

# Gooderstone Gazette

7th February 2025  
Spring Issue 20



"As Jesus was walking beside the Sea of Galilee, He saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the sea, for they were fishermen. 'Come, follow Me,' Jesus said, 'and I will make you fishers of men.' And at once they left their nets and followed Him." Matthew 4: 18



**Team Points**  
Einstein: 36  
Newton: 18  
Curie: 17

## Writer of the Week

### Owls

**Star of the week is, Isabella** for being helpful during forest school and always following the safety rules.

**Wow of the week is, Teddy** for fantastic planning and focus when building a trap for Evil Pea.

**Writer of the week, Meredith** for working hard to form letters and practising 'm' for her name.

### Skylarks

**Star of the week is, Alana** for always being helpful around the class.

**Wow of the week is, Ivy** for remembering lots of her learning from last year around Shabbat.

**Writer of the week, is Matilda** for working hard on her letter sizing.

### Kestrels

**Star of the week is, Oisin** for excellent manners this.

**Wow of the week is, Kieran** for excellent defending in Basketball.

**Writer of the week is Flo** for excellent writing in all subjects.

## Congratulations

**Einstein!**

**You have a non-uniform day  
Tuesday 11th  
February!**

## What have we been up to?

**This week in Owls & Goslings**, we came in to find captured fruit all around the school. We needed to stop Evil Pea so we wrote wanted posters and put them up to see if anyone had seen him. We then decided to design and make traps and were elated to find they had worked and Evil Pea had been caught.

**This week in Skylarks**, we had our gathering. We looked at editing for impact, choosing the best words and playing four in a row with nouns and adjectives. Thank you to all the parents and family that joined us! We also had a P4C session where we summed up our learning about Florence Nightingale and discussed which was her most important achievement - cleaner hospitals, better hospital food or teaching more nurses. The children came up with some thoughtful responses and are getting much better at listening carefully to each other's ideas.

**This week in Kestrels**, we have had a very exciting week! The Year 5 and 6s had a wonderful trip to the Scott Polar Exhibition Museum and the Zoology Museum in Cambridge. We saw a narwhal's tusk and many other animal skeletons including a giant sloth! We finished the week making blood for our SAW day and created some beautiful artwork and poems.



If you have any concerns about your child and would like to talk to Mrs Tinkley, please do not hesitate to contact her via email or telephone the school.

Family Action February 2025 Newsletter

Just One Norfolk: 0300 300 0123

Mrs Katie Tinkley - SENDCo Gooderstone: 01366 328280  
katie.tinkley@mundford.dneat.org

## Cake Friday!

**Friday 21st February**

20p per ticket or £1 per strip.

We look forward to a wonderful creation from Mrs Sawyer!

Please send your children in with their pennies Friday Morning for a chance to win!  
Good Luck Everyone!

## School Council Update- February 2025

### Successes this year:

- The school council successfully raised enough money from tuck shop in the Autumn term to buy the new playground equipment. Please can everyone ensure that this equipment is looked after and put away properly.
- The children also chose a charity to donate 10% of their fundraising to by getting all of the children in the school to vote. They chose: Great Ormond Street Hospital. School council have been tasked with writing a letter to Great Ormond Street to inform them of our donation and to ask for some more information.

### Upcoming Fundraising Events:

The PSHE ambassadors visited our latest meeting and discussed the purchase of some new buddy benches after our last one rotted. They would ideally like a 4-seater bench. School council decided to help to fundraise for this by planning an Easter bake sale and egg hunt!

We will let everyone know the date of this (probably the week before the Easter holidays) and we will be asking for cake donations for this great cause. The school council are writing to the Kinnerton factory to ask for a donation of chocolate eggs so we could have an egg hunt. This would have a cost of £1 to enter.

### Donations:

As always, the children would be very grateful for any donations for us to improve the school and its surroundings. Below are some ideas which the school council have come up with which we would be very grateful for any donations towards:

- Colouring books and felt tips
- Small construction- Lego or any other construction toys
- A large set of plastic drawers – for the colouring books and pens
- Lots of Large plastic lidded boxes to store toys
- Seeds for the veg patch
- Tools for the veg patch
- A school sports kit for competitions
- Small world play- dinosaurs, farms, Playmobil, dolls houses, cars.

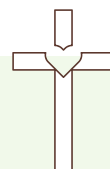


The School Council will keep you updated with any purchases made and their plans throughout the year. Thanks for your ongoing support.

## Upcoming Events

- **10th February @9am: Rescheduled Kestrels Gathering**
- **11th February: EINSTEIN Non-Uniform day**
- **14th February @2.30pm: Owls Gathering**
- **25th February: Class Photos**
- **28th February @9am: Skylarks Celebration Assembly**
- **28th February: Cake Friday!**
- **6th March @9am: Y6 Crucial Crew**
- **10th - 14th March: Science Week!**
- **14th March: Dress as a Mad Scientist Day**

Let Every Light Shine



Understanding Anger	10 FEB 7pm
Supporting Healthy Screen Use	11 FEB 10am
Facing Defiance	14 FEB 7pm
Raising Self-Esteem	27 JAN 7pm 25 FEB 10am
Supporting Healthy Sleep	28 JAN 7pm 24 FEB 10am
Supporting a Child with ADHD	3 FEB 10am 3 MAR 7pm
Improving Family Communication	3 FEB 7pm 4 MAR 10am
AUTISM: Improving Communication	4 FEB 10am 4 MAR 7pm
Understanding Addictive Behaviour	4 FEB 7pm 3 MAR 10am
Anxiety-Based School Avoidance	10 FEB 10am 10 MAR 7pm
What is ACT?	17 FEB 10am 17 MAR 7pm
Introduction to OCD	17 FEB 7pm 18 MAR 10am
Anxiety Explained	18 FEB 10am 18 MAR 7pm
Cannabis & Ketamine Awareness	18 FEB 7pm 17 MAR 10am
Decreasing Depression	24 FEB 7pm 25 MAR 10am
Understanding the Teenage Brain	25 FEB 7pm 24 MAR 10am

FACE delivers online support via zoom for parents across the UK  
Talks are 90 minutes long, £24 each - Book Online at [facefamilyadvice.co.uk](http://facefamilyadvice.co.uk)

Thursday  
20th Feb  
19:00 - 20:00

FREE



## FREE SESSION

### Supporting Healthy Screen Use

A range of steps that can help minimise the harms from screens

Monday  
3rd Feb  
10:00 - 11:30

£24



### Supporting a Child with ADHD

Challenging the stereotypes and giving practical interventions. Clear explanation of the condition in all its forms and extremely useful advice.

Tuesday  
11th Feb  
19:00 - 20:30

£24



### Facing Defiance

Specific strategy to help parents manage defiant and challenging behaviour, especially aimed at ADHD, ODD and PDA conditions, 5 to 12 years old.

Tuesday  
18th Feb  
19:00 - 20:30

£24



### Cannabis & Ketamine Awareness

Get the facts and know the harms about these two drugs so you can hold an informed conversation with your teens.

Tuesday  
25th Feb  
19:00 - 20:30

£24



### Understanding the Teenage Brain

A 'must see' for all parents and teachers of teens and pre-teens. Explains why teens think, feel and behave very differently from adults and how we can support them.



# What Parents & Educators Need to Know about SCAMS AND FAKE NEWS

## WHAT ARE THE RISKS?

"Fake news" refers to falsified or misleading material presented as a legitimate account of events. It's often used by malicious actors online to push an agenda, or even by criminals as a way of making scams more persuasive. Scammers can trick us into handing over personal information, security details and even our hard-earned cash.

## "CLICKBAIT" PHISHING SCAMS

A message arrives saying "Have you seen this video of yourself?" or you might be sent an attention-grabbing headline about a celebrity that's been shared on social media. This kind of "bait" is produced by scammers to drive us to click on an unsafe link, where malware could be downloaded to our devices. These scams rely on our curiosity and our "need-to-know" instinct.

Have you seen this video of yourself?

## SALES, DEALS & DISCOUNTS

Some scams appear as adverts, offering a chance to buy something – such as designer products, expensive gadgets or tickets to a popular show – at a reduced price. Such plays often include a time limit or countdown, urging us to hurry so we don't miss out on the deal. This pressure encourages us to input personal details or payment information before pausing to check if it's legitimate.



## YOU'RE A WINNER!

This kind of scam involves fake giveaways, opportunities or freebies. It could be a message saying we've won a prize draw or competition. Or it could be a gift, free trial, bonus credit, and suchlike. It might claim that a package or refund is waiting. All these techniques are used to prompt us to share our personal information, thinking that there's something to be gained by doing so.



## FALSE FRIENDSHIPS

Scammers often pretend to be someone they're not to gain their victims' trust. They might attempt to convince any children they connect with that they're a child of similar age with shared interests. Warning signs include a high volume of messages (often with an intense tone), secrecy, inappropriate levels of intimacy, guilt tripping, emotional manipulation, threats or blackmail.



## PANIC MODE

To trigger a sense of panic, scammers may claim that a child's account has been hacked, or a virus has been installed on their device, or any number of other scary scenarios. They may claim to be able to fix the problem or offer a solution – if the child hands over control of the device or sensitive information. Similar scams involve impersonating a friend or relative, claiming that they're in trouble and need help.



## FAKE CELEBRITY ENDORSEMENTS

Impersonating influential people online is a common tactic for scammers, who can use technology to create fake photos, audio and even videos that look authentic. These can be used to convince us, for example, to buy products, sign up for so-called "business opportunities" or invest in cryptocurrency schemes – all of which are fake or otherwise malicious. Many scams also involve the impersonation of popular companies' social media accounts, as well as those of individuals.



## Advice for Parents & Educators

### STAY INFORMED

Stay up to date with the latest information and best practice on cyber-security. See what scam stories are reported in the news and make note of what tactics were used. Keep up with young people's digital lives: talk about what they're doing online and use properly endorsed resources to learn what risks certain sites and apps pose to their younger users.



### TALK TOGETHER

Chat often and openly with young people about fake news, online scams and how they both work. Encourage them to talk to you about anything they're unsure of or worried about online. If a child claims to have been scammed, don't pass judgement. Blaming the victim may deter young people from asking you for help. Remember: adults are scammed just as often, if not more.



### ENCOURAGE HEALTHY SCEPTICISM

Most scams rely on emotional or psychological manipulation, tapping into our human instincts – whether that's to keep ourselves safe, help others, find answers, make friends, avoid losing out or to secure something we really want. Encourage children to recognise that pressure to act and to always consult with an adult – especially if what's on offer sounds too good to be true.



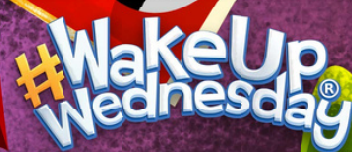
### BE PROACTIVE

Children increasingly use digital devices for education, socialising, shopping and play. Don't wait for a problem to arise before you discuss the risk of scams, false information and fake news. Highlight what to look out for and clearly communicate under what circumstances the child ought to speak to an adult. Finally, ensure that they're aware of the support services that are available to them (such as Childline).



## Meet Our Expert

Dr Holly Powell-Jones is the founder of Online Media Law UK and a leading expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal and ethical considerations for the digital age. Visit [OnlineMediaLaw.co.uk](https://OnlineMediaLaw.co.uk) for more.



The National College

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