

Newsletter

Term 5 Issue 1



STARTS MONDAY 9TH JUNE

THE 5 DAY BREAKFAST EXTRAVAGANZA

FREE!

FREE FOOD FREE DRINK ACTIVITIES

Special Menu



MONDAY

Pancakes
Fruit



TUESDAY

Brioche
with
Butter, Chocolate or
Strawberry

WEDNESDAY

Bacon in a Roll
Sausage in a Roll



THURSDAY

Milkshakes -
Banana or Strawberry

Yoghurts



FRIDAY

Cheese on Toast



FREE

PRIZE DRAW
FOR THOSE
WHO ATTEND
ALL 5 DAYS!

FREE

EVERY DAY!

Toast Crumpets Cereals
Apple Juice Orange Juice Milk



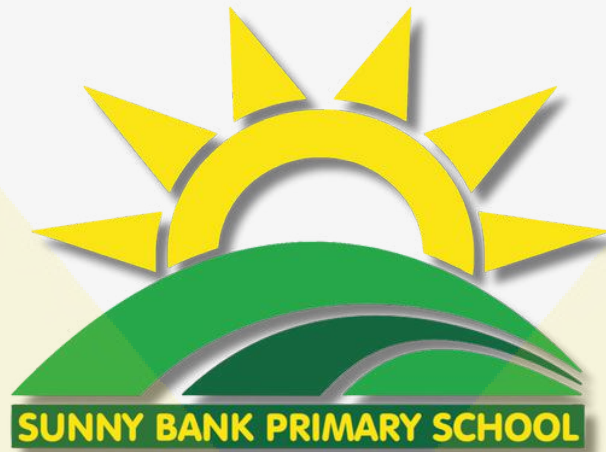
BOOK NOW VIA ARBOR



FREE!



FREE BREAKFAST served any time between 7:30 and 8:30am. Last entry at 8:15am.
You must book a place for your child in advance via the **Arbor** app.



Dear Parents and Carers,

We've had another busy and successful term at Sunny Bank! Our Year 6 pupils completed their SATs and we are incredibly proud of their resilience, determination and effort throughout. Term 6 is set to be just as exciting, with trips, transition activities and their much-anticipated leavers' performance to look forward to!

Across the school, Term 6 is packed with fantastic whole-school events, including Sports Week, Art Week, and our annual Summer Fayre. Please remember to check our social media channels and the school calendar for key dates and updates.

We're also excited to announce the return of our Breakfast Club Extravaganza, running from Monday 9th to Friday 13th June. Children have helped choose the delicious breakfast menu, which will include pancakes, fruit smoothies, and bacon rolls. There will also be a prize draw for children who attend all five days! Please note that places must be booked in advance.

In addition:

- Year 4 will be completing their Multiplication Tables Check in the first week back.
- Year 1 will be sitting their Phonics Screening Check during Term 6.

We are thrilled to share that Sunny Bank has officially achieved the National Nurturing Schools Award! We are now an accredited nurturing school! This achievement reflects the hard work of our dedicated staff, the positivity and kindness of our pupils, and the continued support of our families. Together, we've built a school culture that nurtures the social, emotional and mental wellbeing of every child. Thank you for being part of our journey – here's to nurturing our future!

Attendance matters – our current whole school attendance is 93.8%, nearing the national average. It is important that children attend school regularly to ensure they don't miss vital learning opportunities and can take part fully in all the experiences school has to offer. Every day counts!

Finally, as the weather warms up, please ensure children come to school with a refillable water bottle and that sun cream is applied before school.

Thank you for your continued support,

The Sunny Bank Team





We love to read



SUNNY BANK NEWS

SUNNY BANK HAS ACHIEVED THE STATUS OF AN ACCREDITED NURTURING SCHOOL!

We are thrilled to announce that we have passed our National Nurturing Schools Award assessment!

We're now an accredited nurturing school! A huge THANK YOU to our amazing staff, incredible children, and supportive families who helped make this possible!

Together, we've created a caring culture that meets the social, emotional & mental health needs of every pupil. Here's to nurturing our future!





YEAR 6 COMPLETE THEIR SATS EXAMS

Huge congratulations to our amazing Year 6 stars for their hard work and dedication over the SATS Week!

You've shown resilience, teamwork, and determination—traits that will carry you far. Let's celebrate this achievement together!



Scan the QR code for our Secondary School tips!



4

READY FOR SECONDARY SCHOOL?

TRAVEL PLANNING

How will your child get to and from school every day? Is driving them really needed? Walking and travelling to school on their own will support independence and social development.





Pupils join in the celebration for Benji's 2nd Birthday!



Wearing red, white and blue for VE Day!







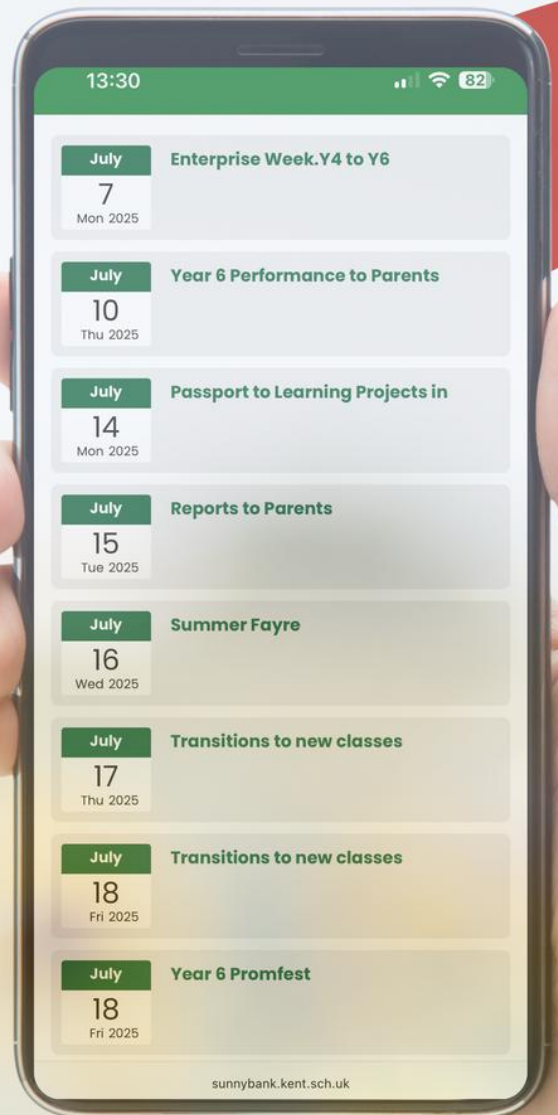
Parent Open Afternoon



Subscribe to our

Online Calendar

And have our events
automatically
appear on your
phone!



<https://www.sunnybank.kent.sch.uk/diary/list/>

Press 'subscribe to this calendar'

DIARY DATES

Full calendar can be viewed on our website



June

Term 6

2

Mon 2025

June

Phonics screening week

9

Mon 2025

June

Sky Arts week

16

Mon 2025

June

Year 6 Outdoor Activities week

23

Mon 2025

June

Sports Week

30

Mon 2025

July

Sports Day

4

Fri 2025

Subscribe
to our
Calendar

www.sunnybank.kent.sch.uk



Starting 2nd June

PRIDE WEEK



6th June children can
come into school in bright
clothing!

CELEBRATING WHO WE ARE

In aid of

**Cystic
Fibrosis Trust**



Friday 13th June

**We're wearing
yellow for Cystic
Fibrosis Trust**



SUNNY BANK PRIMARY SCHOOL



NHS



**SPORTS
CONNECT**



kooth



SATEDA
Empowering growth, creating vibrant communities



**citizens
advice**



ageUK



**Kent
Family
Hub**



**SOUTHERN
HOUSING**



**SHEPPEY
MATTERS**



withyou



Swale
BOROUGH COUNCIL



**SUNDAY
8TH
JUNE**

SWALE POLICE COMMUNITY DAY

**APPLEYARD SPORTS GROUND
CORE COURT RD. ME10 1QN
10AM - 3PM**



**FREE
ENTRY**

COME ALONG TO LEARN ALL ABOUT SERVICES AND SUPPORT AVAILABLE IN SWALE!

- Free NHS health checks available on site
- Domestic abuse support
- Housing support
- Drug and alcohol services
- Animal welfare support
- Mental Health Support
- Support for the elderly
- Fire safety advice
- Youth engagement
- Community Projects
- Come have a go at Archery, Football and more
- Music by Sheppey FM

**BBQ, DRINKS, ICE CREAM AND FACEPAINTING
AVAILABLE ON SITE
DISPLAYS TO WATCH THROUGHOUT THE DAY**



What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is reportharmfulcontent.com.

AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK 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 onlinemedialawuk.com for more.

