

New Chapter School

Life in the Freezer

Year 2 have kicked off the new term by diving into their next topic, 'Life in the Freezer'. This topic covered life in the coldest parts of the world. We started by looking at the northern lights. The children were fascinated by this natural phenomenon that happens in the Arctic circle. There was a lot of discussion around whether this was real or not as they had not seen it before. We



watched some videos of the northern lights and saw how they moved and changed through an evening .

They started by studying photos and then trying to figure out how they could use art to recreate the lights. As a class, we decided that pastels and dark paper would work best. We utilised the iPad's and used

rewind the teacher so the children could watch the demonstration as many times as needed to be able to create their work. The outcomes were stunning and are now proudly displayed in the classroom.

In geography this week, we looked at where the Arctic and Antarctic were on the map of the world and thought about their climates. We also discovered that the two places, even though they look similar, have very different animals and temperatures. By the end of the lesson we were able to decipher where they were on the map and describe the animals and temperatures.





Popular Apps and Games - A Handout for Parents

Drawn from the [Ofcom Online Nation Report 2025](#), Online Safety has created a free handy guide for parents and carers looks at the more popular apps and games used by children and young people.

The guide specifically covers:

- Key insights.
- A comparison of safety and wellbeing features within apps and games.
- Help and support links for those games and apps (e.g. Family Pairing, YouTube Supervised Experience etc.).
 - A few of the more popular helplines.
 - App/games reviews from Common Sense Media.

If you would like to download this amazing resource, press the link below.

[Popular Apps and Games - A Handy Guide for Parents | e-Safety Adviser](#)

[Click here for the handy guide.](#)

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

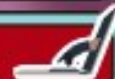


- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting 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

Coyle Jorgensen is a registered counsellor with the South African Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to school worlds.



National
Online
Safety®

#WakeUpWednesday

CADMK

CARNIVAL ARTS DEVELOPMENT

MILTON KEYNES

Before The Bloom

CARNIVAL HEADDRESS MAKING WORKSHOP

JOIN CADMK FOR A FREE, CREATIVE INTRODUCTION TO CARNIVAL ARTS, EXPLORING ITS ENERGY, VIBRANCY AND IMPACT IN COMMUNITY CELEBRATION, LED BY CARNIVAL DESIGNERS UTOPIA.MAS.UK.

SATURDAY 24TH JANUARY 2026

1PM – 3PM

@COFFEE HALL COMMUNITY CENTRE

THE LOCAL CENTRE, 44 GARRAWAYS, COFFEE HALL, MILTON KEYNES, MK6 5EG

CREATIVE FUN FOR ALL THE FAMILY

**THIS WORKSHOP IS DESIGNED FOR FAMILIES AND CHILDREN (UNDER 16).
PLEASE MAKE SURE ALL CHILDREN ARE ACCOMPANIED BY A PARENT OR GUARDIAN.**

EACH PARTICIPANT WILL CREATE THEIR OWN HEADDRESS.

LIGHT REFRESHMENTS WILL BE SERVED.

**SPACES ARE LIMITED TO 30 PARTICIPANTS, SO PLEASE SECURE YOUR SPOT EARLY
TO AVOID DISAPPOINTMENT.**



Please register using the QR code.

For more information, please visit www.carnivalartsmk.co.uk or email us on info@carnivalartsmk.co.uk

IN PARTNERSHIP WITH



Creating Connections. Supporting Communities.
Troughton Community Council

Important Dates



19/01/26 and 26/01/26 Krispy crème box pre orders taken

23/01/26 Young Voices Concert

26/01/26 Parents evening bookings open

30/01/26 Krispy crème sale

03/02/26 Parents Evening in school—Lost property items available in reception area.

04/02/26 Parents Evening in school—Lost property items available in reception area.

10/02/26 Willen Hospice book and fancy dress sale in reception.

13/02/26 Last day of term

	Star of the week	Values Awards
Class 2	Aubrey	Michael
Class 3	Ezekiel	Florence
Class 4	Haim	Macilee
Class 5	Jakob	Alfred
Class 6	Reenie	Adon
Class 7	Ciara	Keagan
Class 8	Siddiqat	Alicia
Class 9	Sinan	Ava

BIRTHDAYS

We would like to wish a very 'Happy Birthday' to the following children who are celebrating their birthday over the next week:

Alicia, Archie, Tehniyat.

Attendance Matters



Average attendance for last week was 94.3%.

Well done Ivy!

Ivy kept herself very busy over the Christmas break, performing in a Panto running from 20th December to 3rd January. Well done Ivy!



100%	PERFECTION
98%	IMPRESSIVE
96%	GOOD
95%	NEARLY THERE
94%	NEEDS TO IMPROVE
<94%	POOR

