



Monkton PS and EYC Newsletter

January 2024

Happy New Year! Welcome to your first newsletter of 2024. I hope that you all had a lovely time with friends and family over the festive period.

We have started 2024 and we hope that it will be a great year for all of us! We look forward to getting children back into the routines of EYC and school this week. We have lots of exciting events and activities planned for the rest of the school year and will keep you up to date in the 'Dates for your Diary' section below.

If we can support in any way, please do not hesitate to get in touch. As always, we are here to help.

Mrs Miller

Head Teacher

In This Newsletter



This monthly newsletter has lots of information about the school and the EYC including:

- *Dates for your diary*
 - *Updates*
 - *Learning, Teaching and Assessment zone*
 - *Community Noticeboard*
 - *Communication*
 - *Contact Us*
-

Dates for your Diary (UNCRC Articles 28, 29 and 31)



Monday 8th January 2024 - EYC and school re-open at 9am

Thursday 25th January 2024 - Scottish Poetry Concert (am) and P7 Burns Supper (pm)

Wednesday 31st January 2024 - Parent Council Meeting, 6:30pm in the school

w/b Monday 5th February 2024 - EYC Care Plan meetings

Wednesday 7th February 2024 - P7 Information session at Prestwick Academy 6:30pm

Monday 12th February 2024 - Holiday (school and EYC closed)

Tuesday 13th February 2024 - Inservice Day (school and EYC closed for pupils)

Wednesday 14th February 2024 - EYC and school re-open for pupils at 9am

Monday 19th - Friday 23rd February 2024 - Developing Young Workforce - World of Work week

Updates (UNCRC Article 17)



This section contains important updates and information.

1. Do you prefer the new Sway format over the previous newsletter?

[More Details](#)

● Yes 36
● No 8



Sway newsletter survey results

When we changed our monthly newsletter from PowerPoint to Sway in October 2023, we said that we would ask parents / carers for feedback after a few issues therefore we sent out a short survey last month to capture views. Thank you to the 44 parents / carers who completed this survey. Of those who completed the survey, 82% said that they prefer the Sway format for the newsletter and there were some positive comments about it being clearer to read, easier to follow and click on links therefore we will continue this format.

However, the survey highlighted some areas for improving the Sway newsletter which included comments about the link not working after a period of time and for the important dates to be nearer the top. The most recent newsletter is always uploaded to the school website but we will look at trying to find a way to have all previous newsletters on the website if we can whilst checking if there is a time limit to storing these. We have moved the dates section nearer the top in this edition and will continue to do so in the future.



Thank you to everyone who attended our Christmas Fayre on 8th December and for all the donations. The school and EYC raised a total of £688.01 from this event. Thank you to the Parent Council for running the Guess the Reindeer's birthday and Santa's Grotto. We will continue to work closely with the Parent Council to plan this annual event so if you have any feedback on this year's fayre, please email the school mailbox. Thank you!

Thank You!

A big thank you to the Parent Council for paying for the buses that took all P1-7 pupils to the pantomime at the Gaiety and for buying everyone an ice cream. Cinderella was a great show and everyone enjoyed this trip.

Thank you also to the Parent Council for paying for the EYC bus and snack when they went to see 'Wish' with Symington EYC. They had a great time and all enjoyed themselves.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE
If your child's lucky enough to be getting their own iPhone, parental controls can help to avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can activate important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID
With Android devices, Google's Family Link app is your best friend. You'll need to create a Google account for your child, which you can do on a small first setting up the device. Then, in Family Link on your own device, select 'Add child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION
You can sign for a PlayStation Network account for your child on an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll then sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD
All parental controls are identical to those on iPhones. However, if you've got a Chromebook, iPad and want to ensure your children aren't seeing anything age-inappropriate that you've found them the device, there's a feature called Guided Access. Under Settings > Accessibility > Guided Access, with this enabled on, young ones can only use the app that's currently open.

XBOX
The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's parental preferences so your child can't alter your choices later. You'll be walked through the functions of setup, but you can also reach them manually via Settings > Accounts > Family Settings.

NINTENDO SWITCH
Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can control how long your child can play each day, what kind of online play you can allow them to do, and you can also restrict what they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCs
On Windows 11, account management is key. Set up the device with your own account on the platform. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the web) lets you control screen time, what content children can view and more.

CHROMEBOOKS
Chromebooks' parental controls use Google's Family Link app. Unlike an Android device, however, you need to set up the Chromebook with your own account first, then use your child's ID to log in. People > Add Person and input your child's name, email address (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS
Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up on the administrator before creating your child's account. In the settings, 'Use for Users & Groups' to create your child's account. Then, while on that profile, use the Screen Time options to place any boundaries around apps, usage and who your child can communicate with. (and vice versa).

SMART TVs
Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on that TV, you can control the content available to your child. In the settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even the smart features, however, some apps (like YouTube) might still be children-accessible material.

Meet Our Expert
Neil's advice on technology is available on our website with more than 25 years' experience of working for the UK's largest security firms, which includes the UK's leading law enforcement agencies. You can also find out more about his work on the National Online Safety website. Use our free helpline or contact us via our website and we'll regularly get the best of our expertise.

The National College | **NOS National Online Safety** | #WakeUpWednesday

@nationalonlinesafety | @nationalonlinesafety | @nationalonlinesafety | @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.02.2023

We are aware that Santa might have brought some children mobile phones and iPads this Christmas. Like many schools, we are seeing a rise in children engaging in some inappropriate and risky on-line behaviour. We feel that with greater parental supervision and control, we will see a significant reduction

in the amount of issues and potential harm caused to children who use social media platforms etc. This attached infographic will hopefully be of some use.

We also feel it's worth reminding parents that the age of recommended use for sites such as TikTok is Aged 13+, given some of the content children can be exposed to here.



Child Protection (UNCRC Articles 19, 20 and 24)

The safety and wellbeing of children at Monkton Primary School and Early Years Centre is our utmost priority. If you have any concerns about a child protection matter, please contact the school to make an appointment with Mrs Miller (Child Protection Coordinator) or Mrs Ramsay (Depute Child Protection Coordinator).

Our [Child Protection Guidelines](#) can be found on the school / EYC website.

Learning, Teaching and Assessment (UNCRC Articles 28 and 29)



Developing Young Workforce - World of Work week

Monday 19th - Friday 23rd February 2024

During this week, the EYC and whole school will be focusing on skills linked to the world of work. As part of this, we will be looking for parents / carers (or grandparents) who would be willing to give up their time to come in and talk to children about their work / careers. We would be very grateful to anyone who could do this and we are looking for volunteers who work in a variety of roles e.g. shops, banks, NHS, companies and business owners. If this is something that you could help us with, please complete this short survey -

<https://forms.office.com/e/TeretL7sNA>

Thank you in advance.

Community Noticeboard (UNCRC Articles 18, 24, 29 and 31)



**ASN Family Support Network ...
Coffee and chat meet up**

**Friday 12 Jan 2024 in the Cutty Sark,
Ayr 9-10.30am**

*Join us for a coffee or tea and chance
to meet other parents and carers.*

*Coffee, tea and biscuits
available.*

*We will be joined by Anne
from Nest who can offer
support and advice.*



**Friday 2 Feb 2024 in the Cutty Sark,
Ayr**

9-10.30am

*Join us for a coffee or tea and chance
to meet other parents and carers.*

Coffee, tea and biscuits available.

Further information from
fiona.priestnall@south-ayrshire.gov.uk
Or ASN Website

www.south-ayrshire.gov.uk/asn



**ASN
Family Support**

**Offering support, advice
and friendship for any
parents and carers of young
people with Additional
Support Needs (ASN)
living in South Ayrshire**



Mental Health, Money and Me Free Course!



Do you want to learn how to:

- **Achieve a healthy life balance**
- **Deal more effectively with stress and anxiety**
- **Handle money worries better**
- **Become more effective at getting your point across**

Email: Maritza.Duncan@south-ayrshire.gov.uk

FREE GOLF LESSONS

AT KILMARNOCK BARASSIE GOLF CLUB

WOULD YOU LIKE TO:
LEARN TO PLAY GOLF?
IMPROVE YOUR NUMERACY?
MAKE NEW FRIENDS?

AVAILABLE DATES:
WEDNESDAY 22ND NOVEMBER FROM 1-2 PM
WEEKLY FOR 4 WEEKS
OR
WEDNESDAY 17TH JANUARY FROM 1-2PM
WEEKLY FOR 4 WEEKS

PLEASE EMAIL WITH YOUR PREFERRED DATES:
MARITZA.DUNCAN@SOUTH-AYRSHIRE.GOV.UK



Talking to your child about vaping



Tips for starting a chat about vaping

Tip #1: It's good to talk

The more openly you can discuss vaping, the more likely your child will be able to come to you if, for example, their friends are pressuring them to try it or they've started vaping and want to give up.

Tip #2: Look for 'teachable moments'

If a story about vaping comes up in the news or a programme you watch, or you walk past a vape shop, you could ask them what they think. Then make sure to listen to what they have to say and talk about it calmly and openly. Giving your child a lecture is unlikely to get you anywhere!

Tip #3: Know your facts

It's a good idea to read about vaping so you can talk to your child about the risks in a balanced, informed way. There's no need to bombard them with info, just make sure you know what you're talking about. You could start by taking a look at NHS Inform's page on vaping at [nhsinform.scot/vaping](https://www.nhs.uk/healthier-scotland/vaping).

Risks of vaping

- Vapes can contain nicotine and may quickly become harmfully addictive for young people.
- Nicotine addiction can affect young people's concentration and impact their ability to learn and study.
- Nicotine withdrawal can disrupt sleep and may cause headaches. It can also affect their mental health and mood.
- While the long-term effects of vaping are still being researched, it's thought vapes can have a negative impact on the health of the heart and lungs, but at the moment there isn't enough evidence to assess this.



What to do if you think your child may be vaping

Spotting the signs

- ☑ Look out for sweet smells like fruit or bubblegum.
- ☑ They're more moody, jittery or irritable than usual.
- ☑ They're thirsty all the time.
- ☑ They're coughing more than usual.
- ☑ They're getting headaches.

Tip #1: Stay calm

If you suspect or find out that your child has been vaping, you may well feel upset or angry. But try to stay calm when you talk to them about it, as shouting and accusing them never gets us anywhere. If you need to let off steam, try talking to a friend or family member instead.

Tip #2: Don't panic

Many of the signs of vaping are also textbook signs that your child is growing up and their hormones are running rampant! So don't put two and two together and make five.

Tip #3: Pick your moment

Pick a good moment when you've time for a proper discussion. For example, if you've just found vapes in their room, wait until you've calmed down before talking to them.

Tip #4: Plan what to say

Knowing the facts and sticking to your script could stop the conversation turning into an argument.

Tip #5: Try to stay positive

Try not to blame your child or to talk about worst case scenarios. Instead, focus on how you can support them.

Tip #6: Focus on their behaviour

It may help to talk about how your child is behaving rather than focusing on vaping. If they've been irritable or tired you could start by saying you've noticed this and then ask if there's anything they'd like to talk about.

Tip #7: Listen to what they have to say

Encourage your child to talk about why they feel the urge to vape. Understanding this could help you to support them. For example, if they say it helps them feel less stressed, you could help them find other ways to calm down. If they feel pressured into it, you could help them find ways to say no.

Tip #8: Put yourself in their shoes

Growing up is hard, and young people are under a lot of different pressures. Try to remember what it was like when you were a kid, and show that you're on their side and want to help them, not have a go at them.

Getting help and support

If you're concerned about your child vaping, you don't have to cope with the situation on your own. You can talk to your GP or call **Quit Your Way Scotland** on 0800 84 84 84 for advice and support.

For more information and advice visit parentclub.scot/vaping and nhsinform.scot/vaping.

Healthier

Communication (UNCRC Articles 3 and 5)



Communication with parents / carers continues to be of upmost importance to us.

Important updates / information will be sent to you by **email** or **text** message so please check regularly for these.

Instagram is being used for reminders and to share learning in class (2 posts per week per class). Learning Journals are used in the EYC (minimum of 1 post per child per week). You will receive 2 class newsletters per year outlining what your child will be learning in class: EYC - P7.

If you have any feedback, questions (however small) or information to be shared, please phone the school on **01292 473456** or email us – Monkton.Mail@south-ayrshire.gov.uk

If you have any class based / individual pupil concerns, please contact the office to arrange to talk to your child's class teacher or EYC key worker as first point of contact. In some circumstances, you may wish to talk to -

•**Mrs Miller** if your child is in **EYC, P1, P2 or P3** or **Mrs Ramsay** if your child is in **P4, P5, P6 or P7**.

Please **do not email class teachers, HT or DHT directly** as they may be out of school with no access to emails. Instead, please contact the school office to make an appointment or email the school mailbox with your enquiry. It will be passed on and they will respond to you during school hours usually within 5 days.

If you are not happy with the outcome of your enquiry, you have the right to escalate your complaint to the authority - <https://www.south-ayrshire.gov.uk/complaints/>

Contact Us (UNCRC Articles 5 and 18)





01292 473456



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Monkton.Mail@south-ayrshire.gov.uk



<https://blogs.glowscotland.org.uk/sa/monktonpsandeyc/>



m_p_s_2_r_h (Primary Instagram)



EYC use [Learning Journals](#)



Our Vision, Values and Aims (UNCRC Article 2 and 29)



Our Vision

*At Monkton, we encourage and support every child to be the best they can be. Our ambition is to close the attainment gap by stretching and challenging all children. Children are encouraged to have high standards and be aspirational about their future. A school in the community as well as a community in the school. **At Monkton We Fly As High As The Sky!***

Prestwick Cluster Values

For a number of years the school has shared values with the other schools in the Prestwick Academy cluster. These are **Honesty, Compassion, Respect, Responsibility and Equality**. The cluster schools have also created 'Our Prestwick Promise' which is-

"We aim to work collaboratively across the cluster, supporting and challenging each other to improve outcomes for children and young people and to help raise attainment for all. We will work together

across establishments to support equity and address gaps by sharing time, expertise and resources. By working collaboratively, we endeavor to reduce workload and provide consistent approaches, pedagogy and systems to promote high quality learning and teaching.”

Each year, we create a Prestwick Cluster Action plan which we work together on throughout the school session.

Aims

Fantastic futures for all!

Learning life skills!

You have pride in the school!

Hard working children and helpful staff!

In Monkton, everyone is included!

Great learning experiences (including play)!

Heart of the Monkton community!