

Newsletter - Friday 3rd November 2023

What a first week back. We had a visit from Mojo (a character from Dojo) and then Halloween. The children looked fantastic dressed up and I think the Halloween disco was a big hit. Who knew we had so many budding Wednesday's (they all knew the moves!). A great first week back!

Mrs Allen, Headteacher

Parent Pay

We are now using a new payment/communication system called **Parent Pay**. We have sent emails to all parents/carers to register as we will be communicating via Parent Pay.

You will also need to use **Parent Pay** to book and pay for any Breakfast and After School Care, School trips, After School Clubs.

ATTENDANCE FROM 1st SEPTEMBER 2023

Overall attendance 95.3% Target 96%

AJS 95.1% EL/JS 94.3% SC 97.8% KC 93.8%

Attendance

Well done to Miss Clarke's class for winning the attendance bear this week with 96.5% attendance.

Dates for your Diary 2023-2024

Parent Portal open to apply for September 2024 NEW Reception and NEW Year 3 places - closes Mon 15.01.24

Mon 13 Nov 2023 Odd Socks Day - pupils to wear odd socks

Fri 17 Nov 2023 - Children in Need - non-uniform

Wed 6 Dec 2023 - St Patricks Community Carol Service

Thurs 7 Dec 2023 - Christmas Jumper Day

Thurs 7 Dec 2023 - 1.30pm Parents/Carer Decoration Afternoon - all welcome

Wed 13 Dec 2023-Nursery Christmas Performance

Thurs 14 Dec 2023- Miss Clarke and Mrs Cruises Class Christmas Performance

Fri 15 Dec - Miss Lumsden/Mrs Scotter and Mrs Simpson Classes Christmas Performance

General Information for all Parents/Carers

Earrings- No earrings or clear space savers are to be worn by pupils for Health & Safety

Batteries Recycling- We are also still collecting any used batteries in partnership with Groundworks in our pursuit to win another recycling prize for our school.

School Uniform and Book Bags - You can purchase all logoed uniform from **Total Sport NE, Hendon Road, Sunderland, SR1 2JD** either online or in person.

We do not sell any uniform or book bags from the school office.

Pre-loved Uniform

We have a selection of pre-loved uniform in our school reception area. It is freshly washed and bagged. So please feel free to have a look if there is anything you need for a small contribution.

As we come to the end of the school year if you have any good quality uniform you would like to donate please hand in to the school office.

We currently have some pre-loved Halloween outfits and Christmas Jumpers so please have a look, every little helps



Social Media

Please can we remind parents/carers to follow our Social Media pages as we are always updating our pages with the excellent activities our children are doing in school

Reporting a Pupil absence

If your child is absent from school you must contact the school office before 8.45am.

You can either speak to a member of staff or leave a message on 0191 9171910.

Please DO NOT inform us via ClassDojo. Staff may not check Dojo throughout the day as they are teaching, so messages will be missed.

Uniform - Shoes

Please can we remind parents/carers that our policy is black shoes. I have noticed some children are wearing white trainers or colourful trainers. Please can you ensure your child has black shoes/trainers on.

Thank you, Mrs Allen

Safeguarding

If you have any safeguarding concerns please do not hesitate to contact school and speak to either Mrs Allen, Miss Lumsden or Mrs Scott

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 for further guides, hints and tips for adults.

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident does occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying do take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism – even if they haven't dealt with the situation in exactly the way you would have hoped.

FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

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.

