



## LONGSANDS LINK – 4<sup>th</sup> March 2022

### Mrs McKeown's Message

I would like to gauge some interest in something new I want to start at Longsands in the future. In school we have nurture groups, counsellors and specialist teacher visits to support our children. As I know a number of parents are also struggling with coming out of the lockdowns and other anxieties, I am working with one of the counsellors who comes into school on supporting parents as well. We want to help remove any stigma that may be associated with attending counselling and actually share with parents what counselling can look like. It can mean different things to different people but in general it's a process people seek when they want to change something in their lives or simply explore their thoughts and feelings in more depth. A counsellor is not there to sit you down and tell you what to do. Instead they will encourage you to talk about what is bothering you in order to uncover any root causes and identify your specific ways of thinking. If you are interested, please email me or contact me via Seesaw and we can then set up a parents meeting with the counsellor to discuss her role in supporting you. Have a lovely weekend and keep in touch. I am still at the front of school in the morning and after school if you need to chat.

*Mrs McKeown*

### DONATIONS FOR UKRAINE

If you would like to donate items to help with the crisis in the Ukraine, we will be collecting items on **Monday 7<sup>th</sup> March**, these will then be taken to the drop off point. Please DO NOT send in clothes, but items such as toiletries, nappies, blankets etc would be very gratefully received.

## Longsands Values

**RECEPTION:** BEAU

**YEAR 1:** BEA

**YEAR 2:** STEPHEN

**YEAR 3:** MAYA

**YEAR 4:** OLLIE

**YEAR 5:** AMELIA

**YEAR 6:** HARRY

### YEAR 3 & YEAR 4 DANCE CLUB

There are still places available for the Friday dance club with Sally each Friday from 8.00am to 8.45am. There is a letter attached to this newsletter with more details. The children who attended the first session today had a great time and the KS1 children from the previous sessions loved it. One parent asked us to thank Sally and to pass on how brilliant the sessions had been.

### MINI SKILLS GAMES

On Tuesday 1<sup>st</sup> March, six of our Year 4 children, Luke, Martha, Maxwell, Mia, Sam and Lily took part in the Preston Schools Mini Skills Games. The children had five different activities and they all tried very hard. We finished in 6<sup>th</sup> place out of twelve schools, which was amazing! Well done to our team.

### SOW AND GROW COURSE BY LANCASHIRE ADULT LEARNING

Do you fancy giving 'grow your own' a go but are not too sure how to get started? It doesn't matter if you are a planting pro, or have a balcony or window box to get your seeds shooting! This FREE online course organised by Lancashire Adult Learning is perfect for adults and families with primary school-aged children. The session will include seed planting and sowing, as well as arts and crafts activities using natural materials you can find in your garden or while out on a walk.

**Adult only session date:** 5th March 2022

Time: (10am – 11.20am)

**Click here if interested (Adult Session)**

**Family session date:** 5th March 2022

Time: 1pm – 2.30pm

**Click here if interested (FAMILY session)**

### SCHOOL LUNCH MENU

WC 07/03/22

**WEEK 2**

### SAT'S – YEAR 6

SAT's tests for Year 6 will take place from **Monday 9<sup>th</sup> to Thursday 12<sup>th</sup> May.**

## Pupils of the Week

**RECEPTION:** ADAM

**YEAR 1:** IVY

**YEAR 2:** LARA

**YEAR 3:** VIRAT

**YEAR 4:** JAMES

**YEAR 5:** MARYAM & LILY

**YEAR 6:** FINNLEY

### MONDAY 7<sup>th</sup> MARCH

- Swimming Gala

### TUESDAY 8<sup>th</sup> MARCH

- Rocksteady Music
- Girls Rugby Tournament
- Girl's Netball Year 5 & 6

### WEDNESDAY 9<sup>th</sup> MARCH

- PNE Gymnastics
- Year 3 Sports Club

### THURSDAY 10<sup>th</sup> MARCH

- KS1 Zumba 3.20pm – 4.20pm

### FRIDAY 11<sup>th</sup> MARCH

- Dance Club 8.00am for **Year 3 and Year 4.**
- Year 3 Samba
- Collection day for Rainbow Raffle Items (See Poster)
- Girl's football for Year 4, Year 5 and Year 6

### GIRLS FOOTBALL

The girls' football team played three League matches at UCLAN Sports Arena on Thursday after school. They drew 0-0 with Deepdale, 0-0 with St. Maria Goretti and they won their final game 1-0 against Fulwood and Cadley. Well done to Soraya, Daisy, Lily, Amelia, Chloe, Sara, Isla M, Isla T and Aaniya.

## Happy Birthday

BRADLEY, ANUSHKA, EVELYN and ISLA.

### ATTENDANCE

Our target attendance is 96%.

**RECEPTION:** 96.62%

**YEAR 1:** 95.70%

**YEAR 2:** 94.53%

**YEAR 3:** 95.10%

**YEAR 4:** 94.40%

**YEAR 5:** 92.86%

**YEAR 6:** 96.43%

## Dinner Time Stars

**RECEPTION:** ATTICUS

**YEAR 1:** AYAZ

**YEAR 2:** LARA

**YEAR 3:** ADEOLUWA

**YEAR 4:** SAM

**YEAR 5:** LILY

**YEAR 6:** MAXIMILLIAN



Year 4 - Mini Skills Team

# What Parents & Carers Need to Know about HORROR GAMES

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

## WHAT ARE THE RISKS?

### ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. Outlast, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like Five Night's at Freddy's and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

### VIOLENT CONTENT

Not all horror games contain graphic violence (titles like Five Night's at Freddy's and Phasmophobia prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until Dawn and the hugely popular Resident Evil and Outlast franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

### ONLINE INTERACTION

Some horror games are played cooperatively with others online. Phasmophobia is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction – often with strangers. Dead by Daylight is another game in which frequent and prolonged online communication with other players is an advantage.

### PSYCHOLOGICAL HORROR

Rather than simply lading on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include Alien: Isolation, The Medium and the Amnesia series) can have a longer-lasting effect on players; some occasionally 'break the fourth wall' – interacting directly with the player as if they were real.

### LONG-TERM FEAR FACTOR

Horror games are designed to be scary: most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when – and how – a game might have long-term effects an individual's mental wellbeing.

## Advice for Parents & Carers

### BEWARE OF JUMP SCARES

Jump scares in video games are often no worse than they are in movies. If a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as Five Nights at Freddy's) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

### ENCOURAGE BREAKS

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture – especially if traumatic situations in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume!

### IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

### RESEARCH THE GAME

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download only and therefore aren't required to come with an age rating – so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

### STAY RECEPTIVE

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply laugh it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

## Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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23rd February 2022

Dear Parents

There will be a Dance Club starting every Friday morning from 8-8.45am. The club will run for 5 weeks (04/03/22 – 01/04/22) this will be a great chance for your child to build confidence, have fun and learn a new skill.

**Payment**

£25 for the 5 weeks dance course.

If your child wishes to attend this club please complete the form below along with the fees and return to the school office.

Yours sincerely

Sally Whitaker  
*Dance Teacher*

**Childs Name :**

**Year Group:**

**Parent/Guardian Contact Number:**

**Medical Conditions:**

**Parent/Guardian Signature**

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# Easter Lunch



Roast Turkey  
or  
Roast Quorn Fillet

*served with*  
Sage & Onion Stuffing  
Roast & Creamed  
Potatoes  
Broccoli & Carrots  
Yorkshire Pudding  
&  
Gravy  
~  
Easter Treat  
Dessert

Easter  
Lunch  
Wednesday  
30th March.  
Please order  
on ParentPay  
by Monday  
14th March

**Lancashire**  
County  
Council



# RAINBOW RAFFLE

**PRIZES!**  
**HAMPERS OF  
GOODIES**

***DRAW:***

**FRIDAY 1ST APRIL AT 1PM**

**(All tickets must be bought by 29<sup>th</sup> March)**

***TICKETS:***

**£1 EACH OR £5 FOR A BOOK**

Please bring in a  
donation  
in your class colour  
on

FRIDAY 11<sup>th</sup> MARCH

RECEPTION - RED

YEAR 1 - ORANGE

YEAR 2 - YELLOW

YEAR 3 - GREEN

YEAR 4 - BLUE

YEAR 5 - PINK

YEAR 6 - PURPLE

Donations can include, for example, toiletries, craft materials, books.  
Talk in your year group to see if you can all bring different things!

Children are invited to come to school wearing their **class colour** on  
**Friday 1<sup>st</sup> April.**

Please contact [longsandsptfa@gmail.com](mailto:longsandsptfa@gmail.com) or @longsandsptfa on FB  
with any queries, or speak to one of the PTFA members.



# EASTER CAMPS 2022

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# CAMPS 2022 INFORMATION

**4<sup>th</sup>-8<sup>th</sup> APRIL**

Alderley Edge, Alderley Edge School for Girls SK9 7QE  
 Chester, The King's School CH4 7QL  
 Lancaster, Ellet Village Hall LA2 0LQ  
 Fulwood, Preston Grasshoppers Rugby Club PR4 0AP

**DON'T  
FORGET TO  
BRING YOUR  
PACKED  
LUNCH!**

**11<sup>th</sup>-14<sup>th</sup> APRIL**

Chester, The King's School CH4 7QL  
 Lytham St Annes, Fylde Rugby Club, FY8 4EL  
 Liverpool, Liverpool Aquatic Centre L15 4LE  
 Oldham, Oldham Hulme Grammar School OL8 4BU

**TAX FREE  
CHILDCARE &  
CHILDCARE  
VOUCHERS  
ACCEPTED!**

## ALL VENUES

**8.30am - 5pm each day**

**Suitable for all primary school children**

**5-day week £200 • 4-day week £160**

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