

# THE OTTER

THE NEWSLETTER OF OTTERBOURNE CHURCH OF ENGLAND PRIMARY SCHOOL.



*Dear Families*

*It's a little difficult to be as upbeat as usual about the time in school since the last newsletter when it has been a time of great sadness. We have all been affected in different ways by the passing of Mrs Compton, but the messages of support for the staff and children, for her family and for how we can create a lasting memorial have proven just how much she meant to so many of us within the school community. Thank you*

*It's been busy in school though, with trips and experiences that support the children's learning and the first few items have made their way on to the new School Museum of Enrichment. If you are in school, please come and see how it is starting to take shape. It's an idea I took from a school visit last year, and a simple way to create curiosity whilst showing everyone just how much the children do over the course of the school year—it will look more impressive in July when it is full of course!*

*If you are the village Remembrance Service on Sunday, I look forward to seeing you there, and if you were with us today at the church, thank you for coming. I thought your children were exceptional today.*

*Kind regards*

*Mr Geraghty*

## DIGITAL WELLBEING WORKSHOP

For anyone who was at the workshop this week, I am sure you feel the same as I do about the messages Mr Larby and Mrs Simpson shared with us...we have to keep the momentum going, we have to keep the lines of communication open, and we need to take lessons from each other.

I have had a number of positive conversations since the session and I would like to invite parents to ask questions or give suggestions for how other parents can help their children navigate this very tricky online world.

Although it is blank at the moment, there is a new page for this subject on our website. Please email me at [headteacher@otterbourne.hants.sch.uk](mailto:headteacher@otterbourne.hants.sch.uk) with any questions, suggestions or stories you would like to share and we will keep the pages updated and refreshed. The presentation from the session will also be available on there very soon.

And a big 'Thank you' must go to Mr Larby and Mrs Simpson for giving up their time and organising such an informative session.

## SEE IT, SAY IT, SORTED - SPEAKING OUT AT SCHOOL

Since the last newsletter, there seems to have already been a positive change with children speaking out and openly sharing what is upsetting them. Thank you if you have helped to spread this message with your children. I think though, that it needs repeating. My staff are dedicated to supporting your children and our ongoing frustration is 'why didn't they tell us'. The more we know, the more we can help. Thank you

Otterbourne Church of  
England Primary School  
goes Platinum!



We are delighted to announce that we have achieved the School Games Platinum Mark Award for the 2022/23 academic year.

The School Games Mark is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward schools for their commitment to the development of competition across their school and into the community, and we are delighted to have been recognised for our success.

## Church coffee morning

You are invited to come and meet other parents over a cup of tea or coffee, and enjoy some delicious cake. All are welcome.

Details - Monday, November 20th. 9:00am to 10:30am. In the Church Room.

*Winchester Basics Bank are running a school holiday lunch scheme over the Christmas break. The scheme will provide food for 10 meals per child, and is designed to replace the hot meal that children would receive in school. For more information, or to register please visit; <https://winchesterbasicsbank.co.uk/get-help/> or email; [holidaylunch@winchesterbasicsbank.co.uk](mailto:holidaylunch@winchesterbasicsbank.co.uk) or telephone 01962 864720*

**Bags2School - you are invited to bag up your pre-loved clothes and bring them in to school on November 20th.**

## FOS UPDATE

We would like to thank everyone who visited the art show, took home a cake and joined in with the Harvest Trail. The money from those purchases along with some matched funding\*, helped raise over £700 which has already been put towards every classroom having a new visualiser. This is a device that helps teachers share work and give effective verbal feedback to the whole class. Thank you to everyone involved for their time and effort, and to you for your support.

\*If your employer offers matched funding, which is a very easy way for companies to support charities like the Friends of Otterbourne School, please talk to a member of FOS.

Up next for the FOS are the seasonal activities of the Advent Calendar which starts on December 1st (tickets available now), the Winchester Santa Sleigh (Thursday 7th in the evening) and Secret Santa (Friday 8th December). Kicking off the season of advent is also the new Christmas Jumper Swap, an updated poster for which is in this newsletter.

The Christmas period can be very difficult for some families within our wider community and as a school we continue to provide support where we can. If you find yourself in need of help this year but don't know where to begin, please come and see us as soon as possible.

This is also a very useful link:

[https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/  
connectforcommunities](https://www.hants.gov.uk/socialcareandhealth/childrenandfamilies/connectforcommunities)

In the last newsletter, we told you about a new event that we hope will bring some joy, and help with the cost of Christmas—see below. Please do keep bringing in your unwanted items as these could become the wanted items for other families. The event starts immediately after school and is expected to end at around 5pm. You will be able to enjoy a delicious hot chocolate (adult-only version available) and join in some early-Christmas carols too.

# Christmas Jumper Swap Shop!

**Did you know that 1 in 4 Christmas jumpers are only ever worn once?**

This year, in our efforts to be more sustainable and eco-friendly across the school, we are holding a swap shop!

## What to do:

- Have a clear out of your festive clothing during half term
- Bring them to school in the first week back
- Come to our Advent Event on Friday 1<sup>st</sup> December at 3.30pm (more info to follow!)
- Buy a Christmas jumper for a suggested donation £2.

**Festive and holiday themed adult, child and infant clothing will be accepted.**



**FRIENDS OF OTTERBOURNE SCHOOL**

# Advent Raffle

Support Otterbourne CofE Primary School and enter to win some amazing festive prizes!

Each school day in December a fantastic prize will be revealed and the winner announced on the FOS facebook page.

You can purchase as many tickets as you wish.

Ticket sales close at midnight on 25th November and the first winner will be announced on December 1st.

**TICKETS COST £5 EACH AND CAN BE  
PURCHASED AT [HTTPS://WWW.PTA-  
EVENTS.CO.UK/FRIENDSOTTERBOURNE](https://www.pta-events.co.uk/friendsofotterbourne)**

# What Parents & Carers Need to Know about AMONG US

A multiplayer 'social deduction' game set in outer space, Among Us enjoyed a surge in popularity in 2020, and has since maintained a dedicated fan-base (globally, around 60 million regular players each month) thanks to its unique nature, simple premise and ease of access across numerous platforms. The game's on-screen action revolves around danger, disguise and deception – and there are certain parallels to be drawn with some of the real-life risks that parents and carers of young Among Us players need to be aware of.



## WHAT ARE THE RISKS?

### SENSITIVE PREMISE

In Among Us, up to three players are secretly assigned to be alien imposters, tasked with murdering their colleagues while the survivors try to unmask them. While the concept's not far removed from traditional games like Wink Murder or TV shows such as *The Traitors*, some parents may feel uncomfortable about their child playing a video game in which deception and killing are prioritised.

### VIRTUAL VIOLENCE

The on-screen death of characters may be fundamental to the gameplay of Among Us, but the majority of the animations depicting this are deliberately cartoonish and only appear very briefly. However, it is worth bearing in mind that the game has a PEGI age rating of 7 – meaning that certain elements (however heavily stylised they may be) could still upset some younger players.

### CHAT BETWEEN PLAYERS

With up to 15 people participating in each game online, a large part of Among Us' appeal is speculating with fellow players who the imposters might be and making accusations. This dialogue through the in-game text chat can occasionally become heated – and could, of course, involve your child being put into contact with people (including adults) who they don't know in real life.

### GOING OFF PLATFORM

While Among Us provides basic ways to communicate, many gamers prefer to use external services such as Discord: a popular app which offers voice and video chat functions. These undeniably make cooperation easier, but also create a potential route for children to hear inappropriate language – or for strangers to message them privately in an environment which isn't regulated by the game itself.

### IN-GAME PURCHASES

Among Us is free to download on mobile devices, and costs less than £5 to obtain on console and PC. A related longer-term pitfall, though, is that the game also includes options to pay for upgrades such as removing ads on the mobile version or adding cosmetic touches to characters (such as different costumes). It's certainly possible that a child could spend a significant sum without realising it.

## Advice for Parents & Carers

### CONSIDER SOFTER ALTERNATIVES

Although Among Us is hugely popular with young gamers, it's possible that some children might find the murder themes unsettling. If so, plenty of similar social deduction games are available (in both digital and traditional board game formats) which downplay the potentially grislier elements: some centre around undercover spies, for instance, and there's even a Marvel superhero-themed variant.

### CHAT ABOUT CHATTING

You might feel it's prudent to talk to your child about the risks associated with voice chat while gaming, explaining in particular that strangers online aren't always who they claim to be. Keeping the conversation relaxed will reinforce your child's confidence that they can always come to you with any online concerns – not just about Among Us, but any potential future issues as well.

### DISCUSS DISCORD

In general, Discord is an excellent app for keeping online communities together because of its use of dedicated individual servers, which allow comprehensive control over who can join – and who can't. Once you're familiar with the platform, you could set up a secure server for your child and their friends to communicate during games of Among Us, with no access for people they don't know.

### AMONG US, AMONG FRIENDS

When your child and their friends get together, they can enjoy a private game of Among Us by choosing a 'local' lobby – that is, only people connected to the same WiFi (your home network, for example) can enter. This prevents any random online users – who may be total strangers – from joining and removes the need for voice chat, as the players are all physically in the same location.

### STOP SURPRISE SPENDING

If you're concerned about the possibility of your child racking up an unexpected bill on Among Us' microtransactions, you could consider using a prepaid card with a set limit. Likewise, you could specify in the game's options that adult authorisation is required for every purchase – or you could make sure that no payment methods are enabled on the device that your child plays the game on.

### Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GOREcon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



## Eastleigh 0-19 Team

### Helpful websites for parents/carers

#### Hampshire Healthy Families - a

partnership between Southern Health NHS Foundation Trust and Barnardo's to deliver the healthy child programme across Hampshire.

[www.hampshirehealthyfamilies.org.uk](http://www.hampshirehealthyfamilies.org.uk)

**ChatHealth** - a suite of text support services for parents, carers, families and young people in Hampshire. There are three ChatHealth services:

- Parents and carers of children under 5
- Parents and carers of children and young people aged 5-19 years
- Young people aged 11-19
  - ChatHealth 0-5 – 07520 615720
  - ChatHealth 5-19 - 07507 332417
  - ChatHealth 11-19 - 07507 332160

**School Readiness** - Helping your child be ready for school:

[www.hampshirehealthyfamilies.org.uk/da/160593](http://www.hampshirehealthyfamilies.org.uk/da/160593)

[www.hampshirecamhs.nhs.uk/parents-carers/transitions](http://www.hampshirecamhs.nhs.uk/parents-carers/transitions)

#### Continence advice

Potty training: [www.eric.org.uk/potty-training](http://www.eric.org.uk/potty-training)

Continence: [www.eric.org.uk/childrens-bladders](http://www.eric.org.uk/childrens-bladders)

Constipation: [www.eric.org.uk/childrens-bowels](http://www.eric.org.uk/childrens-bowels)

#### Sleep advice

Sleep workshop:

[www.hampshirehealthyfamilies.org.uk/workshops-courses-and-events](http://www.hampshirehealthyfamilies.org.uk/workshops-courses-and-events)

Advice for common sleep problems

[www.sleepcouncil.org.uk/information-support/children](http://www.sleepcouncil.org.uk/information-support/children)

#### Healthy lifestyle advice

Healthy lifestyles: [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families)

Fussy eating: [www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters](http://www.nhs.uk/conditions/baby/weaning-and-feeding/fussy-eaters)

#### Behaviour support

Evidenced based parenting programmes:

[www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service](http://www.barnardos.org.uk/what-we-do/services/hampshire-specialist-parenting-support-service)

Behaviour advice: [www.familylinks.org.uk/parent-zone](http://www.familylinks.org.uk/parent-zone)

#### Promoting good emotional health in children

Emotional health advice:

[www.healthforkids.co.uk/feelings](http://www.healthforkids.co.uk/feelings)

[www.youngminds.org.uk/parent](http://www.youngminds.org.uk/parent)

[www.hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals](http://www.hampshirecamhs.nhs.uk/help/parents-carers/anxiety-professionals)

PLEASE REMEMBER:



The Friends of Otterbourne School have arranged for our school to be part of “Stronger Starts”, the in-store voting programme at Tesco, to support further improvements for SEN Children, including new phonics books, Numicon resources for maths and therapy resources.

There are a number of stores running with this until the middle of January:

Eastleigh - The Swan Centre

Chandler’s Ford - Ashdown Road

Fair Oak - Winchester Road

Southampton - Valley Park

Eastleigh - Twyford Road

Eastleigh - Bishopstoke Road

To check the location of any of the above stores, please go to the Tesco website here: <http://www.tesco.com/store-locator/uk>

To vote, you will need to make a purchase within store of any value. You will receive one token (the little blue one) per transaction and it's not necessary to purchase a carrier bag in order to receive a token.

Please help support our school and share this with friends and family so that we can give our children a Stronger Start with Tesco. And dare I say it, but every little helps

ST MATTHEW'S  
**CHRISTMAS  
FAIR**

**SATURDAY 25TH NOVEMBER**

**12PM TO 3PM**

**OTTERBOURNE VILLAGE HALL**



**ENTRY £1  
CHILDREN  
FREE**

- LOCAL CRAFTS AND GIFTS • CHILDREN'S STALLS
- REFRESHMENTS • SANTA'S GROTTO • HAMPER RAFFLE

St Matthew's Church, Otterbourne

[www.chobenefice.co.uk](http://www.chobenefice.co.uk)

# ST MATTHEW'S QUIZ NIGHT



- TEAMS OF 6 TO 8 PLAYERS
- TICKETS £15 EACH
- FISH & CHIP SUPPER INCLUDED
- BRING YOUR OWN DRINKS
- RAFFLE
- CHARITY ROUND

**SATURDAY 25TH NOVEMBER**

**7PM FOR 7.30PM START**

**OTTERBOURNE VILLAGE HALL**

To book tickets, please contact Vera Oldham,  
email [quiz23@deadeye.plus.com](mailto:quiz23@deadeye.plus.com)

# Supporting emotional health and wellbeing from 0-19+

Free online courses for all parents, carers, grandparents and teens

- Antenatal and postnatal baby bonding
- Understanding your child or young person
- Your child or young person with additional needs
- Teenager's feelings and brain development
- And lots more specialist courses

Designed by clinical psychologists in partnership with practitioners and parents



Residents of HAMPSHIRE and the ISLE OF WIGHT

In paid partnership with:



Use Access Code  
**FAMILY**

# Understanding your child: from toddler to teenager

Free online course for all parents, carers, and grandparents.

- Reading your child's behaviour and understanding their feelings
- Effective communication techniques
- Reflecting on your relationship and how to nurture your child's emotional health
- A transformative journey that can strengthen your bond with your child at every age

Designed by clinical psychologists in partnership with practitioners and parents



Residents of HAMPSHIRE and the ISLE OF WIGHT

In paid partnership with:



Use Access Code  
**FAMILY**

## For teenagers

Free online courses to help you understand your feelings and brain development, to support your wellbeing

- **Understanding your brain** development and what this means for how you feel and behave
- **Understanding your feelings**, your mental health and how to nurture emotional wellbeing
- How your relationships and friendships may change and why
- Written for teenagers with teenagers

Designed by clinical psychologists in partnership with practitioners and teenagers



Residents of HAMPSHIRE and the ISLE OF WIGHT

In paid partnership with:



Use Access Code  
**FAMILY**

### SOME FURTHER INFORMATION ABOUT THE RISK AND CONCERNS AROUND VAPING:

We have addressed this in school with our Year 5/6 children. However, there is so much concern about vaping across the county, Hampshire have also given us additional advice that you may find useful.

<https://www.hants.gov.uk/socialcareandhealth/smokefreeme/guidanceforschools>

<https://parents.actionforchildren.org.uk/behaviour/challenging-behaviour/im-worried-about-my-child-vaping/>