

Issue 6  
only 30p!

# DBA News



**Dashwood  
Banbury  
Academy**



All the Dashwood  
news from us - the  
pupils!

Issue 6 – July 2023



End of Term 5's Dashwood's Got Talent



Phenomenal Football Fun!

What's been happening at Dashwood in Term 6?



Sharing our pupils' interests, hobbies and passions!



Year 4 Camp Night fun!



Reflecting on the super year that Gardening Club have had!



Celebrating our Year 6 pupils

At Dashwood, we have 3 Guiding Principles - *self-worth, engagement and purpose*. We also recognise 8 important Conditions for Learning - *belonging, heroes, sense of accomplishment, fun and excitement, curiosity and creativity, spirit of adventure, leadership and responsibility and confidence to take action*



We are delighted that so many Dashwood pupils share their interests and successes in our *DBA News* newspaper. They show many of our Conditions for Learning and really live our 3 Guiding Principles showcasing their sense of *self-worth, engagement and purpose*.

We hope that you enjoy reading all about life at Dashwood and what our pupils enjoy in their free time. Thank you so much for supporting our pupil-led newspaper this year, in it's first year! We cannot wait to see what 2023/2024 brings to share with you all!

The DBA News Team

# Dashwood's Got Talent

On the last day of Term 5, Dashwood's infamous Dashwood's Got Talent took place. As in previous years, it was a huge success! With a Year 1/2/3 and a Year 4/5/6 performance, we were spoilt with so many amazing acts! All pupils who auditioned, and those who performed in the final, showed a real sense of *Fun and Excitement* and true *Spirit of Adventure* - two of our 8 Conditions for Learning! Well done!

Excitement  
Fun and  
Motivation



KS1 Finalists

Adventure



Bravery

Spirit of



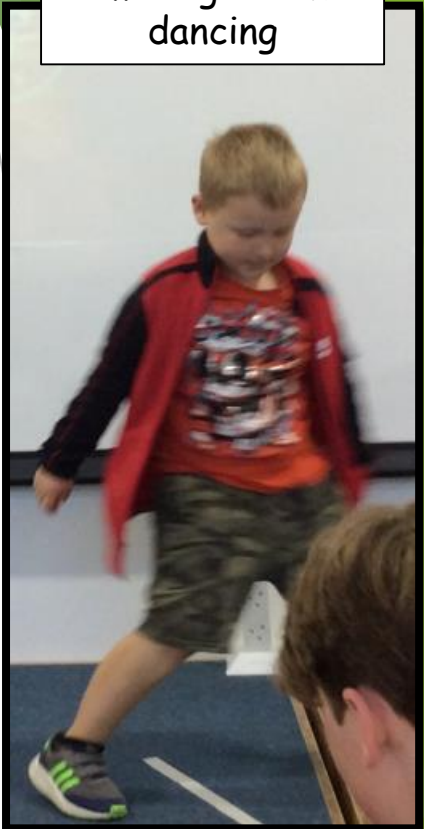
Alfie's hilarious cheese joke set



beautiful ballet



Nikodem's amazing break-dancing



Lydia's expressive dancing



Excitement

Fun and



Motivation



The Year 1/2/3 performance winners!

Adventure



Spirit of

Bravery



Eric's pianist fingers



Arthur and Tulisa's cheery cheer



Willow's mesmerising masterpiece



Beautiful singing by Britt



Singing and rapping with Simao and Abdullah



Freddie's phenomenal geography facts



# KS2 Finalists



Xavier, Beau and George's super singing



Emily's star singing



Laughter all the way from Nathan



Aaidah, Tilca, Amber and Kelsey joyful song and dancing



Freyja's pianist fingers



## KS2 Finalists



Marley's super singing





Adventure  
Spirit of  
Bravery



Excitement  
Fun and  
Motivation



# Interview with Nathan - a natural comedian!



I first participated in Dashwood's Got Talent when I was in Year 3 as I really wanted to give it a go!

At first I found it hard to get ideas for a comedy act. I first thought of naming countries and capital cities but I then used Google and decided to get in to stand-up comedy.

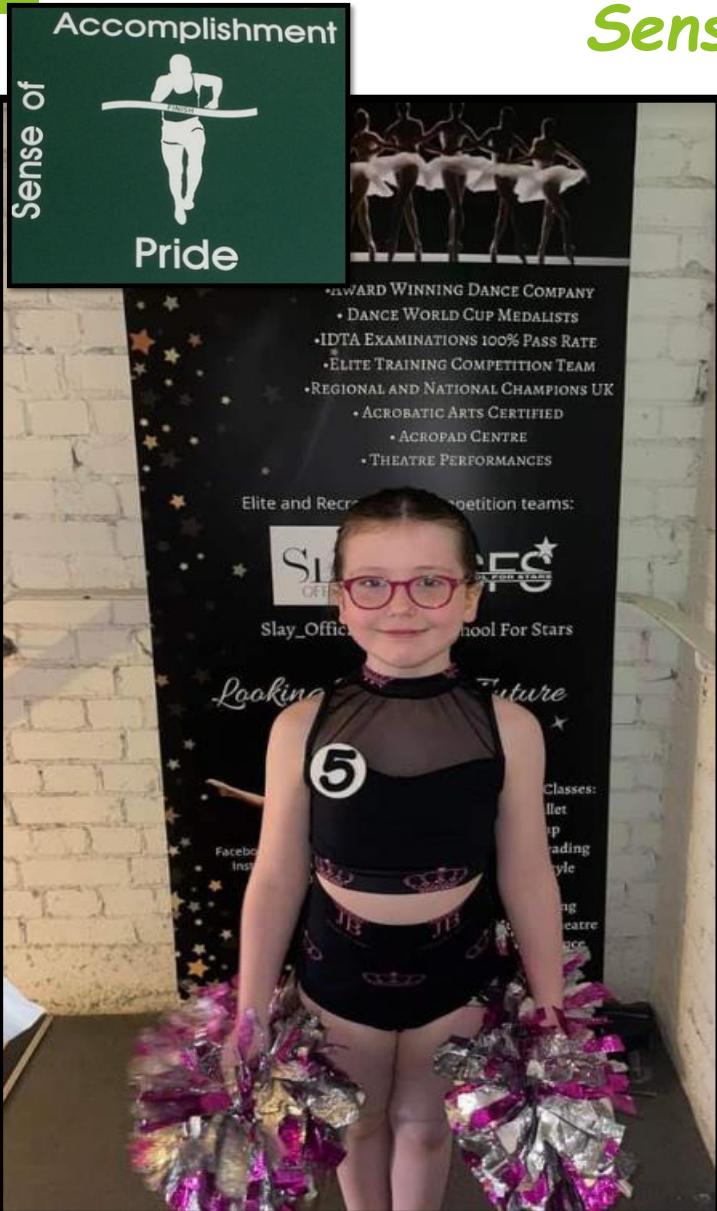
To get ready to perform my stand-up act, I watched Britain's Got Talent, read joke books, searched for ideas on Google and then made my own act.

The first time I did DGT, I felt nervous! I was so pleased to be in the final but scared. Since then I have managed to get rid of my stage fright but I was still a little scared I performed in this year's final. I was bit worried about the competition too - there were so many good acts. If I hadn't won, I wouldn't have been sad because I would be proud of myself for trying.

**My top tip would be - JUST TRY - you never know where it might lead!**



Clodagh (Year 3) shares her hard work and determination preparing for her dance exams - a true *Sense of Accomplishment!*



Clodagh had been practicing for her dance examinations in May. She attends classes every Saturday with TSFS (The School For Stars ). She dances in Ballet, Tap and Acro (Gymnastics). Clodagh recently found out how well she had done in her dance examination; she got 2 distinctions and 1 highly commended. She is very proud of all of her hard work and has now moved up to the next grade.

Well done Clodagh!



Find out about The School For Stars Castle Quay shopping centre, Banbury at:

Telephone: 07526 898134  
Email: Jbdanceacademy@hotmail.com

# Ayda celebrates her Blue Peter badge!

Ayda in Year 3 has been awarded a Blue Peter Badge!

She tried a new sport and stuck at it! She then wrote into Blue Peter - completing a form and she was awarded a certificate and the famous Blue Peter Badge! Ayda is really proud of herself!

Well done Ayda! You have certainly shown Confidence to Take Action!



# Gardening Club - what a super year!

Gardening Club have had a fantastic year and have really made a difference to our Dashwood environment. We have achieved so much and have a true ***Sense of Accomplishment***.

We have:

- stocked the new planters with an array of colourful shrubs, plants and flowers
- prepared planters and planted fruit, vegetables and even a herb bath!

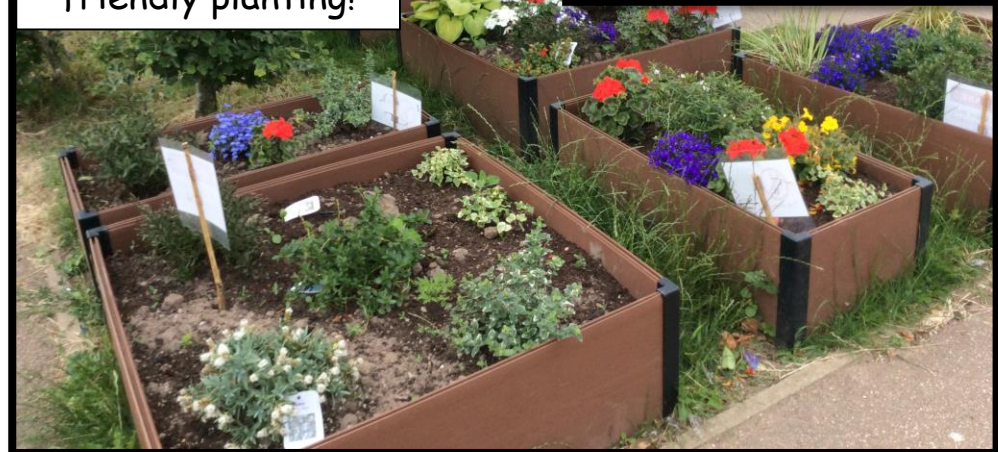
We have grown: beans, corn, ginger, mint, rosemary, sage, tomatoes, onions, sweetpeas and even sunflowers!

Hopefully, you have been taking a look as you have walked though our school this summer term and have seen what we have been growing and the progress we have made! We think you will agree, our school environment is looking fabulous!

Daniel K (Year 4) told us that his favourite part of the club was planting strawberries. 'I also enjoyed making new friends'.



Nature loves our planters! Bee-friendly planting!



# Eco-Warriors Update

## ==--==--==--==--**ECO WARRIORS RECAP**==--==--==--==

Through this school year, the Eco Warriors have been doing lots of things to help make our school more eco-friendly. Some examples of these are:

- **The white 'Plastics Only' bin**  
~The school has set up a white bin for plastics only. This includes snack wrappers, packets, plastic bottles and yoghurt tubes.
- **The silver food waste caddies**
- **Our Eco assembly**  
~The KS2 Eco Warriors presented an assembly in front of the school all about the importance of recycling.
- **The eco trip to Cherwell District Council food waste & recycling centre**  
~The KS2 Eco Warriors visited the recycling centre on Monday 16th January 2023 to find out about recycling and they even were even allowed to sit in a bin lorry!
- **Recycling posters and wheels**  
~To let everyone know what goes in the blue bin, we have put up posters of what can and can't go in there. Also, some classes have rubbish wheels. To use these, you locate an item on the wheel, point the arrow at it and find where to put your litter!
- **Weekly Litter Pick**  
~Every Thursday we gather up the school litter. Do your bit to help and use the bins!!

All of these examples are designed to help our school become more environmentally friendly, to learn and to educate others.

If you are in KS1 and KS2 next year and you care about our planet then why not join the team! Here's how you do it:

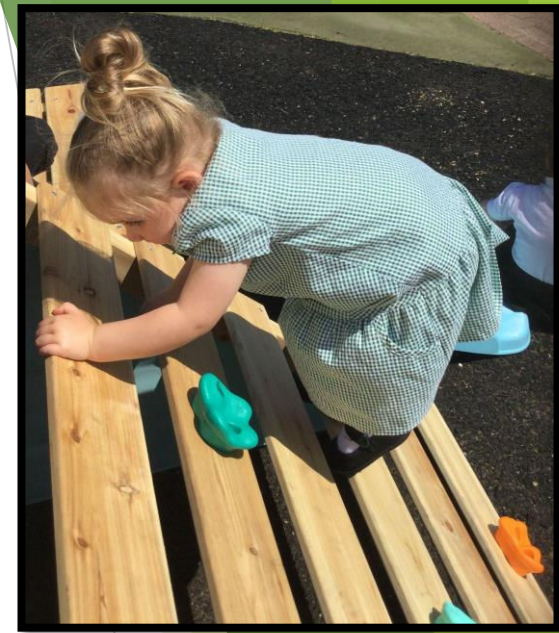
- 1) To apply, you need to be voted in by your classmates. [There is a boy and girl in each class]
- 2) All you have to do is ask your teacher if you can apply. Then explain to your class why you think you would make a good Eco Warrior and your ideas for Dashwood.
- 3) Your class will decide who in your class will be their Eco Warrior!

I hope this has inspired you to apply for the Eco Warriors next year, we will be pleased to welcome you into our team!

**==--BY NOAH PERRY - LEAD ECO WARRIOR==--**

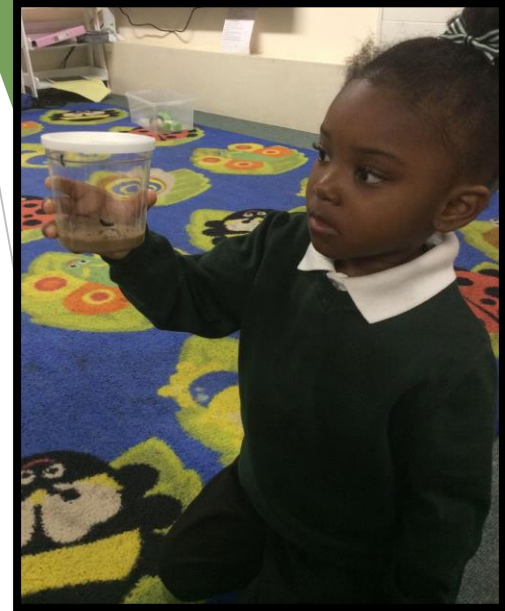
# Nursery - Cherry Class

This term **Cherry class** have based their topic on the story and song 'Walking Through the Jungle'. The pupils have been moving like different animals from the story to develop their gross motor skills. They have been climbing like monkeys, slithering like snakes and pouncing like tigers! Grrr!



# Nursery - Plum Class

To support with their growing topic, Plum class were very excited to receive a delivery of some caterpillars, eagerly watching them grow and turn into chrysalides. They have also been growing beanstalks in the hope that they may be able to climb them and search for friendly giants.

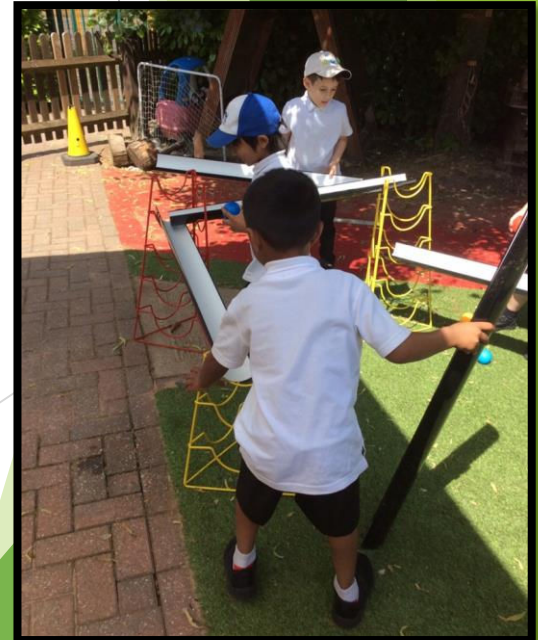




# Reception

Peach and Pear classes have also been studying growth and change this term. They have learnt about how to look plants, written weekly updates in their caterpillar diaries, been on bug hunts, and drawn observational pictures. The pupils planted some mystery seeds sent from the Dashwood fairies. They have been looking for clues as they grow to try and identify what plants they will be.

During the warmer weather, the classes have also spent time problem solving outside, cooperating as a team to create a giant marble run using the stands and guttering. This was even more fun when water was added to the activity!



# Year 1

Year 1 have had such an exciting few weeks, since coming back after half term from showing off their impressive sports skills at sports days to dressing up as Kings and Queens in their dress up day.

The dress up day consisted of a range of activities, including creating their own shields and coat of arms. Holly and Hazel Class pupils also had a super opportunity to show off their new knowledge of castles during their trip to Broughton Castle! They all had a super time learning all about the castle and the local history.

The children were so happy to see the moat of the castle!



## Year 2

Year 2 have absolutely loved their English unit this term all about pirates. During this topic, the children got to learn about pirate speak, learn and perform a pirate poem, go on a treasure hunt and show off their wonderful writing skills in recipes to make a pirate and a pirate narrative. *Ahoy, me hearties!*

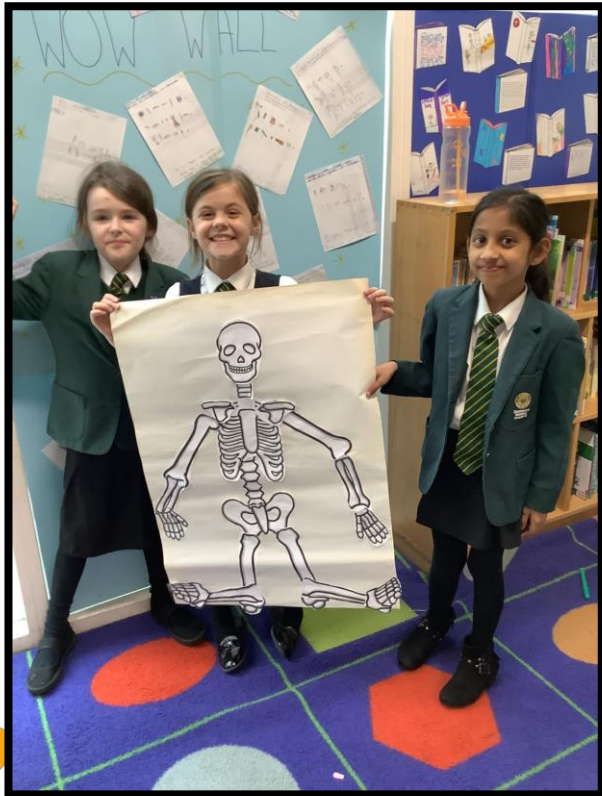
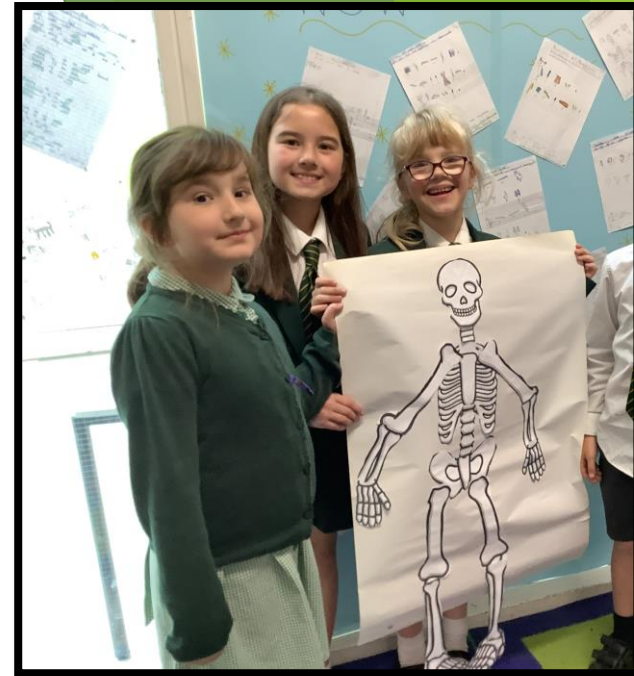
Additionally, Year 2 have taken part in our KS1 sports day where they demonstrated a range of athletic skills. They all showed so much determination and commitment, despite the heat, and they should be incredibly proud of how well they all did!



# Year 3

Year 3 have been learning about the skeletal system. They have learnt about muscles and how they work. They have also been learning about healthy eating and designed plates of healthy food, thinking about the different food groups.

They have also been applying their knowledge of magnets but designing and making a game for the enterprise event.



Thinking back over the year, Thorsten told us that his favourite part of Year 3 was when they made finger puppets. He also enjoyed the Stone Age topic. Thorsten's favourite trip was to Horley Woods where they compared the similarities and differences between what life was like in a village compared to a town.



# Year 4

Camp night was such a huge success with two days packed full with fun activities organised and run by the year 4 team! Year 4 pupils enjoyed orienteering, an egg drop, a treasure hunt, a tallest newspaper tower competition, a drain pipe run, a centipede walk and even songs around the campfire!

Camping out in tents with their friends was such a great experience and there was lots of happy faces and laughter. The excitement meant less sleep than normal (!) but the Year 4 children stayed motivated and full of energy throughout!

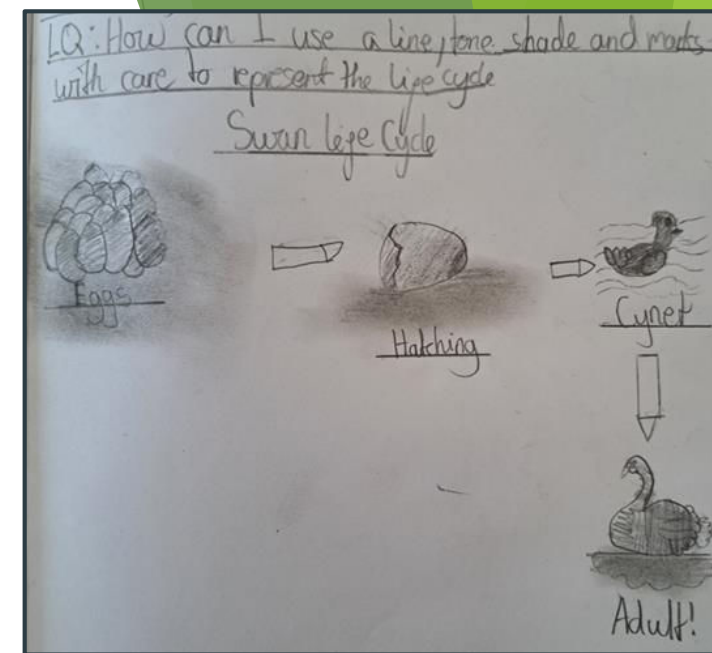


## Year 5

In Term 6, Year 5 have been learning all about plant and animal life cycles. They have been busy applying their learning in a creative way with botanical drawings of the different processes.

Creativity has definitely been a theme in Year 5 this term with the children using their imaginations and writing their own quest story.

Later in this term, Year 5 have also been learning all about life cycles!



## Year 6

Year 6's have enjoyed a busy start to Term 6. They loved the experience of going on a train to Oxford to join in with the Junior Citizens day. They were put through their paces in several emergency scenarios and even got to make a practice 999 call (to a pretend line). It provided the pupils with lots to consider about their lives and decisions they make. One of the leaders in the room commented on a group of pupils from Dashwood being the best group she had ever had. Children loved the experience, including a train ride!

In Literacy, Oak and Chestnut classes have been using Shaun Tan's graphic novel, 'The Arrival', as our stimulus and the pupils have had some fantastic, mature conversations on refugees.

Our Year 6 pupils have also had the opportunity to visit their secondary school on their transition days. It was wonderful to see their smiles and hear their stories on their return!

It has been great to see the pupils really engaged in their learning, especially as we know the last term is always full of excitement, tinged with slight apprehension around secondary school. We are so proud of how the Year 6's are tackling these new challenges and changes!



# Year 6 visit Junior Citizens in Oxford!

On Wednesday 7<sup>th</sup> June, Year 6 pupils visited Junior Citizens in Oxford - a fire station that runs the programme which helps pupils learn about safety when they are out and about. This is so important as we prepare ourselves for moving to secondary school and becoming more independent. All of our Year 6 pupils showed **Confidence to Take Action**, responding to scenario they were presented with, and **Leadership and Responsibility** in deciding how to keep themselves safe - trusting in their own instinct.

The working fire station sets up part of its space to different scenarios that we may encounter when we are out and about in the community. These include:

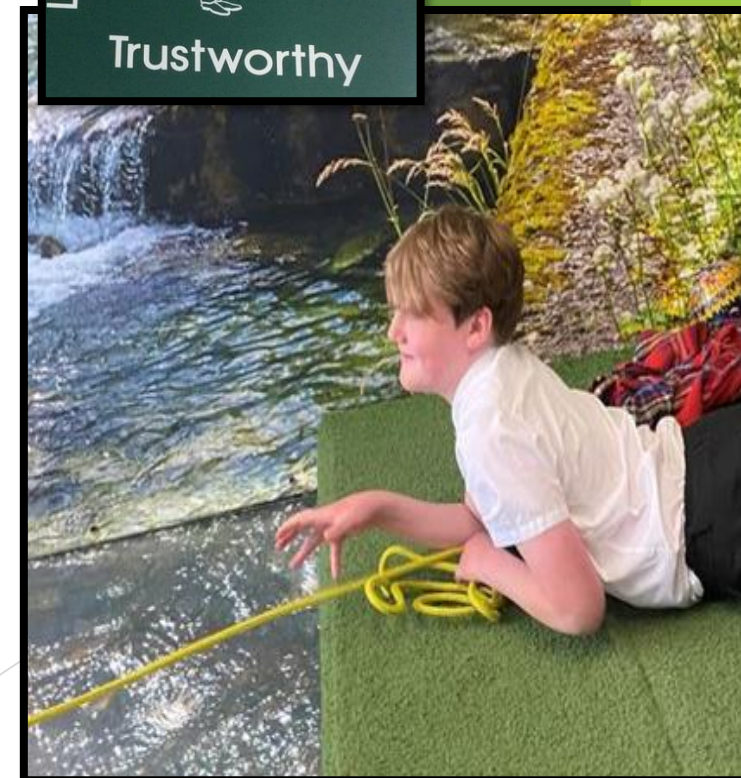
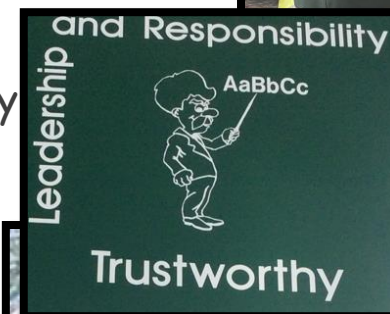
- Medicine and hazardous substance awareness
- Rail safety
- Road safety
- Online safety
- Stranger danger
- Fire safety
- Water safety

## What did Year 6 think of the trip?

Zuzanna: The trip was fun! The different themes in the rooms and situations helped us to understand what dangers are out there. I feel safer knowing how to deal with these situations should we be faced with them. I have learned new things like: a train weighs the same as forty adult elephants and not to play dare games when crossing roads. I learned how to be safe.

Olivia: I learned so many new things. I enjoyed it as I learned more about being responsible. I learned how to explore safely.

Arthur: I did enjoy it, in fact, I LOVED it! It is a great way for younger pupils to learn how to keep themselves safe especially before they start secondary school like we will be soon!





# Trinity College, Oxford University visit

Report by: Noah Perry

A group of Year 5 students visited Trinity College in Oxford on Tuesday 4<sup>th</sup> July 2023.

Whilst there, we learnt a little about the College history and lots about the facilities and what you could study.

## Trinity is An Eco - Friendly College

They use natural fuels to power rooms - Grind Source Heat Pumps extract heat from the ground and use it to heat radiators, underfloor heating systems and hot water in your home

They plant micro-biomes - Cosmos is their most planted flower

### We visited the library –

- Many subjects
- 3 floors – Main [floor 1], Main [floor 2] and lower
- Recent and weathered books
- Room dedicated to laws
- Tall bookcases

### We saw some of the student facilities –

- Kitchen
- Café
- Dining hall – we saw the temporary facility
- We heard there are fridges in bedrooms

### Subjects –

- Science
- English
- Maths
- Geography
- History
- Physics
- P.E.
- Astrology

### Rooms –

- Library
- Lab
- DIY Learning

### We learnt about careers you can study for –

- Doctor
- Musician
- Teacher
- Engineer
- Archaeologist
- Astronaut

### A typical day –

- Breakfast
- Lab work
- Lunch
- Tutorial
- Nap
- Library
- Common Room
- Sleep

### General information –

- There are 170+ Universities in UK [Old, New, even farms!!]
- Trinity College was used by monks 950 years ago
- College costs £9,000 a year – financed by student loan at £20 per month
- Don't have to leave – oldest student is 87 years old!



Through the questions that they asked, our pupils showed **Curiosity and Creativity.**

Building aspirations - learning all about the pathway to university, what it has to offer and how study links to a future career



and Creativity  
Curiosity  
Imaginative

Rob from Trinity College described our visiting Dashwood pupils as: 'An absolute delight - genuinely one of the friendliest and most inquisitive groups I've welcomed to college. Really enjoyed meeting your students, and I am glad they had such a positive day.'



Excitement  
Fun and  
Motivation



# Good Luck Year 6 - we will miss you!

Wishing all of our wonderful Year 6 pupils all the best for a smooth transition to secondary school. You have all shone in your own unique ways and brought so many memories to us all at Dashwood.

## Spread Your Wings

This year has been so special,  
We've watched you learn and grow.  
But now the time has come for you,  
To spread your wings and go.

So hold your head up proudly,  
We know that you'll go far.  
You'll be a shining beacon,  
Just being who you are!



Good luck for the  
next stage of your  
Lives Year 6 Crew!

# Year 6 memories of Dashwood

Jessica: 'Our school trips have been so fun! I have loved Forest School and PE at Dashwood'.

Rhys: 'My favourite subject has been literacy'

Anthony: 'I have loved Science this year!'



# Enterprise Event - Year 3 - 6

This year's Enterprise Event was as usual, a huge success and enjoyed by all involved! From vegan flapjack to magnet games, sponge the pupil to penalty shoot-outs, all of our Year 3 - 6 pupils used their enterprise skills of **Leadership** and **Responsibility** to plan and make a product, game or service that would raise money for their end of year class celebrations!



Leadership and Responsibility  
AaBbCc  
Trustworthy





Leadership and Responsibility  
AaBbCc  
Trustworthy



# Sewing Club - Celebration of a beautiful outcome

Our Sewing Club - run as one of the many free after school clubs on offer - has had a fantastic two terms creating these beautiful felt flowers!

Pupils who attended this club have learned and refined their skills in:

- joining and stitching
- securing buttons to material
- using a running stitch
- stuffing to create a 3-D outcome



# Sporting News



## Swimming

In our final term, we have seen more amazing progress in the swimming pool. So many of our 95% of our 6 pupils have achieved their 25 metres and children in Year 5 and 4 are making excellent progress because of their resilience.

The summer holidays are an excellent time to go swimming and learn to/improve swimming. If you can go swimming with an adult at home, it really helps you gain confidence in the water and make good progress too!

Spiceball swimming pool is nearby, open to the public daily and offers swimming lessons too.

Please contact Spiceball on: [01295 257522](tel:01295257522) for more information.

The open air pool, Woodgreen, is now open too for the summer. It is a wonderful place to spend a day or pop in for a swim! Find out more at: <https://www.leisurecentre.com/woodgreen-leisure-centre/swim/swimming-pool-timetable>



## Football Finals!

On 26<sup>th</sup> June 2023, our girls and boys football teams travelled to The Grange to play in the finals! All of the players played with determination and resilience. The boys narrowly missed out on raising the trophy being beaten 2 - 1 by Hanwell Fields. The girls' final went all the way to penalties and, because of some great penalty taking and amazing saves, the Dashwood girls WON! Olivia (Year 6) told us, 'Martyna saved so many goals! The other team gave us a really good challenge. I was a very good marker and was tough to make sure we stayed in the game!'

Both teams played with passion and super teamwork - supporting and cheering one another along. They have also showed a key characteristic of team sports which is fair play; congratulating the other team. We are very proud of all the players!





# How we learn to keep ourselves safe when we are online

Our Year 3, 4, 5 and 6 pupils received a very special assembly on Friday 9th June 2023 learning how to... Be Internet Legends! We were joined by Jez and Paulette from Google and ParentZone who taught us all the key messages of being:

- **Sharp** - Think Before You Share
- **Alert** - Check It's For Real
- **Secure** - Protect Your Stuff
- **Kind** - Respect Each Other
- **Brave** - When In Doubt Discuss

The assembly focused on how to keep safe online and we were visited by a very special guest - our local MP Victoria Prentis who spent time talking to us and answering our questions. We asked about Free School Meals and local housing issues and high rents - some very topical questions.

Jez and Paulette (the presenters of the assembly) said: 'It was a pleasure to meet such a lovely group of children. Thank you so much for letting us into your wonderful school to deliver a Be Internet Legends assembly. We wanted to say a HUGE thank-you to all the pupils and staff for making the experience so memorable!' We are really proud of ourselves for getting such a positive review and we really enjoyed the assembly!



# Careers Corner

Jez

## Meet Jez Edwards...

Jez delivered our Internet Legends assembly in June.

Olivia and Aleah (Year 6 DBA News reporters) interviewed Jez after the assembly to find out how he got into the career he was in and the steps he has taken to get there.

### Interview by Aleah and Olivia:

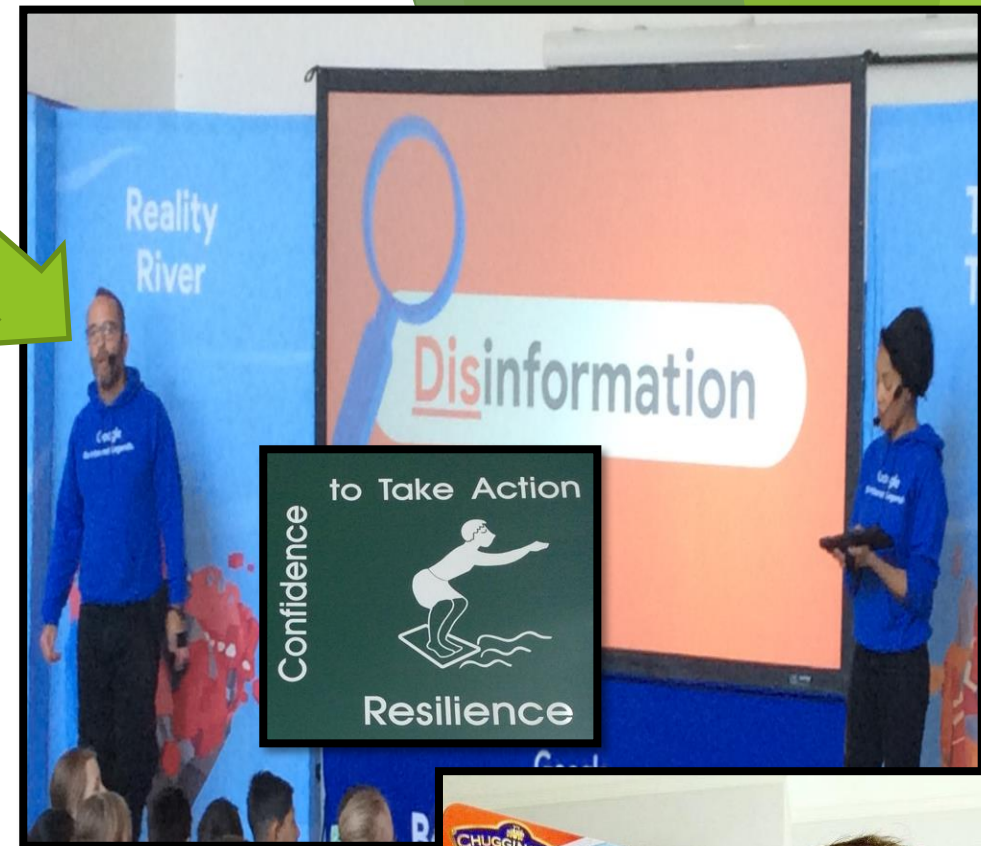
We found out that Jez was a CBBC Presenter and a voice-over artist! He was the voice of one of the Chuggington characters! He also presented on the programme 'Record Breakers'.

At school he loved football and was always told that he talked too much by his teachers. So he decided to use this to his advantage and become a presenter and voice-over artist. It just goes to show how you really can use your talents! Jez definitely had **Confidence to Take Action** and use his talents and interests to form his career!

When Jez first went into his career in television, he started off making tea for the television crews but it was here that he gained lots of experience through just listening to others as they worked and watching all that was going on!

We asked Jez what he felt his attributes and passions were. Jez told us that he loved English and language but when he was younger, he did not like reading out loud. He worked really hard on building his confidence so that he could eventually end up making this his careers. Jez had to overcome a barrier and showed resilience to reach his dream job. Jez told us that he is really good at thinking on his feet and using his initiative which means he can adapt easily when he needs to.

*Maybe you can use a talent or skill that you have now and turn it in to a career one day!*



Do you know someone with an interesting career that we can learn about? Why not interview them and tell the DBA News about it so we can inspire others?



# Dashwood's Recipe Corner

## Ingredients

- 2 spring onions, ends trimmed off \*
- 4 tablespoons of frozen peas, defrosted \*
- 1 courgette, halved with the ends cut off \*
- 2 slices of ham
- 100g feta cheese
- 4 eggs

\*You can use any vegetable you like in this recipe

## Easy cheesy frittata



## What You Need to Do:

### •STEP 1

Ask a grown-up helper to switch the oven on to 180C/ 160C fan/gas 4. Snip or cut up the spring onions and put them in a bowl. Add the peas to the bowl.

### •STEP 2

Grate the courgette using your rotary grater, one half at a time, then add it to the bowl.

### •STEP 3

Cut the ham into pieces with your scissors, if you do this over the bowl it will fall straight in.

### •STEP 4

Break the feta into the bowl by crumbling it with your hands.

### •STEP 5

Crack the eggs into a bowl and, if any bits of shell fall in, scoop them out with a spoon. Whisk the eggs until the yolks are mixed into the white.

### •STEP 6

Pour the eggs into the other bowl and stir. Brush a round ovenproof dish, about 16cm across, with oil. Tip everything into the dish. Ask a helper to put the dish in the oven for 30 minutes or until the egg is set. Serve with salad and crusty bread.

# Healthy Oatmeal Raisin Cookies (4 Ingredients!)

These healthier option oat and raisin cookies are soft, chewy, and made in just one bowl! Using just 4 ingredients, they take just 12 minutes to bake! Why not give them a go and send the DBA News a photo of your baked cookies?!

**WARNING:** Recipe contains nut butter - **DO NOT** use if there are nut allergies. See the substitutes!

## Ingredients:

- 2 cups/200g rolled oats *gluten free, if needed*
- 3 large bananas *mashed*
- 1/2 cup 50g almond butter *can substitute for any nut or seed butter \* See notes*
- 1/2 cup 50g raisins/sultanas
- 1 tablespoon cinnamon *optional*

## Notes:

*\*Can use Greek Yoghurt instead*

## Instructions:

- Preheat the oven to 180C/350F. Line a large baking tray with parchment/baking paper.
- In a large mixing bowl, combine all of your ingredients, except for your raisins, and mix well. Fold through your raisins/sultanas using a rubber spatula.
- Using your hands, form 12 balls using the cookie dough. Transfer them onto the lined tray and place around 1-2 inches apart. Press down on each cookie to form a cookie shape (they will not spread, so make them your desired size and thickness).
- Place them in the oven and bake for 10-12 minutes, or until

**SERVINGS:** 12

**PREP:** 2 minutes mins

**COOK:** 10 minutes mins

**TOTAL:** 12 minutes mins



# Summer

## WORD SEARCH



S	S	O	V	X	G	X	L	M	W
U	S	U	N	S	H	I	N	E	A
N	U	C	F	L	O	A	T	H	T
G	P	O	P	S	I	C	L	E	E
L	O	Y	Z	R	S	I	B	J	R
A	O	K	O	X	D	P	R	E	M
S	L	S	B	E	A	C	H	S	E
S	W	P	Y	T	X	E	L	Y	L
E	S	X	S	H	D	M	P	T	O
S	W	I	M	S	U	I	T	R	N

Search for these Summer words!



SUNGLASSES

BEACH

POPSICLE

SWIMSUIT



POOL

WATERMELON

FLOAT

SUNSHINE



# Summer Word Search

FIND THE SUMMER WORDS ~ THEY GO ACROSS, DOWN, & DIAGONAL

W	S	E	F	P	L	J	U	S	W	I	M	I	Y
R	H	U	A	I	Q	V	I	R	Y	R	X	C	J
E	E	A	N	Y	P	A	M	P	K	E	T	E	L
C	A	H	O	D	N	C	N	L	O	B	A	C	P
A	T	O	W	E	L	A	I	A	P	E	S	R	Q
S	O	T	L	W	A	T	S	D	C	A	R	E	W
T	M	D	U	F	R	I	U	A	V	C	B	A	A
L	N	I	A	Q	H	O	N	W	N	H	U	M	T
E	F	T	F	O	L	N	B	E	X	D	O	E	E
S	U	M	M	E	R	I	L	A	L	P	L	L	R
B	A	G	J	W	P	Y	O	F	U	O	I	N	P
A	D	I	D	A	O	M	C	H	T	A	S	B	A
L	Y	R	K	D	O	A	K	J	P	K	X	V	R
S	H	O	V	E	L	D	N	B	D	Y	C	M	K

FIND THESE WORDS:

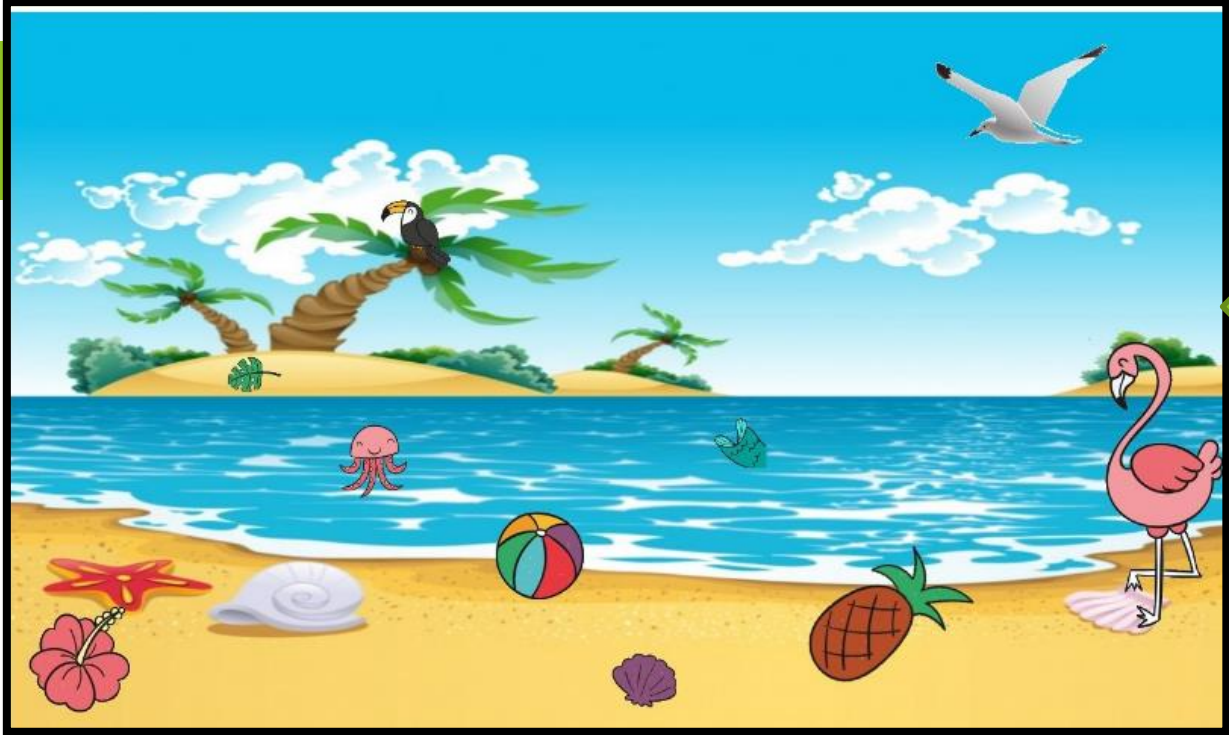


SUMMER  
POOL  
BEACH  
TOWEL  
SUNBLOCK

SAND  
SUN  
PAIL  
SHOVEL  
ICECREAM

HOT  
CASTLES  
VACATION  
SWIM  
WATERPARK






*'Spot the difference'*  
Can you spot the differences between the two pictures?



Can you spot the five summer pictures hidden in the pages of the DBA News?



Let's all take care of ourselves this summer holiday! Here are some tips for staying safe this summer... online and when out and about!

Here is some advice from Childline about keeping yourself safer online:

**Think before you post**

Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

**Don't share personal details**

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

**Watch out for phishing and scams**

Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

**Think about who you're talking to**

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school.

**Never give out your password**

You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

**Cover your webcam**

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.



# Staying safe online

What children need to know about

# ONLINE BULLYING

## What is online bullying?

ONLINE BULLYING - ALSO KNOWN AS CYBERBULLYING - IS BULLYING THAT TAKES PLACE ON THE INTERNET OR VIA ELECTRONIC DEVICES AND MOBILE PHONES. IT CAN INCLUDE:

1. SENDING SOMEONE MEAN OR THREATENING EMAILS, DIRECT MESSAGES OR TEXT MESSAGES
2. HACKING INTO SOMEONE'S ONLINE ACCOUNT
3. BEING RUDE OR MEAN TO SOMEONE WHEN PLAYING ONLINE GAMES
4. POSTING PRIVATE OR EMBARRASSING PHOTOS ONLINE OR SENDING THEM TO OTHERS
5. CREATING FAKE SOCIAL MEDIA ACCOUNTS THAT MOCK SOMEONE OR TRICK THEM
6. EXCLUDING SOMEONE FROM AN ONLINE CONVERSATION OR BLOTTING THEM FOR NO REASON

## BE KIND ONLINE

BEFORE PRESSING 'SEND' ON COMMENTS, ASK YOURSELF THESE 3 QUESTIONS...

1. WHY AM I POSTING THIS?
2. WOULD I SAY THIS IN REAL LIFE?
3. HOW WOULD I FEEL IF SOMEBODY SAID THIS TO ME?



National  
Online  
Safety

#WakeUpWednesday



## Why does it happen?

GOING ONLINE MAKES IT EASIER FOR PEOPLE TO SAY AND DO THINGS THEY PROBABLY WOULDN'T DO FACE TO FACE. ONLINE BULLIES DON'T GET TO SEE THEIR VICTIMS' REACTIONS IN REAL LIFE, SO THIS CAN COOON THEM FROM THE REAL DAMAGE THAT THEY ARE DOING. QUITE OFTEN, PEOPLE BULLY BECAUSE THEY ARE GOING THROUGH SOMETHING DIFFICULT THEMSELVES AND TAKING IT OUT ON OTHERS IS THE ONLY WAY THEY KNOW HOW TO GET CONTROL OF THEIR OWN EMOTIONS.



## How does it feel to be bullied?

BEING BULLIED CAN IMPACT ON YOUR SELF-ESTEEM, CONFIDENCE AND SOCIAL SKILLS. BECAUSE IT HAPPENS ON YOUR PHONE, TABLET OR COMPUTER, IT CAN FEEL LIKE YOU ARE UNDER THREAT EVEN WHEN YOU'RE IN A SAFE ENVIRONMENT, SUCH AS YOUR BEDROOM. DON'T FORGET...IT IS NOT YOUR FAULT IF YOU'RE BEING BULLIED.



## Am I an online bully?

SOMETIMES IT ISN'T OBVIOUS THAT WHAT YOU ARE DOING IS WRONG, BUT IF YOU USE DIGITAL TECHNOLOGY TO UPSET, ANGER OR EMBARRASS SOMEONE ON PURPOSE, THIS MEANS YOU'RE INVOLVED IN ONLINE BULLYING. IT MIGHT BE AS SIMPLE AS 'LIKING' A MEAN POST, LAUGHING AT AN ONLINE VIDEO, OR SPREADING A RUMOUR. BUT THE PERSON BEING BULLIED COULD FEEL LIKE THEY ARE BEING GANGED UP ON. THINK ABOUT HOW IT WOULD MAKE YOU FEEL IF IT HAPPENED TO YOU. EVERYONE CAN MAKE MISTAKES, BUT IT'S IMPORTANT TO LEARN FROM THEM - GO BACK AND DELETE ANY UPSETTING OR NASTY POSTS, TWEETS OR COMMENTS YOU'VE WRITTEN.

## Who do I tell?

YOU DON'T HAVE TO DEAL WITH THE BULLYING ON YOUR OWN. TALK TO AN ADULT THAT YOU TRUST - A PARENT, GUARDIAN, OR TEACHER. MOST WEBSITES, SOCIAL MEDIA WEBSITES AND ONLINE GAMES OR MOBILE APPS LET YOU REPORT AND BLOTT PEOPLE WHO ARE BOTHERING YOU. YOU COULD ALSO CONTACT CHILDLINE (WWW.CHILDLINE.ORG.UK), WHERE A TRAINED COUNSELLOR WILL LISTEN TO ANYTHING THAT'S WORRYING YOU - YOU DON'T EVEN HAVE TO GIVE YOUR NAME.



## How do I prove it?

WHEN CYBERBULLYING HAPPENS, IT IS IMPORTANT TO DOCUMENT AND REPORT THE BEHAVIOUR, SO IT CAN BE ADDRESSED - RECORD THE DATES AND TIMES WHEN CYBERBULLYING HAS OCCURRED, AND SAVE AND PRINT SCREENSHOTS, EMAILS, AND TEXT MESSAGES.



## How can I stay safe?

MAKE SURE YOUR PRIVACY SETTINGS ARE SET SO THAT ONLY PEOPLE YOU KNOW AND TRUST CAN SEE WHAT YOU POST. NEVER GIVE OUT PERSONAL INFORMATION ONLINE, SUCH AS IN PUBLIC PROFILES, CHAT ROOMS OR BLOGS, AND AVOID FURTHER COMMUNICATION WITH THOSE SENDING THE MESSAGES. KEEP AWARE OF FAKE PROFILES AND INTERNET USERS PRETENDING TO BE SOMEONE THAT THEY ARE NOT.





# Staying safe when out playing and crossing the roads...

It is really important to keep yourself safe by roads.

Always stay close by to parents/carers and trusted adults when near roads or crossing the road. Ask your parent to help you to learn to cross safely - use the poster to help remember all the safety tips.

Remember, never cross between parked cars - it makes you really hard to see by car drivers.

Remember if you are playing anywhere near a road and a ball or other toy goes into the road, NEVER go to get it! Tell a trusted adult what has happened and ask for their help.

More information for you and your parent/carers at:  
<https://www.nidirect.gov.uk/articles/road-safety-children-under-seven>

# ROAD SAFETY

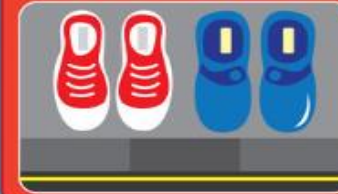
## THINK

about where you should cross.



## STOP

in a safe place at the side of the road.



## USE YOUR EYES & EARS

to see and hear any approaching vehicles.



## WAIT

until all the vehicles have passed.



## LOOK AND LISTEN

again to make sure all is clear.



## CROSS

the road. Keep looking and listening.

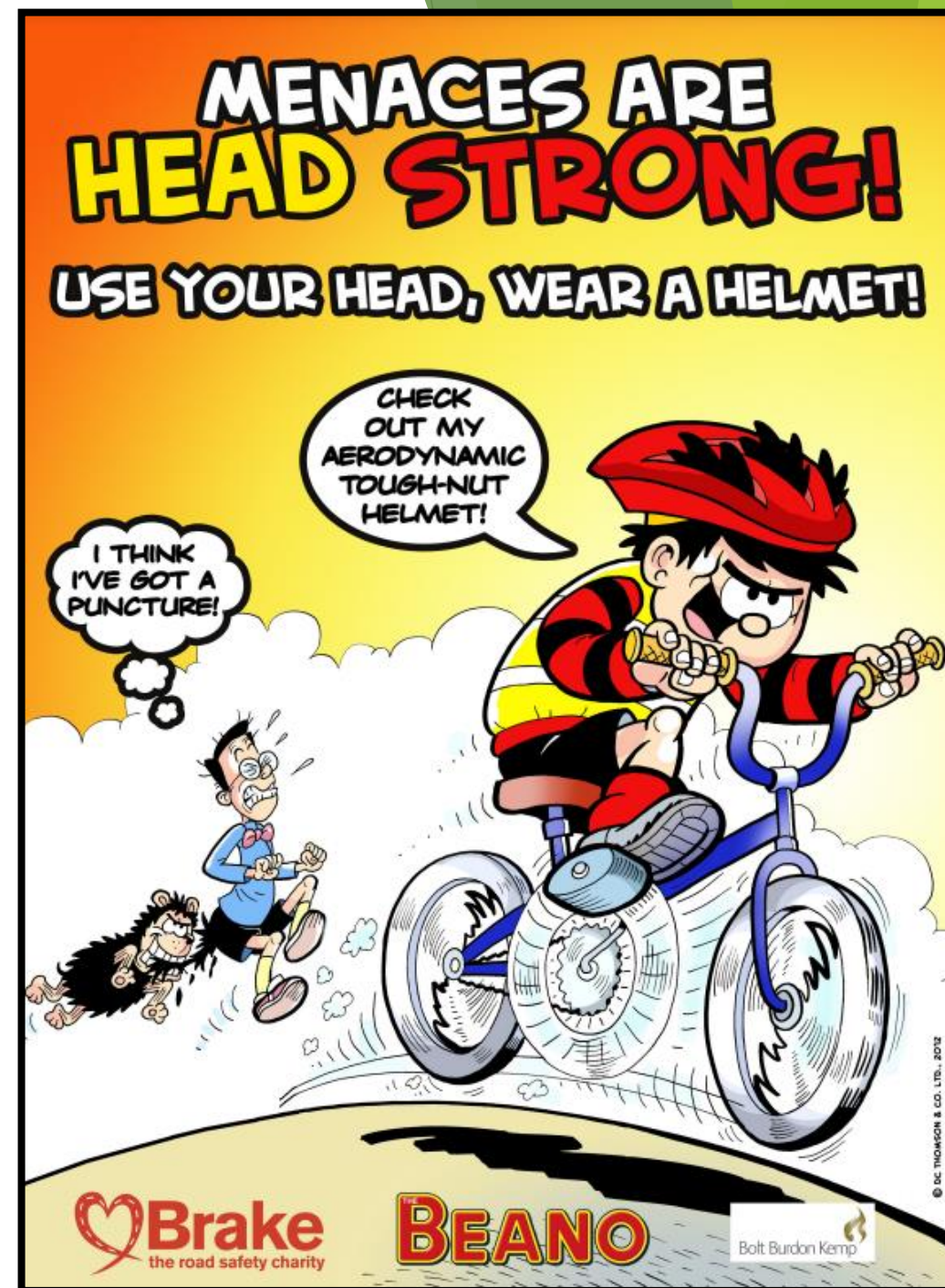


# Staying safe when out on your bike or scooter...

There are plenty of reasons to wear a helmet when riding your bike or scooter, but the main one is they lessen the chance of suffering a serious brain injury.

Did you know that every year, about 300,000 children go hospital because of bike injuries, and at least 10,000 children have injuries that require a few days in the hospital. Some of these injuries are so serious or fatal and this is why it is SO important to wear a helmet. It really could save your life or your head from a serious injury.

More information for you and your parent/carers at:  
<https://www.headway.org.uk/news-and-campaigns/campaigns/cycle-safety/>



Staying safe near water... the Banbury canal, the River Cherwell, when at the beach, by a pond or when at a swimming pool. Here are some tips to help keep you safe!

We are really lucky in Banbury to have a canal and a river to take walks along or to enjoy the swimming pool at Spiceball or the outdoor pool at Woodgreen Leisure Centre. However, learning about how to stay safe around water is really important.

The canal, the river, ponds or lakes are not safe places to swim. **NEVER** enter the water.

If you visit the swimming pool or a beach, always stay with a trusted adult and swim where the lifeguards are and within the 'lifeguard zone'.

The *Canal and River Trust* have some great advice on how to stay safe around water...



*#advice and tips!*



Canal &  
River Trust

# Explorers

## Stay **SAFE** near water



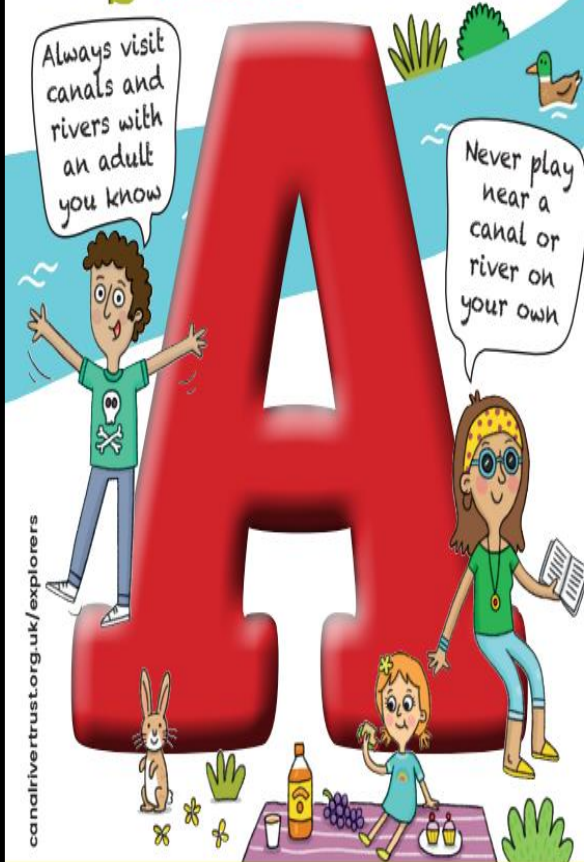
Always remember to stay **SAFE** near water -  
**Stay Away From the Edge.**



Canal &  
River Trust

# Explorers

## Stay **SAFE** near water



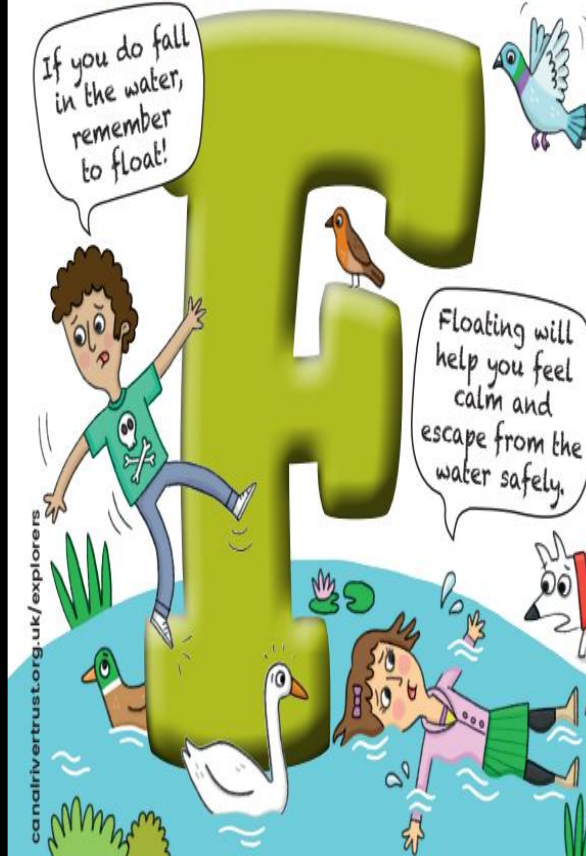
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Canal &  
River Trust

# Explorers

## Stay **SAFE** near water



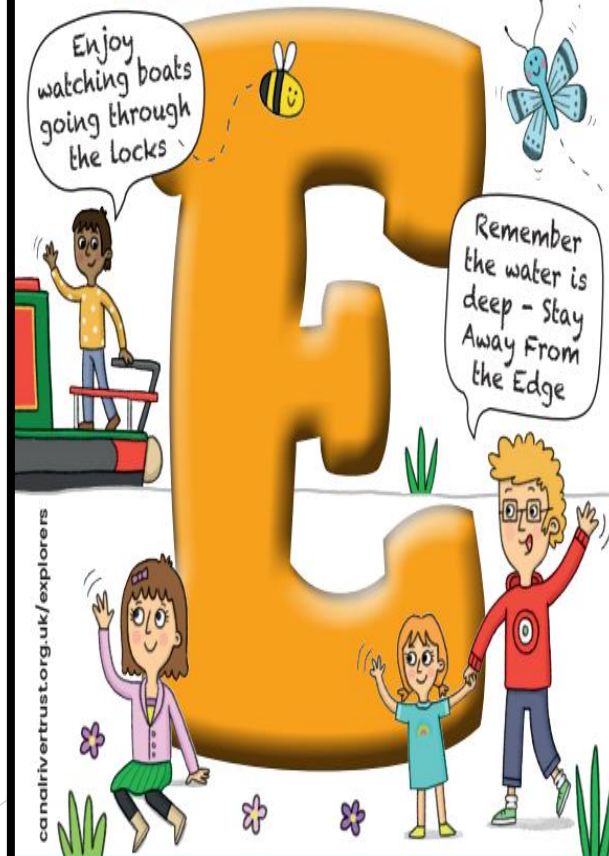
Always remember to stay **SAFE** near water -  
**Stay Away From the Edge.**



Canal &  
River Trust

# Explorers

## Stay **SAFE** near water



Always remember to stay **SAFE** near water -  
**Stay Away From the Edge.**

# Staying safe near railway lines and when travelling by train. Here are some tips to help keep you safe so you can enjoy the journey...

We are really lucky in Banbury to have a train station that can help us to travel to different places but the train station and railway line that runs through Banbury, near to our school, can pose dangers if we are not aware and following rules to keep ourselves safe.

There are some great resources and games to play at:

<https://www.networkrail.co.uk/communities/safety-in-the-community/safety-education/> that will help you learn more about keeping yourself safe when travelling by train.

## Top Tips:

- When waiting for a train, stand behind the yellow lines on the station platform. Trains can travel very fast and not all trains stop at every station. The wind current caused by passing trains can be very strong.
- If you drop something onto the track, **do not** attempt to go onto the track to get it; let a member of railway staff know.
- There is sometimes a large gap between the train and the platform. Take extra care when getting on and off the train.
- **Never** try to stop a train door from closing by putting your hand between the doors.

## More Top Tips from Network Rail:

- Never step onto the tracks. If you drop something, leave it.
- Never touch overhead power cables.
- Never dangle or fly anything from a bridge.
- If you need to cross the track, use a level crossing.
- Be aware of railway signs and warnings.
- Always stand behind the yellow line when waiting for a train.
- Mind the gap between the train and the platform.



# Teacher Jokes

Why did the teacher write the class rules on the window?  
She wanted the rules to be very clear for the students!

Why did the teacher jump into the pond?  
To test the waters.

What are ten things a teacher can always count on?  
Their fingers.

Why was the math book sad?  
It had so many problems.

What's the king of all the school supplies?  
The ruler.

What kind of school do you go to if you are ice cream man?  
Sundae school!

Why do magicians do so well in school?  
They are so good at the trick questions!



Why did the teacher wear sunglasses  
inside?  
The pupils were so bright.

Why did the boy eat his homework?  
Because his teacher said it was a piece  
of cake.

Why did the music teacher need a  
ladder?  
To reach the high notes.



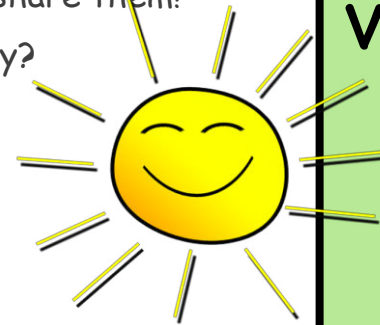
# DBA News needs you!



Dashwood  
Banbury  
Academy

Thank you so much to all those who have written and sent in an articles for one of our DBA Newspapers!  
We love hearing from you and sharing your news!

- ❖ Have you got a news story for us?
- ❖ A recipe that you want to share and inspire others?
- ❖ Do you know someone with an interesting career that you can interview to inspire others?
- ❖ Do you want to write an article to share with us all?
- ❖ Any photos of family or religious celebrations? We would love to see and share them!
- ❖ Is there something we could share that is happening in our local community?
- ❖ Would you like to report on a recent class trip?
- ❖ Any jokes to make us giggle?
- ❖ Got a good book review to share and inspire others?
- ❖ Competition ideas?
- ❖ Do you go to a club or are a member of a team or group and would like to share your talent?
- ❖ Have you got some thing to share that you are proud of?



Wishing all of our  
pupils and families a  
very happy and safe

**SUMMER**



*If the answer is 'YES!', pop your idea, your story/article on a piece of paper and hand it to either Amber Hardcastle (Year 6 in September 2023) - or Miss Gooch, or email it to the school office for the attention of Miss Gooch [office@dashwood-aspirations.org](mailto:office@dashwood-aspirations.org)*

*We would love to hear from you!*