



March 2023 Newsletter

Six tips to improve your family's online wellbeing

There are lots of positives for children being online, however there can be negatives too. Being aware of the impact of being online is the first step to managing your children's online wellbeing.

Screen-time savvy

Try setting some limits and boundaries surrounding screens and make use of the wellbeing settings on apps such as Instagram and TikTok, or on your devices.

Navigate the negative

Children can see things online that make them feel upset, angry, or cause low self-esteem. If this happens, encourage them to mute or block accounts that do this. They can also use settings that block words, phrases, or posts they don't want to see.

Seeing isn't believing

Remind your child that not everything they see or hear online is true. Encourage them to regularly question what they're viewing. This includes content that might be making them feel bad about themselves, or like they're missing out.

If this does happen, you could talk to your child about filters, edited images or the fact that people usually post about the best bits of their lives rather than the boring, everyday bits.

Mistakes happen

If your child makes a mistake online, such as getting into an argument or sharing personal information, be understanding. You could use this mistake as a learning opportunity! This is a part of building digital resilience, which will help you all feel better about being online.

Take the lead

Your children look to you as an example. Make sure you're acting on your own online wellbeing advice – doing things like taking breaks and not engaging with negative content.

Get chatting

Have regular chats with your child about what they like doing online and how it makes them feel. Don't forget to talk about the positives of being online as much as the negatives, and really listen to what they're telling you. Starting a conversation with 'what do you enjoy about that game?' or 'how does that activity make you feel?' will allow your child to feel comfortable to talk openly with you and share their true feelings.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-reporting/>

Kingfisher and Owl Classes' Event

Following the success of Robin and Chaffinch Classes' performance in the run up to Christmas, it is now the turn of Kingfisher and Owl Classes to present 'A Spring Extravaganza' in the run up to Easter, on Thursday 30th March at 9.30am and 2.15pm. Parents and carers will be able to buy two tickets per family, for ONE of these performances. Details to follow!

Thank you for your patience and support during this second phase of our building works. We promise the four phases will be worth the inconvenience!

Diary Dates

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| Mon 27 Feb | Big Booky Breakfast Week |
| Wed 1 Mar | Cross Country Y3 – Y6 |
| Fri 3 Mar | Enfield World Book Day |
| Wed 8 Mar | #LetGirlsPlay Football Event |
| Fri 10 Mar | Y3 Active Learning Event |
| Mon 13 Mar | SCHOOL CLOSED FOR ONE TRAINING DAY |
| Tues 14 Mar | Children return |
| Wed 15 Mar | Possible strike action day |
| Thurs 16 Mar | Possible strike action day |
| Fri 17 Mar | Red Nose Day |
| Tues 21 Mar | Parents Appointments 3.30 – 5.30pm |
| Wed 22 Mar | Year 5 / 6 Tag Rugby Megafest Parents Appointments 3.30 – 5.30pm |
| Fri 24 Mar | Intra-sports Event at Enfield - The Rainbow Games |
| Wed 29 Mar | Gradeley Football Cup |
| Thurs 30 Mar | Kingfisher and Owl Classes' Spring Performance |
| Fri 31 Mar | Close for Easter 2.15pm |
| Mon 17 April | Children return to school |
| Summer Term Dates | |
| Mon 1 May | BANK HOLIDAY |
| Friday 5 May | Coronation Celebration at school |
| Mon 8 May | CORONATION DAY BANK HOLIDAY |
| Tues 9 May | Year 6 SATs week starts |
| Fri 26 May | Close for Half-Term 3.15pm |
| Mon 5 June | Staff Training Day |
| Tues 6 June | Children return |
| Wed 26 July | Close for summer at 2.15pm |
| Our 2023 – 2024 School Year Term Dates are available now on our website. | |

#LetGirlsPlay Football Event – school site

On Wednesday 8th March, please send your girls into school, dressed ready in PE kits, with an extra pair of outdoor shoes in a plastic bag, along with shin pads (if already owned). Please do **NOT** send in football boots – trainers **ONLY** are to be worn!

Intra-sports Event - The Rainbow Games

On Friday 24th March, we are holding an indoor mini-games event for all of our children across the school, to build the core values that underpin the importance of how we approach each challenge – determination, honesty and accountability.