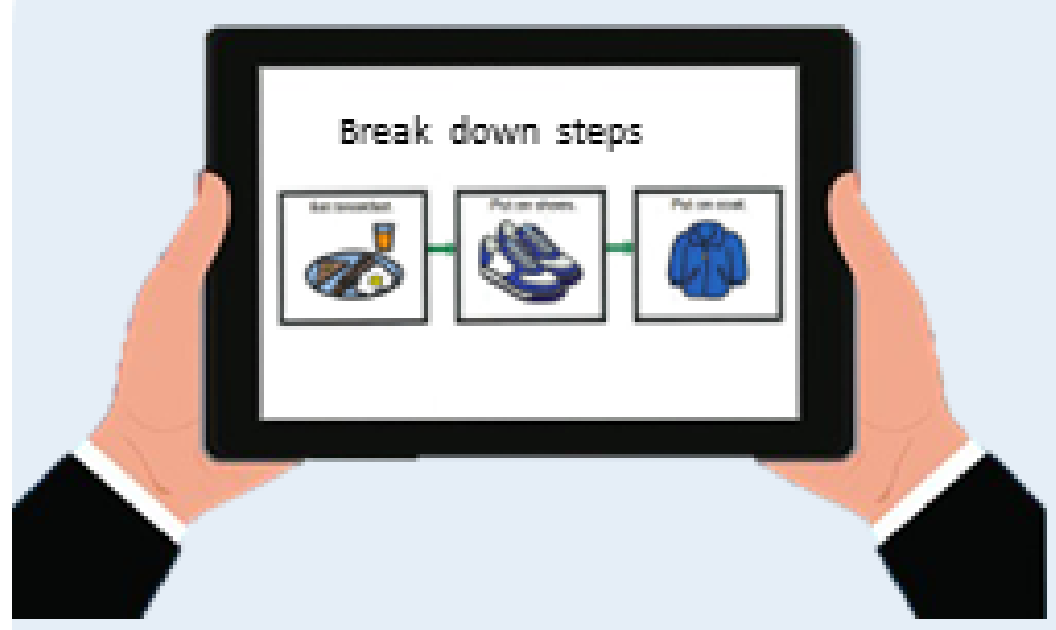
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Homerton Healthcare
NHS Foundation Trust

Developing Independence Skills

An online parent workshop to help you increase your child's participation and independence



Watch a webinar where you will learn practical strategies to encourage independence.

Identify a goal for your child to work towards in their everyday life.



Add a Join 4 follow up group video calls to support your child's goal bit of body text



Share ideas and learn from other parents and an Occupational Therapist

How it works:
The workshop is released on the Third Friday of the month for you to watch any time before the workshop.

The group video calls are every Friday at 10am for 4 weeks and last about 45 minutes.

The workshop is free to attend but you will need to book your place.

Upcoming dates:

Webinar release: 15th December
Video calls: 5, 12, 19 and 26 **January**

Webinar release: 15th February
Video calls: 1, 8, 15, 22 **March**

To book your place or for more details email or call:

huh-tr.childrensotptevents@nhs.net
02070147025