



## Bruche Primary School Academy

Seymour Drive, Padgate, Warrington, WA1 3TT

Wow – where did that half-term go?

I would like to take this opportunity to thank you all for helping me in the first weeks of this exciting new role. It has been a privilege taking up position as Head of School, getting to meet more and more parents, carers and families and I thank you for your kind words and support.

As many of you will know, the planning consultation is going ahead tomorrow at school, where the exciting proposals for the through school will be made public. All parents and carers are welcome to attend the event, which will start at 11am for the general public.

Our new playground equipment is now being fully utilised – please see our Facebook page for some great photos of the children and staff in action!

We have been visited by our PCSOs this week, who discussed ESAFETY with KS1 and KS2. The children were given instruction on the importance of maintaining a positive electronic footprint, generally keeping safe on line and what to do if you feel that you are being mistreated on the Internet. I have put some interesting notes from the KS2 powerpoint at the end of the newsletter, which you may wish to read.

On Monday the 24<sup>th</sup> February at 5pm, there will be a meeting for Year 6 parents to discuss the upcoming SATS examinations. We will also begin some SATs booster sessions next half term, which will be discussed more at the meeting first week back.

And finally, please remember that World Book Day is fast approaching and we would like the children to dress as one of their favourite book characters – Thursday 6<sup>th</sup> March.

School reopens on Monday the 24<sup>th</sup> February.

Have an amazing half term and once again thank you for all your support.

Mr Gould

Tel: 01925 815772

Executive Headteacher: Mr C Jones

School: [www.bruchepriamary.co.uk](http://www.bruchepriamary.co.uk)

Multi academy trust: [wpat.warrington.sch.uk](http://wpat.warrington.sch.uk)

[Bruche.office@wpat.uk](mailto:Bruche.office@wpat.uk)

@Bruche\_P\_School

Communication Corner

Diary Dates

~~17.01.2025~~ Year 5 A 'Yes' hour for the class

~~23.01.2025~~ Year 5 Extra-Break raffle prize

~~24.01.2025~~ Year 5 No pens day raffle prize

~~24.01.2025~~ Reception Whacky Hair Day Raffle prize (children in Reception can come into school with their hair in a whacky hair style!)

~~28.01.2025~~ from 9.30am Parent's Evening booking in day (please phone to book in)

~~03.02.2025~~ Parents Evening pm

~~04.02.2025~~ Chinese Dance Workshops

~~06.02.2025~~ Year 1 Extra Ipad time raffle prize

~~07.02.2025~~ Open the Book Assembly

~~07.02.2025~~ Year 3 Extra toy day raffle prize (**Change from original date**)

~~13.02.2025~~ Year 4 Pyjama afternoon

~~14.02.2025~~ 'Wear what you love day' Non-Uniform Day, bring £1 for PTA fund

~~14.02.2025~~ Year 1—Year 6 PCSO Internet safety assembly

~~14.02.2025~~ School closes for the half term break

24.02.2025 School reopens

24.02.2025 5-5.30pm Year 6 parent's SATS meeting

04.03.2025 Year 2 Chester Zoo Trip

06.03.2025 World Book day- book character fancy dress!

07.03.2025 Local Author visit Reception, Y1 and Y2

12.03.2025 Year 3 Beeston Castle trip- provisional date. (this may change)

12.03.2025 Year 5 School nurse puberty talk

14.03.2025 Open the Book Assembly

25.03.2025 Year 5 to watch Padgate Academy's performance of Mary Poppins

28.03.2025 Non Uniform Day, bring in chocolate/ sweets for the Bingo night raffle

01.04.2025 Reception and Year 6. School Nurse Height and weight measurements (NCMP)

02.04.2025 PAN Y5 and Y6 at the Parr Hall

04.04.2025 Open the Book Assembly

04.04.2025 PTA Family Bingo night

07.04.2025 14.00 EYFS Easter Bonnet Assembly

09.04.2025 PTA Toy sale

10.04.2025 Interim Reports out

11.04.2025 Parent's evening drop in 15.30 -16.30

11.04.2025 School Closes for Easter

Abcd = parents attendance

Abcd = PTA events

Abcd =Addition/ Change to the dates

### Special Mentions

**Nursery - Ada Challinor** for being a kind friend and for giving 100% in everything she does.

**Reception - Theodore Pearce** for his amazing independent writing.

**Year 1 - All of Year 1** for being excellent writers, mathematicians and scientists this week! I am so proud of you all!

**Year 2 - Alfie Hill** for his consistent, hardworking attitude this week and Myles for his amazing work with his writing.

**Year 3 - Joseph Leavitt** for trying so hard with his maths this week and getting all questions correct!

**Year 4 - Harry Billington** for his fantastic attitude in learning this week across all areas. Well done!

**Year 5 - Henry Arkwright** for some amazing knowledge in science!

**Year 6 - Selina Wayman** for making so much progress in reading.

**PE star - Jayden Fu**, I am incredibly proud of the progress Jayden has made over recent months. Keep it up!

Mr. Cooney

### Early Years News

#### **Nursery**

This week we have been exploring the vocabulary wide and narrow and after reading the story The Wide Mouthed Frog, the children enjoyed making their own paper plate puppets of the wide mouthed frog. We have also been testing vehicles to see which track was wide enough for them to travel along and the children have had a lot of fun creating their own ramps and then testing cars to see which ones were narrow enough to travel down them.

The children have been practising their cutting skills, using scissors to cut wide and narrow strips of paper, they have experimented with using paintbrushes of varying widths to create stripes using paint and water both indoors and outdoors and they have also had a go at making their own narrow boats out of tinfoil.

The children have done some fantastic observational drawings of flowers as well as creating some beautiful paintings using celery to print the petals on their bunches of flowers and we have had some lovely discussions about the different ways in which we can show our friends and family how much we care about them.

I hope you have a lovely, restful half term break, well Done Nursery.

**Mrs Wallace**

**Reception**

Firstly, I would like to say a big thank you to all our families for your support in my first half term I loved meeting you all at parents evening and I've had such a fun time. The term to come is going to be just as fun and hopefully the weather will get a little warmer and brighter. The children are truly fantastic and I've loved getting to know them.

This week we have been learning our new words from our non-fiction book 'Hello Penguin.' We have been looking at the different habitats for penguins and creating our own. In our guided writing we have been looking at a very muddy penguin and writing the sentence 'The chick is in the mud.' It would be great if you could keep practising the tricky word 'the' at home. There is a video that we watch in school to try and remember those tricky words for our writing it's Tricky Words and Sight Words Song on you tube – with the yellow background.

In Maths we have been learning positional language to describe 'where's the penguin?' The penguins were under, on top, above, below, behind, in front of and in between. The children then used an iPad to take pictures of different objects in different positions. We have also been creating obstacle courses outside and going over, under, across and in between different objects.

We have had a couple of days filled with love preparing for today to tell our special people how much we love them.

Happy Valentines Day to all our families and have a lovely half term break.

**Mrs Fairhurst and Miss Taylor**

**Key Stage 1 News**

**Year 1**

In Maths, we have been looking at different numberlines and learning how to estimate numbers on a numberline. We started with numbers between one and ten and then challenged ourself using numbers from ten to twenty. We learnt how to order numbers and used our prior knowledge to compare numbers between zero and twenty. We used the symbols that we know and the key vocabulary to explain if numbers were greater than or less than. On Wednesday we were able to show confidence counting objects to twenty, matching numbers and reading different numbers too! To end the week we looked at how to solve different work problems.

In Writing, we ordered a set of instructions and discussed how the instructions need to be in chronological order. We then looked at different adverbs of time and ordered these next to our pictures. We then wrote a set of instructions independently and we were so impressed with how independent we all were.

In Science we investigated and named different objects and discussed the material it was made from. We then began talking about the material and their properties. We found different objects in the classroom and were able to describe them using the new vocabulary we had learnt.

Later on in the week we were able to be creative and designed some love cards for our families to show how much we being apart of our family.

In DT we designed what our overnight oats were going to look like and labeled what we wanted in them. We then were able to make our overnight oats and we loved it!

**Miss Kerrigan**

**Year 2**

We've had such a busy week in Year 2!

This week in Maths we have been learning about money. We can recognise the different coins and make different amounts by adding coins together. We practiced adding by counting the coins with the largest value first and then adding those of smaller values. We also learnt how to use different coins to make the same amount, such as making £1 with a £1 pound coin, two 50ps or five 20ps.

In English, we finished our topic on Christopher Columbus by writing a fact file containing all the information we have learnt about him. We laid our work out in paragraphs with subheadings and worked hard to write in past tense and include our capital letters, full stops and conjunctions. I have been very impressed with the effort many children have put into their cursive handwriting!

In Science, we learnt about the importance of a healthy, balanced diet. We know that we need lots of different types of foods as they all do different jobs for our bodies – carbohydrates give us energy, proteins help us grow and fruit and vegetables give us lots of nutrients and vitamins. We sorted foods into the different food groups and some of us then created our own healthy meals.

For Computing, we thought about the language we use to give instructions, and how that language needs to be clear and precise. We practised combining several instructions into a sequence, thinking about the importance of the order of the instructions. We then created sequences using the same instructions in different orders to see how our directions changed.

In PSHE, we have learnt how to keep ourselves safe when crossing the road. We know that we should always follow the green cross code to stop, think, look and listen before walking carefully across a road, and should always try to use designated crossing points such as zebra crossings and crossing patrols to help us stay safe. We created our own posters informing others how to stay safe near the roads. We also thought about how to keep ourselves safe at a railway station and on the train. We know never to go onto the railway lines, and to act responsibly and sensibly when at a station, including keeping away from the edge of the platform and taking care when stepping onto the train. We watched a video of a level crossing and know that if a level crossing goes off, we have to stop and wait patiently for the train to go past before we continue on our way.

### **Homework**

For our half term homework, we have sent home a booklet containing some comprehension and arithmetic practice.

Thank you as always for your support this term.

Have a lovely half-term!

**Miss Johnson**

### **Key Stage 2 News**

### **Year 3**

In English this week we have started identifying what an adverb is to make sure we use them in our writing for Winter's Child. We also looked at verbs and how they are changed when put in the past tense, and started to plan our diary entry as if we were Tom, the child from our book, having a fabulous day out in the snow.

In Maths, we have moved onto column subtraction with no exchanging. At first, we used place value charts to physically cross out the numbers we needed to, to make sure we took away properly. We then moved onto an extended column subtraction method which all the children picked up really well.

In Science, we looked at how we see things. The children learned that you need a light source to hit an object, then the object absorbs all colours of the spectrum except for the colour it is, then the light is reflected into your eye to allow you to see.

On Thursday we learned about St Valentines and understood why the day is so special. The children completed some activities and thought of special things they love.

On Friday, the children had art day which everyone always enjoys!

### **Homework to be completed by Friday 28<sup>th</sup> February.**

English: LbQ- Using Adverbs

Maths: LbQ- Inverse Operations

Science: Light Vocabulary

### **Mrs Hogan**

### **Year 4**

We have had a very busy week in Year 4 this week and have had some great discussions about the world, politics, religion and science.

In English, we have been thinking about writing our sequel to the Ever Changing Earth, we have talked about cyclical stories and we are going to write our story on a more modern phonema, climate change. We have been writing the first two parts of our story, in our introduction we used our great geographical locational knowledge to write our opening and then we have used all the information we learnt at the start of the week about the greenhouse effect and climate change to write the next part.

In Maths, we have been continuing with times tables and have been finishing off the few unknown facts of the 11 and 7 times tables.

In Science, we have been looking at classifying invertebrates and have been looking at the different groups such as annelids and anthropods. We then went on a invertebrate hunt around the hall and used our classification keys to identify what group each animal belongs too.

In RE, we have been looking at Sikhism. We have been recalling our information about Guru Nanak and how Sikhism was founded. We thought about how uniforms make us feel part of a community in preparation for learning about the five Ks and we watched the story of blood and milk to see the importance of charity, community and treating others as we would like to be treated are the foundations of the religion.

We ended our week by having our fantastic pajama afternoon.

I hope all year 4 have a fantastic half term.

## Homework

**LBQ - Maths**

**Reading Plus x 2 above 80%**

**Reading diary x 3 reads**

**TT Rockstars - 5 minutes (ideally daily)**

**Mrs Shone**

### Year 5

I hope you all have a lovely week off!

This week, we have started looking at long multiplication in maths. We started by learning the tricky process with lots of steps and have been practising to try and remember each step.

In writing, we have been looking at the Norse Gods world of Asgard. We watched a short clip of Asgard as portrayed by Marvel and then looked at some artist impressions of the mythological realm. We then described it's features using expanded noun phrases.

For our science topic, we experimented with the force of air resistance. We looked at the questions: How do cyclists reduce friction? We discussed that they lean forward on their bikes, wear special, tight-fitting clothing and line up behind one another to reduce drag. We then made different size parachutes to compare how long each took to land. We found that usually the larger parachutes took longer to fall to the ground.

For our RE topic, we looked at the Hindu festival of Holi. Having previously looking at the story of Prahlad and Holika we understood the meaning behind the festival. We created artwork to represent the coloured, powdered paint that is thrown on Holi. When we come back in after half term, we will look at the meaning of each of the colours.

**Miss Ratcliffe**

### Year 6

Year 6 have been working hard on ratio problems in Maths and have been completing pie charts linked to work in Science, where we have been studying the circulatory system; the children used an algebraic formula to convert the percentage of each blood component into the exact amount of degrees that were needed to create each sector of a pie chart.

In Science, the children have looked closely at the components of the blood and the functions of the red blood cells, the white blood cells, the platelets and the plasma.

In English, the children have been preparing to write a narrative, where they will use speech and dialogue to convey character and advance the action. Using the novel, Goodnight Mr Tom, the children described the interaction between William Beech and his mother, as they are re-united after William's evacuation. We worked on the following before producing our final pieces:

- Punctuating speech
- Adding extra info to speech to convey character
- Use of figurative language to enhance character description and setting description
- Use of expanded noun phrases
- Use of complex sentences

**Holiday Homework:**

LBQ in Maths and Grammar

RP x 2

Thanks for all your support and see you all on the 24th February for our SATs meeting at 5pm

**Mr Gould and Mrs Blackledge.**

**PE**

All of our KS2 activities have been based around creating Dances that fit a cultural theme, these have used collaboration and cooperation between groups of children.

In KS1 we have been working on finding space whilst travelling during a dance and adding new skills to our choreography.

**Mr Cooney**

[Lunch Menu w/c 17.02.25](#)  
[Week 1](#)



# SCHOOL MEALS

Available daily as an alternative - Filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, soren and cheese & biscuits  
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.

## Week One

**Meat Free Monday**

- Vegetarian Sausage Roll  
Herby Diced Potatoes and Baked Beans
- Vanilla Ice Cream

**Tuesday**

- Pork Sausage with Yorkshire Pudding Creamed Potatoes, served with Carrots and Peas
- Fresh Fruit Segments or Yoghurt

**Wednesday**

- Beef Burger in a Bun served with Herby Diced Potato and Fresh Side Salad
- Vegetables Fajitas served with Savoury Rice and Sweetcorn.
- Orange Jelly and Fruit

**Thursday**

- BBQ Chicken served with Baked Wedged Potatoes, and Sweetcorn
- Homemade Blueberry Cake/Muffin

**Friday**

- Crumb Coated Chicken served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans
- Oven Baked Fish Fingers  
Served with Chunky Chipped Potatoes, Peas, or Baked Beans
- Homemade Cooks Choice Biscuit

## Week Two

**Meat Free Monday**

- Margarita Pizza Rounds  
Served with Baked Jacket Wedges and Sweetcorn
- Doughnut

**Tuesday**

- Roast Turkey with Creamed Potato, Roast Potato, Carrot and Broccoli
- Fresh Fruit Salad or Yoghurt

**Wednesday**

- Spaghetti Bolognese Served with Garden Peas
- Garlic and Herb Chicken Pitta served with Vegetable Rice and Broccoli.
- Arctic or Chocolate Ice Cream

**Thursday**

- Brunch Lunch (Sausage, Beans, Hash Brown, Omelette)
- Raspberry Jelly and Fruit

**Friday**

- Crumb Coated Chicken Served with Chunky Chipped Potatoes, Peas or Baked Beans
- Oven baked Battered Salmon  
Served with Chunky Chipped Potatoes, Peas or Baked Beans
- Homemade Cooks Choice Biscuit

## Week Three

**Meat Free Monday**

- Tomato and Mascarpone Pasta Bake  
Served with Seasonal Vegetables
- Strawberry Ice Cream

**Tuesday**

- Chicken Katsu Curry served with Rice
- Fresh Fruit Segments or Yoghurt

**Wednesday**

- Selection of Pizza (pepperoni/cheese) Served with Jacket Wedges, Salad
- Sweet and Sour Chicken/Quorn Served with Rice/Noodle
- Jelly and Fruit

**Thursday**

- Pork Meatballs in Tomato and Basil Sauce Served with Pasta and Garden Peas
- Vanilla and Chocolate Marble Cake

**Friday**

- Oven Baked Chicken Poppers Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans
- Oven Baked Fish Stars Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans
- Homemade Cooks Choice Biscuit

Menu: 2024

V = Vegetarian    V = Vegetarian substitute available  
 Lunch will be served with fresh milk or drinking water.  
 All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website [www.warrington.gov.uk/schoolmeals](http://www.warrington.gov.uk/schoolmeals)

Menu Cycle Week One: 17<sup>th</sup> June, 8<sup>th</sup> July, 2<sup>nd</sup> Sept, 23<sup>rd</sup> Sept, 14<sup>th</sup> Oct, 4<sup>th</sup> Nov, 25<sup>th</sup> Nov

Menu Cycle Week Two: 24<sup>th</sup> June, 15<sup>th</sup> July, 9<sup>th</sup> Sept, 30<sup>th</sup> Sept, 21<sup>st</sup> Oct, 11<sup>th</sup> Nov, 2<sup>nd</sup> Dec,

Menu Cycle Week Three: 1<sup>st</sup> July, 22<sup>nd</sup> July, 16<sup>th</sup> Sept, 7<sup>th</sup> Oct, 28<sup>th</sup> Oct, 18<sup>th</sup> Nov, 9<sup>th</sup> Dec,

**WARRINGTON**  
Borough Council

**BRUCHE**

**BRUCHE PRIMARY SCHOOL**

## Term Dates 2024-2025

	<b>Closing Date</b>	<b>Opening Date</b>
Autumn 2024		04.09.24
Autumn Half Term	18.10.24	04.11.24
Christmas 2023	20.12.24	06.01.25
Spring Half Term 2024	14.02.25	24.02.25
Easter	11.04.25	22.04.25
Bank Holidays (Good Friday and Easter Monday)	18.04.25 and 21.04.25	
Bank Holiday (May Day)	05.05.25	
Summer Half Term	23.05.25	02.06.2025
Summer 2024	18.07.25	03.09.25

**INSET** (Training days for staff – children not in school)

<b>INSET 1</b>	02.09.24
<b>INSET 2</b>	03.09.24
<b>INSET 3</b>	27.06.25
<b>INSET 4</b>	21.07.25
<b>INSET 5</b>	22.07.25

<b>Holiday Dates</b>	
October Half Term	18.10.24 – 03.11.24
Christmas Holiday	20.12.24 – 05.01.25
February Half Term	14.02.25 – 23.02.25
Easter Holiday	11.04.25 – 21.04.25
May Half Term (Whit)	23.05.25 – 01.06.25
Summer Holiday	18.07.25- 03.09.25



**BRUCHE PRIMARY SCHOOL**

## Term Dates 2025-2026

	<b>Closing Date</b>	<b>Opening Date</b>
Autumn 2024		03.09.25
Autumn Half Term	17.10.25	03.11.25
Christmas 2024	19.12.25	05.01.26
Spring Half Term 2024	13.02.26	23.02.26
Easter	02.04.26	13.04.26
Bank Holidays (Good Friday and Easter Monday)	03.04.26 and 06.04.26	
Bank Holiday (May Day)	04.05.26	
Summer Half Term	22.05.26	01.06.26
Summer 2025	17.06.26	(TBC)

**INSET** (Training days for staff – children not in school)

<b>INSET 1</b>	01.09.25
<b>INSET 2</b>	02.09.25
<b>INSET 3</b>	03.07.26
<b>INSET 4</b>	20.07.26
<b>INSET 5</b>	21.07.26

<b>Holiday Dates</b>	
October Half Term	20.10.25 - 31.10.25
Christmas Holiday	22.12.25 – 02.01.26
February Half Term	16.02.26 – 20.02.26
Easter Holiday	03.04.26 – 10.04.26
May Half Term (Whit)	25.05.26 – 29.05.26
Summer Holiday	20.07.26 - TBC



**Music is a compulsory and important part of the National Curriculum. The national curriculum for music aims to ensure that all pupils: perform, listen to, review and evaluate music.**

From September 2022 Early Notes Music Education will be able to offer support to students with small group and one to one instrumental tuition for the following...

**Ukulele** For KS1 & KS2 students

**Guitar** For KS2 students

**Keyboard** For KS1 & KS2 students (**all students will learn to read notation**)

**Flute** For KS2 students (**all students will learn to read notation**)

**Recorder (all ranges)** For KS2 students (**all students will learn to read notation**)

**Violin** For KS2 students (**all students will learn to read notation**)

**Drum Kit** For KS1 & KS2 students

Tuition prices start from £65 for 12 sessions, all lessons are held within school during lesson time. The 12 sessions will usually fit into a school term and lessons will be carried over should a term be less than 12 weeks.

For further information about Early Notes Music, details about specific instrumental lessons or to enroll for September, you can do this direct via our website

[www.earlynotesmusic.education](http://www.earlynotesmusic.education)

# SENDIASS DROP IN SESSION

**WEDNESDAY 5TH FEBRUARY- 09:00- 12:00**

**Sandy Lane Children's Centre, Sandy Lane, Orford, WA2 9HY**

**WEDNESDAY 12TH FEBRUARY- 09:00- 12:00**

**Westy Children's Centre, Tinsley Street, Latchford, WA4 1RE**

**THURSDAY 27TH FEBRUARY- 09:00- 12:00**

**Great Sankey Children's Centre, Liverpool Road, WA5 1SB**

**THURSDAY 6TH MARCH- 09:00- 12:00**

**Orchards Children's Centre, Hilden Road, WA2 0JP**

**THURSDAY 13TH MARCH- 09:00- 12:00**

**Burtonwood Library, Chapel Lane, WA5 4PS  
(Running Order May Differ)**

**THURSDAY 20TH MARCH- 09:00- 12:00**

**The Hub, Capesthorpe Road, Orford, WA2 0JF**

**TUESDAY 25TH MARCH- 09:00- 12:00**

**Birchwood Community Room, Admiral Road, Birchwood WA3 6QG**



☎ 01925 442978

✉ [infosendiass@warrington.gov.uk](mailto:infosendiass@warrington.gov.uk)

[www.warrington.gov.uk/warringtonsendiass](http://www.warrington.gov.uk/warringtonsendiass)



## ORDER OF SESSION

**09:00- 10:00**

- **What is an EHCP?**
  - The EHC Assessment Process
- **Requesting an EHC Needs Assessment**
- **Completing an EHC Request**
- **Submitting the Request**
- **Next Steps**

**10:00- 10:30**

**EHC Request  
Individual Q&A Drop In**

**10:45- 12:00**

**General Queries Drop  
In Sessions**



### February Holiday Camps at TDSW!

Let us take the stress out of the half-term break with our highly 'popular' TDSW holiday camps. All of our camps welcome both members and non-members of TDSW.

Half-term Dance Camp

Monday 17th and Tuesday 18th February

9:30am - 3:30pm each day (free early drop off from 9am)

£55 for 2 full days

Or £30 per day

Age 4+ (must be Reception age +)

This Half-term, we are thrilled to offer 2 exciting days of Dance Camp featuring spellbinding singing, dancing, acting, and arts and crafts.

We can't wait for February's theme... WICKED!!

Book online - [www.thedancestudiowarrington.com](http://www.thedancestudiowarrington.com)



## Acro Camp

Wednesday 19th February

9:30am - 3:30pm (free early drop off from 9am)

£30pp

Age 4+ (must be Reception age or above)

This amazing one-day Acrobatic Arts camp (combining dance with gymnastics skills) is packed with enjoyable games focused on strength and flexibility, partner work, tricks, and skill development.

Taking place this February, the Acro camp is designed for both beginners and intermediate participants. Regardless of whether your child has prior Acro experience, they will be divided into appropriate skill groups.

Book online - [www.thedancestudiowarrington.com](http://www.thedancestudiowarrington.com)



07486 124414

You are invited to the  
**ADHD Support Group Meeting**  
**Wednesday, 12<sup>th</sup> February 2025**  
**7:30-9:00pm**

St Oswald's Social Club, Padgate Lane, WA1 3LB

### Our Aim

The aim of the group is to provide help and support to anyone affected by ADHD/ADD and associated conditions.

We don't claim to be experts, just families that have come together to support each other.

You do not need to have a confirmed diagnosis, and this is NOT something we can help with, but we are here to listen and share our experiences.

### Working Together

The group is predominately led by parents. Members can be involved as little or as much as they would like.

Confidentiality is paramount so parents and carers can share their problems - this is sometimes half the battle. Being understood is the other.

We also encourage you to tell us what is missing within your support network.

### Our February Meeting

This month we have invited  
**Clare Gillen,**  
who will provide information about

## ADDvanced Solutions

Who they are and what they offer.  
Learn about the workshops,  
training sessions and community  
network groups they run.

### Your friendly support group

Join the group and.....

- *Meet your Committee*
- *Meet new friends*
- *We can listen and support you*
- *Meet professionals and gain valuable knowledge*



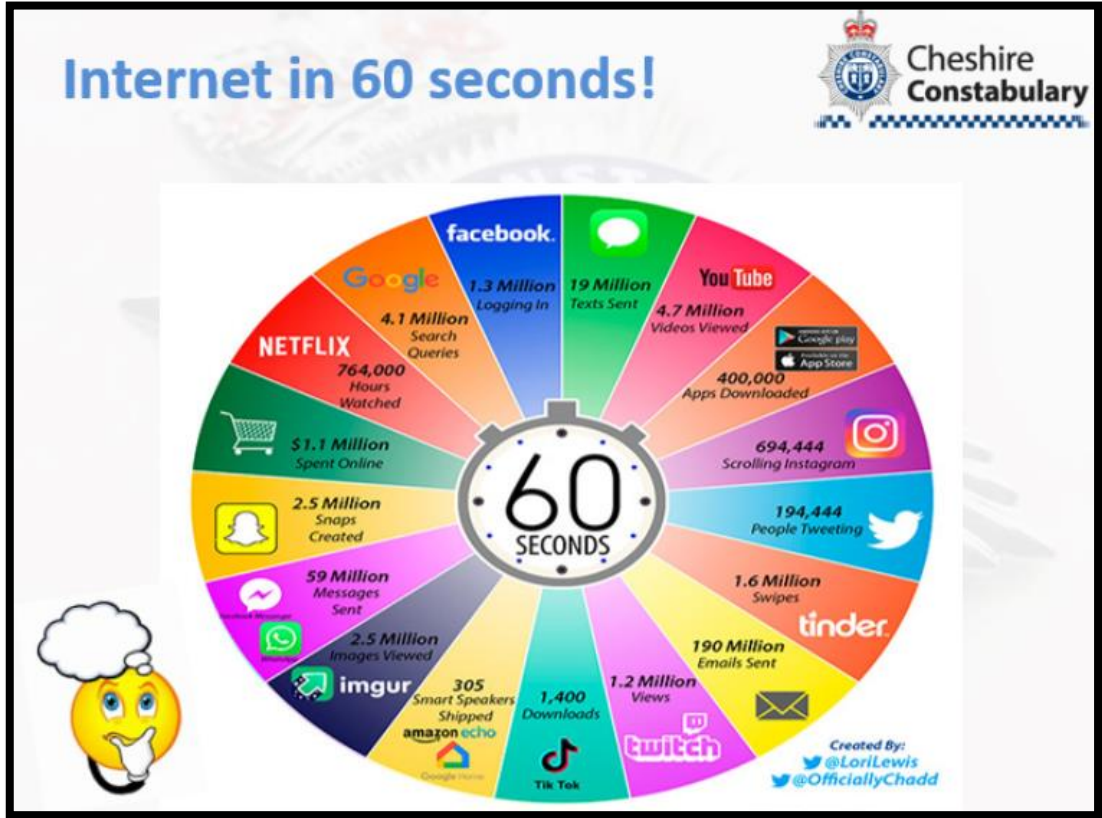
*There is a small charge of £1 to cover the cost of refreshments.*

**Facebook: @AdhdWarrington**

*The ADHD Support Group is adults only (for now) and we look forward to seeing you at our meetings. If you would like to contact us, please call 07486 124414*



# Internet Safety



## "Your digital footprint"


**Cheshire Constabulary**

### Privacy Settings

Check your settings on your device and the apps you use

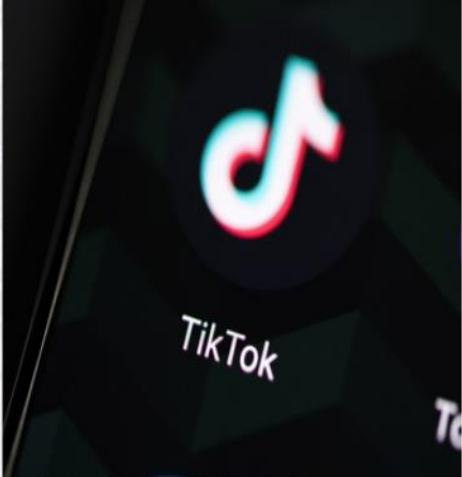
### Location Services


Be aware of **ALL** the apps using your location, who can see it and where it's stored.

 Cheshire Constabulary


## Age Ratings:

- Netflix 4+
- Disney+ 0+
- Spotify 13+
- Instagram 13+
- Facebook 13+
- Google 12+
- Whatsapp 16+
- Twitter 13+
- Tik-tok 13+
- Snapchat 13+
- Facetime 6+
- Youtube 13+
- iMessage 6+
- Youtube Kids 0+

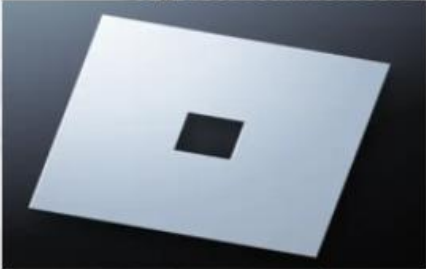


 Cheshire Constabulary


## Fortnite, Minecraft and Roblox age limits




Mincrafts age limit is around 6+ and 7+.




Robloxs age limit is apparently 13+.



Fortnites age limit is 12+.



## BE SMART ONLINE





**S SAFE** Keep your personal information safe. When chatting or posting online don't give away things like your full name, password or home address. Remember personal information can be seen in images and videos you share too. Keep them safe to keep yourself safe.

**M MEET** Meeting up with someone you only know online, even a friend of a friend, can be dangerous as this person is still a stranger. If someone you only know online ever asks you to meet up, for personal information or for photos/videos of you then tell an adult straight away and report them together on [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**A ACCEPTING** Think carefully before you click on or open something online (e.g. links, adverts, friend requests, photos) as you never know where they may lead to or they may contain viruses. Do not accept something if you are unsure of who the person is or what they've sent you.

**R RELIABLE** You cannot trust everything you see online as some things can be out of date, inaccurate or not entirely true. To find reliable information compare at least three different websites, check in books and talk to someone about what you have found.

**T TELL** Tell a trusted adult if something or someone ever makes you feel upset, worried or confused. This could be if you or someone you know is being bullied online. There are lots of people who will be able to help you like your teachers, parents, carers or contact Childline – 0800 11 11 or [www.childline.org.uk](http://www.childline.org.uk)

### STAY SAFE ONLINE

- Keep your personal information safe
- Never meet up with someone you have met online. You have no idea who they really are.
- Only accept friend requests from people that you know in real life.
- Information on the internet isn't always true – check it before you use it.
- Tell an adult if something or someone ever makes you feel upset.

## THINGS TO REMEMBER

- Remember it's very easy to lie on the internet.
- Don't believe everything people show you i.e photo's, video footage etc.
- Don't tell people too much information in chat rooms. If you wouldn't be comfortable yelling it out in a crowded room, it's best not to write it in a chat room.
- If anything makes you suspicious tell an adult you trust or report it to using the report abuse button.



Think about it



## IF YOU'RE BEING BULLIED

- 

Tell someone you trust
- 


Keep a record of what's happening
- 

Don't retaliate
- 

Surround yourself with people that make you feel
- 

Don't blame yourself – it is NOT your fault
- 

Be proud of who you are



- \* Check Your Privacy Settings
- \* Choose a Strong Password
- \* Keep it Between Friends
- \* Report Abuse on Snapchat
- \* Customize Your Location on the Map
- \* Change Who Can View My Story
- \* Don't Forget About Screenshots