St. Thomas' C.E. Primary School Newsletter 12.05.23



Stars of the week will be handed out on Monday

Events for the Week

Beginning

<u>15.5.23</u>

Monday

Ukulele lessons

<u>Tuesday</u>

Keyboard, strings and woodwind lessons

Emerald class trip to the Jewish Museum

After school multi skills for Y1, 2 and 3 (4.00pm finish)

Wednesday

Guitar lessons

Swimming for Emerald class

Athletics Club for Y4 & 5 (4.15pm finish)

<u>Thursday</u>

Sapphire Class trip to the Neeli Mosque

Audition 1 for 'Our School's Got Talent'

<u>Friday</u>

Brass lessons

Whole class Brass for Emerald Class

Audition 2 for 'Our School's Got Talent'

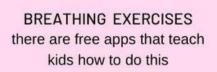
From the office...

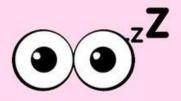
- Please ensure that school dinners are ordered by midnight on Sunday for the following week.
- There is a new lunch menu
- Check Wisepay for upcoming school trips – Amethyst, Emerald and Sapphire classes. T
- There are outstanding consent forms for Emerald and Sapphire class trips

Wellbeing



STAY POSITIVE set aside time to watch funny stuff together. Laughter helps reduce anxiety





SLEEP try to stick to a routine. It's essential for good health & the immune system



GET CREATIVE being creative & doing craft can be relaxing & calming on the brain



SUNLIGHT helps our body make Vitamin D which can make kids feel happy & healthy



PETS playing with pets can reduce anxiety & improve mood CALMING IDEAS for CHILDREN



REDUCE STIMULATION it gives the brain a break if feeling overwhelmed



EXERCISE burns off energy, is good for our body & brain, & is fun



MUSIC 80bpm can be calming, help the body to relax, & improve sleep



NATURE getting outside improves mood, encourages creativity, & gets kids moving

gutidentity.com

Internet safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one gap of many which we believe trusted adults should be gware of. Please visit www.nationglonfinesofety.com for further guides. hints and tips for gduits. What Parents & Carers Need to Know about SE RESTRICTION 3

Snapchat is a photo- and video-sharing app which also allows users to chat with friends via text or audio. Users can share images and videos with specific friends, or through a 'story' (documenting the previous 24 hours) visible to their entire friend list. Snapchat usage rose during the pandemic, with many young people utilising it to connect with their peers. The app continues to develop features to engage an even larger audience and emulate current trends, rivalling platforms such as TikTok and Instagram.

0

٠

CONNECTING WITH STRANGERS

Even if your child only connects on the app with people they know, they may still receive friend requests from strangers. Snapchat's links with apps such as Wink and Hoop have increased this possibility. Accepting a request means that children are then disclosing personal information through the Story, SnapMap and Spatiight features. This could allow predators to gain their trust for sinister purposes.

00

0

EXCESSIVE USE

There are many features that are attractive to users and keep them excited about the app. Snap streaks encourage users to send snaps daily, Spotlight Challenges give users to the chance to obtain money and online fame, and the Spotlight feature's scroll of videos makes it easy for children to spend hours watching content. 00

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat are not suitable for children. The hashtags used to group content are determined by the poster, so an innocent search term could still yield age-inappropriate results. The app's Discover function lets users swipe through snippets of news stories and trending articles that often include adult content. There is currently no way to turn off this feature.

Advice for Parents & Carers

CHOOSE GOOD CONNECTIONS

KEEP ACCOUNTS PRIVATE

Snapchat has recently announced that it is rolling out a new safety feature: users will receive notifications reminding them of the importance of maintaining connections with peop they actually know well, as opposed to strangers. This 'riend Check Up' encourages users to delete connections with users they rarely communicate with, to maintain their online safety and privacy.

#NOFILTER

Add ME

TURN OFF QUICK ADD

+ The Quick Add function helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this feature could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).

CHAT ABOUT CONTENT

Talk to your child about what is and lisht wise to share on Snapchat (e.g. don't post explicit images or videos, or display identifiable defails like their school uniform). Remind them that once something is online, the creator loses control over where it might end up – and who with. Additionally, Snapchat's "spotlight' feature has a #challenge like TikTok's: it's vitat that your child understands the potentially harmful consequences of taking part in these challenges.

Meet Our Expert

MEEL Out Expension of the safety consultant, educator one process of the safety policies for schools. She has written various and cyber safety policies for schools. She has written various before a safety policies for schools. She has written various and cyber safety policies for schools. She has written various before a strategies of the second behaviour of the second behaviour of bung people in the UK, USA and Aust

www.nationalonlinesafety.com





🥑 @natonlinesafety

f /NationalOnlineSafety Users of this guide do so at their own discretion. No liability is entered into. Amended: 04.07.2022

1 ople

SEXTING

Sexting continues to be a risk associated with Snapchat. The app's 'disappearing messages' feature makes it casy for young people (teens in particular) to share explicit images on impulse. While these pictures do disappear – and the sender is notified it has been screensholted first – users have found alternative methods to save images, such as taking pictures with a separate device.

-..

DAMAGE TO CONFIDENCE

Snapchat's filters and lenses are a popular way for users to enhance their 'selfle game'. Although many are designed to entertain or amuse, the beautify filters on photos can set unrealistic body image expectations and creat feelings of inadequacy. Comparing themselves unfavourably against other snapchat users could threaten a child's confidence or sense of self-worth.

VISIBLE LOCATION

My Places lets users check in and search for popular spots parks or shooping centres – and recommend them to their friends. The potential issue with a young person consistently checking into locations on Snapchat is that it allows other users in their friends list (even people they have only ever met online) to see where they currently are and where they regularly go.

TALK ABOUT SEXTING

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it is important to talk openly and non-judgementally about sexting. Discuss the legal implications of sending, receiving or sharing explicit images, as well as the possible emotional impact. Emphasise that your child should never feel pressured into sexting – and that if they receive unwanted explicit images, they should tell a trusted adult straight away.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending explicit images to them, your child can select the three dots on that person's profile and choose report or block. There are options to state why they are reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).

National Online NOS Safety #WakeUpWednesday

O @nationalonlinesafety

Snapchat and other social media

Snapchat and other social media apps have an age restriction of 13+. Primary school aged children do not have the emotional and social skills to be able to use these apps properly. They end up messaging things that they would never say, leading to ridicule and bullying along with obscene language and threats.

If you do allow your child to have these apps, then please monitor them carefully.

Weekly class round up!

<u>Ruby</u>

Ruby class are coping really well with their new teacher. This week the children learned about time in maths, reading o'clock and half past. The Year 2 children also went on to quarter past and quarter to. They have found this quite tricky and the children would benefit form help at home with this. They have continued their work using the book 'Rapunzel'. This week they focused on understanding the characters and writing from the point of view of Rapunzel. In geography the children are leaning about Australia.

<u>Opal</u>

In science the children in Opal Class have been introduced to different types of forces. Their English work is still based on 'Stig of the Dump' and they have been busy writing letters to Stig, with a focus on the features of a letter. The children have continued their work on fractions. History was all about the Celts this week. In P.E. they are developing their cricket skills with Mr Edwards. Finally, in R.E. they have continued their work on places of worship, with a focus on different types of Christian churches.

Emerald Class

The children have continued their work on decimals and have started to work on division, being introduced to the 'bus stop' method. They have been planning an investigation into states of matter in science and have been writing in role in their English lessons. In reading this week, they have been predicting how a character might behave, whilst working on clauses in grammar. Emerald class are also studying places of worship on R.E., but their focus was on how people make a church. In history they are studying the Vikings and focused this week on where they came from and where they travelled to. In their P.E. lesson with Mr Edwards, they are developing their skills needed to play cricket and of course they are continuing with their swimming lessons. Finally in French they have been working on their translation skills.

Sapphire Class

The year 6 children have had a hard week, sitting their national tests. They have coped well with very challenging test papers. We are very proud of all of them for how they approached this week. The year 5 children have spent time in other classrooms whilst the year 6 completed their tests. The year 5 children have really enjoyed spending time in other classes. The afternoons have been filled with last minute revision and having some 'downtime' between tests.

Book Recommendations

Each week we are going to be recommending 2 high quality children's books to help you when trying to choose books for your child.

Upper Key Stage 2

'Malamander by Thomas Taylor



This is a fantasy novel and recommended for children in year 5 upwards

Years 2, 3 and 4

'Britannica First Big Book of Why' by Sally Symes and Stephanie Warren Drimmer



The perfect book for the inquisitive child. It is full of big, bold graphics and accessible larger print.

Travelling Books

We are pleased to announce that we start our Travelling Books project today. Two children from Amethyst, Ruby and Opal classes will be given a 'Trunk' suitcase to take home over the weekend.

In the suitcase is a book to share, a journal, a blanket, a soft toy, a sachet of hot chocolate and a small packet of biscuits. The idea is that parents share the book with their child in a comfortable setting and enjoy a shared experience of reading together. The children then record in the journal their experience of the book.

There are further ideas of how to share the book and fill in the journal in the suitcase.

We hope that this provides a positive experience for our families and goes a little way to develop a love of reading amongst our children.