

# NS82° School Newsletter



As we come to the end of this term, I want to take a moment to express my heartfelt thanks to everyone in our school community. This has been a term filled with hard work, resilience, and incredible achievements.

**To our parents and carers:** thank you for your unwavering support and commitment. Your involvement and encouragement make a huge difference, and we truly value the partnership we share in helping every child thrive.

**To our pupils:** we are so proud of you! Your determination, creativity, and resilience have shone through in every aspect of school life. The progress and development we have seen this term are nothing short of inspiring, and it is a joy to watch you grow and succeed.

Behind the scenes, our dedicated staff have worked tirelessly to provide the best possible learning experiences, and I am deeply grateful for their passion and professionalism.

As we look ahead to the festive season, I wish you all a **very Happy Christmas and a joyful New Year**. May this holiday bring rest, happiness, and time with loved ones. We look forward to welcoming everyone back in January for another exciting term of learning and growth.

Warmest wishes,

Mr Byrne, Head Teacher



## Our Mission

We **Navigate Success Together** with **Ambition** and **Relevance**

# SAVE THE DATE!



**We return to school on Tuesday 6th January!**

As we wrap up this term, the Engagement Team would like to take a moment to celebrate the incredible progress we've seen across our school community. It has been inspiring to watch pupils demonstrate not only excellent behaviour but also a genuine commitment to learning and personal growth.



Throughout the term, pupils have embraced strategies to support their learning and wellbeing, showing maturity and responsibility in managing challenges. We've seen fantastic examples of pupils communicating openly with staff, seeking support when needed, and working collaboratively to overcome obstacles. These skills are vital for success both in and beyond the classroom, and it's wonderful to see them being used so effectively.

Resilience has been a standout quality this term. Whether tackling new topics, adapting to changes, or persevering through difficulties, our pupils have shown determination and a positive attitude. These efforts have created a vibrant, supportive learning environment where everyone can thrive.

We are proud of the progress made and excited to continue building on this momentum in the new year. Thank you to all pupils for your hard work and to staff for guiding and encouraging these positive behaviours.

## Engagement Page





Merry Christmas



From Everyone at  
North Star 82°



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# The Gold Book



# Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here...

## WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

## MAKE POSITIVE LIFESTYLE CHOICES

- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

## KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

## REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

## PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

## GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

## Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of InGage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



**National  
Online  
Safety®**

#WakeUpWednesday

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@nationalonlinesafety

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**Would you like support with....**

**Education**

**Communication**

**Physical and Mental Health**

**Support with your Local Offer**



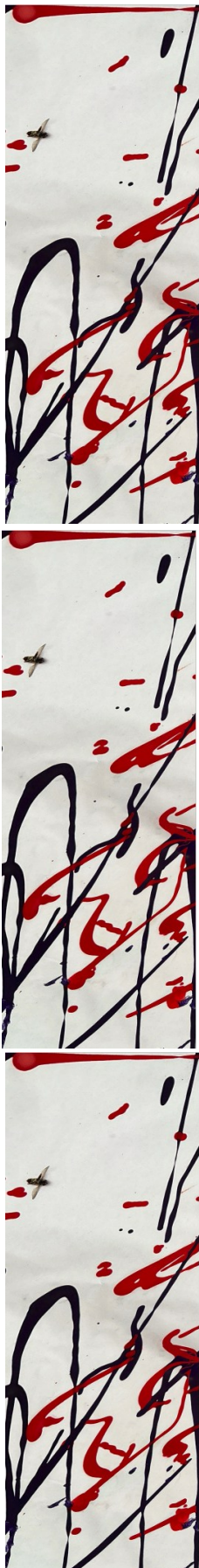
**Contact LIFT**



**07352743648**

**[lift@northstar-academy.co.uk](mailto:lift@northstar-academy.co.uk)**





Dear Families,

We are delighted to announce the launch of **LIFT**, our new outreach service designed to support pupils, families, and the wider community. LIFT stands for **Learning, Inclusion, Families, Together**.

#### What is LIFT?

LIFT is a holistic provision that brings together educational, emotional, and practical support for families. Our aim is simple: to empower every pupil and family to thrive, both in school and beyond.

#### How will LIFT help you?

- **Attendance Support**— Helping to break down the barriers to attendance.
- **Communication Support** – Help with emails, applications, healthcare access, and more.
- **Health & Wellbeing** – Nutritional advice, emotional regulation, and stress management.
- **Daily Guidance** – SEN activities, childcare support, and local offer navigation.
- **Education** – SEND support, transition planning, and educational advice.

We are proud to introduce **Matt Lee**, our dedicated LIFT Mentor, who will work closely with families to provide tailored support and guidance.

#### Why LIFT?

Progress is stronger when we rise together. LIFT is here to ensure that every pupil, family, and community member feels supported, connected, and empowered.

Warm regards,

**Mr Marsh**, Assistant Head Teacher



Primary

### Boys

- ◇ Black tailored trousers
- ◇ White school or plain shirt (with collar)
- ◇ Navy school jumper logo
- ◇ Black, plain, sensible
- ◇ Hijab – Navy Blue or



### Girls

- ◇ Black school skirt
- ◇ Sensible black tights to be worn with school skirt
- ◇ Black tailored trousers polo
- ◇ White school or plain polo shirt (with collar) with
- ◇ Navy jumper
- ◇ Black, plain, sensible shoes (open-toed or backless sandals are not appropriate) shoes Black
- ◇ For safety reasons, high heels are not acceptable

**Free school Meals/Pupil premium:** Your child could be entitled to receive free school meals as well as pupil premium funding for the school. Please read this important letter for more information about how to claim. You can apply to see if you are eligible for Free School Meals here:

[Apply for free school meals - GOV.UK](#)

If you are not entitled to free school meals a hot meal can be purchased for £2.90. Payments can be made over the phone or by sending in cash or cheque, payable to North Star Academy Trust and via Arbor app. Payments for meals are needed in advance.

**Our new supplier Aspens will be taking over the catering in our school In term 2. We will keep you updated with any menu changes in due course.**

A message from the office;

In the event your child is ill please contact the school office on **01173772175**.

Choosing option 2 to report the absence.

If you need to update any information we hold for your child such as contact numbers or address changes you are now able to do this via the Arbor app. If you have yet to log in please visit <https://login.arbor.sc> and click **Forgot your password?** to finish setting up your account.

## Breakfast Club!

We are excited to introduce our new Breakfast Club, available every morning for all children. This is a great way for pupils to start the day with a nutritious breakfast and a positive, calm environment before lessons begin. We look forward to welcoming everyone—no need to book, just come along and join us!

## Our Mission

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