



Newsletter

The nominees for pupil of the week are:

1F	Savannah
1W	Luna
2F	Amelia
2W	Whole class
3F	Paisley
3W	Whole class
4F	Finley-James
4W	Alfie
5F	Lilly Mae
5W	Reagan
6F	On Residential
6W	On residential
POD 1	Zion

and our winners are.....



Attendance Matters



RW	86%
RF	87%
1W	93%
1F	99%
2W	97%
2F	94%
3W	96%
3F	95%
4W	95%
4F	85%
5W	93%
5F	90%
6W	98%
6F	90%

1F will be wearing their own clothes next Friday for achieving the highest attendance





Newsletter

Savannah 1F

For a fantastic week of working hard in Maths. Savannah has listened on the carpet, shared her answers and then shown us super independent work. Keep it up!

Luna 1W

For always sharing her thoughts and excellent engagement by always contributing thoughtfully during every lesson

Amelia 2F

For always being a kind, caring and helpful member of our class

Whole Class 2W

For their enthusiasm and participation during our National Poetry Day activity! You all enjoyed putting actions to our weekly poem and performing it to the other Year 2 class. Well done everyone!

Paisley 3F

For impressing us during English lessons this week. Paisley has created some fantastic similes to describe her very own pirate. Paisley has been so creative and really thought outside the box, keep up the brilliant work Paisley!

Emilia 3W

For expressing her love of reading for pleasure

Zion POD 1

For a good week in POD 1, following, and helping others to follow, the rules and working hard in rwi blending the sounds to say the words



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Finley-James 4F

For always showing kindness, being supportive to your friends and encouraging to others, you are a wonderful friend to everyone. Well done, we are very proud of you!

Alfie 4W

For fantastic effort in everything he has done this week. Alfie has worked hard in maths, shown great effort and interest during History and has tried hard to improve every day

Lilly Mae 5F

For putting extra effort into her writing this week. She wrote a detailed descriptive portal story and showed her creative side on International Poetry Day by writing a wonderful poem about the sky. Well done!

Reagen 5W

For showing resilience and determination this week at swimming when faced with the big pool. You continued to push yourself even when you found it challenging and should be proud of this achievement

6F

Out on their residential

6W

Out on their residential



Newsletter

Year 3

Y3F went into the ALPS to explore and plan a settlement as part of our geography topic. We considered where we could build houses and get the raw materials, we had such a great time exploring.



In **Y3W** we have been investigating greetings cards. We have practised how to use levers to make parts of the card move.



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In food therapy this week, **POD 1** have been cutting, touching, smelling, and tasting fruit as well as squeezing it to make fresh juice!



Newsletter

Online Safety Newsletter

October 2026

CapCut

CapCut is a video editing app. Their services are intended for those over the age of 13 (those under the age of 18 must have consent from their parent/legal guardian). It is rated as 13+ on the App store.

What can I do on CapCut?

CapCut is used as a video and image editing tool allowing users to edit their videos/ images as well as add music, sound effects, text and stickers.

What should I be aware of?

- The templates are user generated, therefore they may not always be appropriate for your child to view, for example may contain adult themes.
- CapCut includes access to a library of music that may include explicit lyrics.
- Premium content – CapCut does include in-app purchases/monthly subscriptions to allow users access to premium content.

Further information

Wayne Denner provides further information about the social side of CapCut including a comments section: <https://www.waynedenner.com/capcut-parents-guide/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowslevc.lcs.org.uk/october-2026/>

AI companions

What are AI companions?

AI companions are artificial intelligence services designed to interact with users to simulate friendship or romantic relationships. There are many different AI companions available, accessible via apps or websites. Many of these apps are intended for adults and have an age rating of 18+.



Why are children using AI companions?

There are many reasons a child might want to use an AI companion, including:

- To ask advice and questions that they may be embarrassed to ask another person. It may be easier to talk to an AI companion, so it is imperative children understand the difference between AI and real people.
- They feel lonely and are looking for friendship.
- Children may just be curious and want to try new technology.

What should I be aware of?

- Age restrictions: it is important to check the age rating to see if it is appropriate for your child.
- Inappropriate content: there is often a lack of moderation so users could be exposed to content/language that is not suitable for their age.
- Emotional dependence: AI companions are designed to act as a friend, encouraging an emotional dependence. This may lead to your child becoming over reliant on the service. A chatbot should never replace a parent, a medical professional or other trusted adult.
- Relationships: repeated use of AI may influence a child's understanding of relationships and consent in real life.
- Privacy and personal information: children should not share personal or confidential information with AI companions.

What can I do?

- Check the age rating and any privacy settings.
- Set up appropriate parental controls on their devices/ broadband.
- It is crucial to have regular conversations with your child about the risks outlined above and about what they are doing online. Ensure your child knows that they should talk to you or another trusted adult if anything concerns them.

Further information

<https://www.internetmatters.org/resources/ai-chatbots-and-virtual-friends-how-parents-can-keep-children-safe/>



Newsletter

Discord

Discord is a social networking app originally designed for gamers, but is now used by lots of different people to chat to each other online. The minimum age to access Discord is 13. The App store rates it as 17+.

Discord is made up of servers, which are spaces for groups to chat, upload files and share images etc. Anybody can set up a server, and it can be set as either public or private. Users can video call and send direct messages to other individuals or groups. Children who play online games such as Fortnite may use Discord to chat whilst playing the game (rather than using the game's own chat facility). In-app purchases are available through Discord's subscription service called Nitro.



How can I make it safer?

Discord have created a Family Centre, which provides further information about what Discord is, as well as information about different safety settings available:

<https://discord.com/safety-family-center>

As always, we would encourage you to chat to your child to see why they use Discord and ensure that they know how to block users and what to do if they see any inappropriate content. It is important to be aware that Discord does include video/voice calling which cannot be filtered. Discord is used by an array of users and therefore adult content can be found on Discord, as well as inappropriate language. Discord have produced this article, which answers frequent questions:

<https://discord.com/safety-library>

5 fun online activities

Whilst we must be aware of the negative aspects of the internet, it's also important to remember that it can also be a great place to have fun or learn something new as a family. Why not try the following?



1. Play a game together.
2. Take a family quiz – it could be around the topic of online safety (e.g. from Childnet) or you could use Kahoot to create your own.
3. Learn something new – explore BBC Bitesize, National Geographic Kids or Khan Academy.
4. Create something – make a digital drawing or video.
5. Read an Audio book.

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.10.26. The inclusion of any links does not imply any affiliation with or endorsement of the linked websites, documents, or videos, nor are we claiming any ownership or copyright in the content of the linked materials.

Doki Doki Literature Club

Doki Doki Literature Club is a game that, due to its cartoon anime appearance, may appear to be a game suitable for all. However, as the game progresses, it contains much darker and potentially distressing themes. The game includes references to suicide, self-harm and death.

The App store rates it as 18+ as it has cartoon or fantasy violence and horror/fear themes as well as infrequent profanity and crude humour. The game is described as psychological horror. You should also be aware that the app also includes in app purchases.

The game's own website also states that it "is not suitable for children or those who are easily disturbed."

Please ensure you have set up appropriate parental controls on any devices and platforms that your child uses to ensure they can't access games that are not suitable for their age.

Happy Tree Friends

Happy Tree Friends is another animated series that might look harmless because of its cartoon graphics, but the programme contains violence, death and blood. Clips of Happy Tree Friends are also circulating on social media platforms.

As above, we would recommend that you have set up appropriate parental controls to limit exposure to content like this. Also, chat to your child about what they are watching online and ensure they know that if they do see something online that upsets them, then they should talk to you or another trusted adult.

Further information:

<https://www.common sense media.org/website-reviews/happy-tree-friends>



Newsletter

If possible, could you please pre-order your child's lunch in advance via the Arbor Parent App.

Please select the Packed Lunch from home option if that is their preferred choice.

It is possible to pre-order for the coming week or more.

Thank you

Our current school lunch menu is displayed below. This is also available on the school website or alternatively, you can collect a copy from the school office.

WESTFIELD LUNCH MENU SEPTEMBER 2026					
WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BQ CHICKEN CALZONE PIZZA / CHEESE AND TOMATO CALZONE PIZZA   CHOICE OF SANDWICH 	MEXICO BEEF PU / TOMATO AND HERB PASTA BAKE OR JACKET POTATO   CHOICE OF SANDWICH 	CHICKEN WITH VEGETABLES / QUORN WITH VEGETABLES OR JACKET POTATO   CHOICE OF SANDWICH 	MEATBALLS IN TOMATO SAUCE / SWEET POTATO AND CHICKPEA CURRY OR JACKET POTATO   CHOICE OF SANDWICH 	BASTED EGG / CHEESE PANINI OR JACKET POTATO   CHOICE OF SANDWICH 
2	MEAT PASTA PIZZA / MARGHERITA PIZZA OR JACKET POTATO   CHOICE OF SANDWICH 	CHICKEN GIGGOLLY / CHEESE WHIRL OR JACKET POTATO   CHOICE OF SANDWICH 	BAKED SAUSAGE / QUORN SAUSAGE OR JACKET POTATO   CHOICE OF SANDWICH 	CHICKEN CURRY / MAC AND CHEESE OR JACKET POTATO   CHOICE OF SANDWICH 	FISH FINGERS / QUORN MC SAUSAGE BURGER OR JACKET POTATO   CHOICE OF SANDWICH 



Newsletter

Wigan Family Hubs Parenting Offer

Supporting Families to Thrive

Wigan offer a range of evidence-based parenting programmes designed to support parents, carers and from pregnancy through to adolescence.

Our programmes are delivered across the borough through our Family Hubs, with both daytime and evening sessions available to make them as accessible as possible. Whether families are looking to strengthen relationships, build confidence, manage challenging behaviour, or navigate changes, there is a programme to meet their needs.



OUR PARENTING PROGRAMMES



The Nurturing Programme

Supports parents to develop positive relationships with their children by exploring behaviour, communication, emotional wellbeing and understanding children's needs.



Togetherness Teen

Designed for parents and carers of teenagers, helping families strengthen relationships, improve communication, and confidently navigate the challenges of adolescence.



Riding the Rapids

A series of age-specific programmes supporting parents of neuro-diverse children through key developmental stages:

- Preschool
- Primary
- Secondary

These programmes aim to help parents to understand and manage challenging behaviour shown by their child.



Youth Connect 5

Supports parents and to improve communication, emotional wellbeing, build stronger connections and promote positive family relationships.



Family Transitions

Helping separated parents adjust to significant changes such as separation, blended families, bereavement, or other transitions, while understanding the impact of parental conflict on children and supporting children's emotional wellbeing throughout these changes.



Who Can Access the Offer?

Our parenting programmes are available for parents, carers and families living in Wigan Borough. Professionals are encouraged to discuss the programmes with families and support referrals where appropriate.



Why Attend?

Families who attend our programmes often report:

- Improved parent-child relationships
- Greater confidence in parenting
- Better communication within the family
- Increased understanding of children's emotional needs
- Practical strategies to manage behaviour and conflict
- Stronger family resilience



REDUCING PARENTAL CONFLICT - ONLINE PROGRAMMES

Our flexible online courses help parents strengthen their relationship and reduce the impact of conflict on children.



Say It Better

Develops positive communication skills, helping parents manage disagreements more constructively.



Growing Together

Supports expectant parents to understand how conflict affects children and provides practical strategies to improve relationships and create a positive home environment.



Find Out
More →

To find out more about upcoming programmes, session times or to make a referral, please contact earlyhelpdevelopmentteam@wigan.gov.uk

Wigan
Council