



SCHOOL NEWS

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DATES FOR YOUR DIARY

Friday, 17th March – Comic Relief

Friday, 17th March is Comic Relief, children are invited to come to school wearing something red. Our worship this day will be linked to Comic Relief. We are not asking for donations for wearing something red, but there will be collection buckets on the school gate should you wish to make a donation.

Monday, 20th March – Girl's & Boy's League Games AWAY to St Faith's Prep School - Kick off at 3.30pm

Wednesday, 22nd March – Online Safety Assembly for Years 5 and 6 followed by a workshop for Year 6

Thursday, 23rd March – Athletics Event at Sandwich Technology School - 9.30am to 11.30am

Thursday, 23rd March – Crickson Cup Final AWAY to Wingham Primary - held at Warden House Primary School, Deal – kick off at 3.30pm

Friday, 24th March – Year 6 visit to Safety in Action – morning only

Friday, 24th March – Yr 5 Class Worship

Parents and carers of children in Year 5 are invited to join us for their Class Worship which will be held in the school hall at 9.00am.

INTERNET/ONLINE SAFETY SECTION

Every year, Comic Relief goes all out to help people, both in the UK and internationally, who are going through a tough time. For children and young people in particular – many of those difficult moments increasingly originate from and unfold in the digital world.

We have attached a more detailed guide which has a selection of tips for encouraging safe and health online habits.

SCHOOL WEBSITE

We would welcome your views

Following on from our recent Partnership with Parents meeting, we would welcome any feedback you may have in regards to the school website. Whether there are other things you would like us to consider including; ease of finding what you are looking for or any other changes you feel would be beneficial, we would like to hear them.

Please email office@eastry.kent.sch.uk or pop into school.

DANCE CLUB

Just a reminder that Dance Club will be held at Dover Leisure Centre on 20th March so that the children are better prepared in advance of their dance competition at the end of the month.

Kind Regards



Mrs Sarah Moss
Headteacher

AFTER SCHOOL CLUBS

Week commencing 20.03.23

Monday	
Ballet (3.30 - 4.15pm)	Yes
Tuesday	
Dance Club (3.30 – 4.30pm)	Yes
Wednesday	
Creative Station (3.30 – 4.30pm)	Yes
Home Learning Club (3.30 – 4.00pm)	Yes
Netball Club (3.30 – 4.15pm)	Yes
Thursday	
Singing Club (8.00 – 8.35am)	Yes
Multi-Sports Club (3.30 – 4.30pm)	Yes
Friday	
Football Club (3.30 – 4.30pm)	Yes

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND



- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST



- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD



- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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