

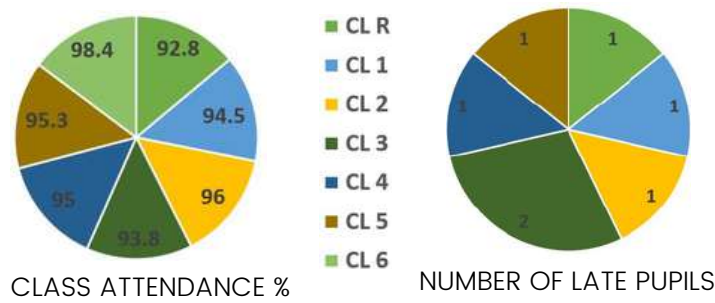
## HEADTEACHER MESSAGE

The weather might not have been on our side for most of this week, but that didn't put a dampener on our Healthy Week. Children have learnt about ways to keep their bodies and minds in the best possible shape. We might have postponed Sports Day, but we have still been very active, enjoying: yoga, a dance-a-thon and disco dodgeball. I hope the half term break gives you all a chance to slow the pace of life down and enjoy some quality time with your lovely children.

Mrs M. Ward  
Associate Headteacher

## ATTENDANCE STATS

Overall attendance this week for the whole school 95.1%



SCAN THE QR CODES TO VISIT OUR PAGES

## SPOTLIGHT ON YOGA

On Monday all the children, from Reception to Year 6, took part in a wonderful, relaxing yoga session. The children practised different positions and thought about how balance can help them to regulate their emotions. The children also practised various breathing techniques and thought about healthy bodies and healthy minds. Thank you to Charlotte from The Yogi Group who led the sessions.





## Y4 EUREKA!



Year 4's visit to Eureka! takes place on Wednesday 6th June. Please ensure that you have made payment and completed the consent form on School Spider.

## Y1 HOGHTON TOWER

Year 1's visit to Houghton Tower will take place on Wednesday 12th June. Please complete payment and the consent form on School Spider by Friday 7th June, Thank you.



## FATHERS' DAY BREAKFAST

The Fathers' Day Breakfast will take place on Monday 17th June (see flyer). Complete the booking and payment on School Spider.



## Y6 BIKEABILITY



Please ensure that your child returns the bike check form to school after half term.

## Y6 robinwood

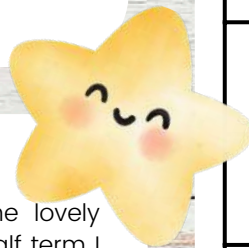


Please complete and return the personal information forms to school by Monday 3rd June, thank you.

## BEHAVIOUR FOCUS

What a super half term! We have enjoyed some lovely weather and sadly some very rainy weather. This half term I have thoroughly enjoyed seeing you all playing out when we have had the sunshine and hopefully we will see more of this after our break. Next half term I will be outside at playtime and lunchtime looking out for children demonstrating our school rules and values.

Miss Pass



## UPCOMING DIARY DATES

Wb Monday 27th	HALF TERM
Monday 3rd June	School Re-opens
Wednesday 5th	Y4 Educational visit to Eureka
Thursday 6th	Y3/Y4 Active Wheels
Monday 10th	Y6 Residential Visit to Robinwood
Wednesday 12th	Y1 Educational Visit to Houghton Tower
Thursday 13th	Y6 Bikeability
Thursday 13th	Y3/Y4 Active Wheels
Monday 17th	PTFA Fathers' Day Breakfast
Wednesday 19th	Stay and Play New Reception 10.30am
Thursday 20th	Y6 Bikeability
Thursday 20th	Y3/Y4 Active Wheels
Wednesday 26th	New Reception First Taster Session 1.15 - 2.15pm

Our smartest lining up classes this week are ...



YEAR 1

YEAR 5



## BIRTHDAY SHOUT OUTS!

Happy birthday to the children who have been celebrating this week and a big THANK YOU to:

Matilda in Y6 for 'Only Children' by David Baddiel.





## PICTURE NEWS

**TAKEHOME** 

Can the voices of the young be as powerful as those of adults?

**In the news this week**

A Swedish court has found 21-year-old climate change activist, Greta Thunberg, guilty of disobeying police orders. In March, Greta blocked an entrance to parliament during a sit-in as part of an environmental protest. According to the Stockholm District Court, she has been fined around £450 (6,000 Swedish crown). After refusing to comply with police orders to move, as the sit-in disrupted politicians trying to get into and out of the building, Ms Thunberg and other activists were removed twice by local police.

**Things to talk about at home ...**

- Talk about some of the issues in the world that are important to you.
- Have you ever used your voice to try to make a difference? What did you do and what happened? Ask others at home to think of and share a time when they have used their voice.

Please note any interesting thoughts or comments

**PLANTS AND COMPOST**

Mrs Lucas and Year 1 are still busy filling the planters around the playground as part of their science topic. They are still on the lookout for donations of compost and plants. Anything you can give will be gratefully received, thank you!

**OFF BY HEART**

Over the half term holiday, children will be given a short poem to learn off by heart. The poems can be found on Showbie under 'homework'. This will support their speaking and listening skills and is part of the English curriculum. Each child will get the chance to perform their lines and a class winner chosen. Parents/carers of the winners will be notified and invited to the assembly on Friday 7th June at 8:40am.



## ONLINE SAFETY FOCUS: GROUP CHAT

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 of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

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# What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

### WHAT ARE THE RISKS?

#### BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

#### SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

#### EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

#### UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

#### INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

#### NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

## Advice for Parents & Carers

### CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

### GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

### BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the message, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

### PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

### AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

### SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.





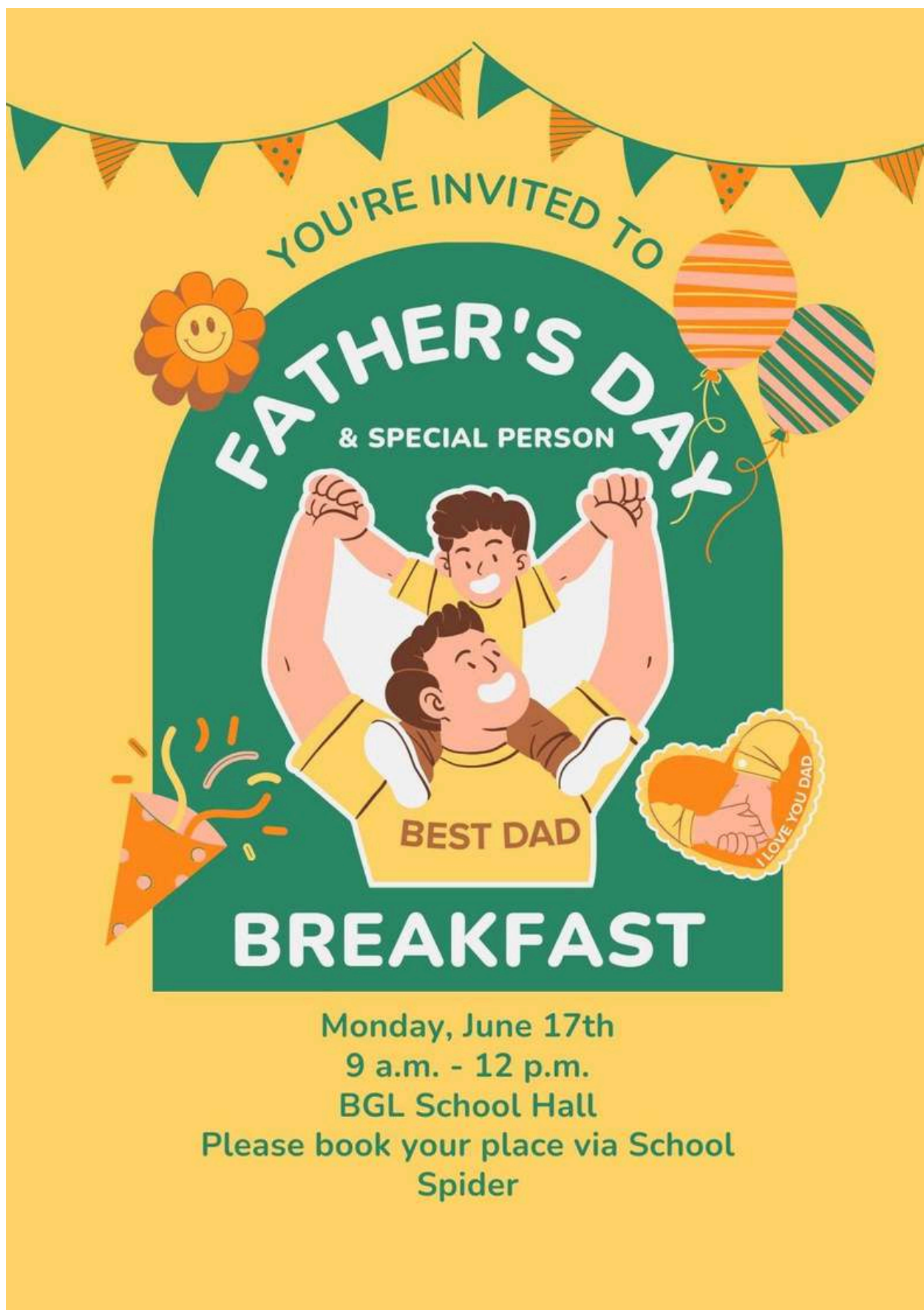
**National Online Safety**  
#WakeUpWednesday

Sources: <https://www.nationalonlinesafety.com/parents-carers/keeping-children-safe/online-safety/social-media/chat-apps/>

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

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The graphic features a yellow background with a green banner at the top containing the text 'YOU'RE INVITED TO'. Below this, a large green arch contains the text 'FATHER'S DAY & SPECIAL PERSON'. In the center, a cartoon illustration shows a man in a yellow shirt lifting a boy in a yellow shirt. The man's shirt has 'BEST DAD' written on it. To the left is a smiling sunflower, and to the right are two balloons (one orange and white striped, one green and white striped). At the bottom left is a party hat with confetti, and at the bottom right is a circular badge with a hand holding a heart and the text 'I LOVE YOU DAD'. Below the green arch, the word 'BREAKFAST' is written in large white letters. At the bottom, the event details are listed in green text.

YOU'RE INVITED TO

FATHER'S DAY  
& SPECIAL PERSON

BEST DAD

I LOVE YOU DAD

**BREAKFAST**

Monday, June 17th  
9 a.m. - 12 p.m.  
BGL School Hall  
Please book your place via School Spider