

Working together to be the best we can possibly be.
I can do all things through Christ who strengthens me. *Philippians 4.13*

28th June 2024

Dear Parents and Carers,

Safeguarding: Supporting children to deal with upsetting content

If your child uses your phone when online, there is a higher chance for them to view some upsetting content as child settings will not be active.

Ideally, children only use their own devices which are set up for children with restricted access to the internet.

Should your child come across upsetting content, here are some ideas on how to support them.



SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT
A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to the war in Ukraine and the conflict in Israel, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels overwhelming. We've put together some advice to help you in discussing upsetting events with young ones.

- FIND OUT WHAT YOUR CHILD KNOWS**
There are many ways that children are kept online and offline. Before you speak to your child about what they've seen, find out what they know already. Show them you're interested in what they know, practice active listening and try to gauge how much your child has been impacted by what they've seen.
- RIGHT TIME, RIGHT PLACE**
Starting a conversation about upsetting content probably isn't the best idea when your child is rushing for an exam or about to go to bed. Choose a time when they're relaxed and open to talking. Be mindful of your own mood and energy. With some teens, you may have more open conversations when you're out together. Choose somewhere your child feels safe and comfortable.
- KEEP IT AGE APPROPRIATE**
With younger children, try not to keep the conversation more general and avoid leading questions and complex details. You can get slightly deeper into the specifics with young teens and older children. Remember, you can always go back to the basics if you notice your child is struggling. With some teens, you may have more open conversations when you're out together. Choose somewhere your child feels safe and comfortable.
- EMPHASISE HOPE**
Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, or encourage your child to serve or help through activities which make them feel they're positively impacting the events they're concerned about.
- MONITOR REACTIONS**
All children react differently, of course, and young people might not directly say that they're scared, angry, worried, confused or uncomfortable. Unsettling reactions are natural when discussing upsetting topics, so take notice of your child's body language and reactions. Allow them to express their feelings as they see fit. Encourage them to stay mindful of how they might be feeling.
- CONSIDER YOUR OWN EMOTIONS**
It's not only young people who find upsetting news difficult to process, adults also have to deal with strong emotions in moments of stress. Choose healthy coping strategies for yourself. Those around them, by staying on top of how you appear to be in the moment, can reassure them to speak up and get the help they not only need but want.
- SET LIMITS**
Limiting screen time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's extremely important to keep children away from unsettling content completely. Try to be consistent to try to limit exposure by using parental controls, making devices the purveyors of harmful content and enforcing screen-time limits.
- TAKE THINGS SLOWLY**
Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation about a topic and then wait for your child to bring up the subject. Or you could try to talk about the content in small steps, gradually increasing the depth of the conversation as you go. It's a vital first step.
- ENCOURAGE QUESTIONS**
Online, misleading images, posts, videos and stories are shared across platforms, adding to the confusion of children and young people. Even if the content is accurate, they may not understand what they're seeing. Encourage them to ask questions and try to talk about the content in small steps, gradually increasing the depth of the conversation as you go. It's a vital first step.
- FIND A BALANCE**
There's often an immediate temptation to stay right up to date with events. Our brains are naturally wired to jump into conversations and try to find the latest articles or news. The most recent video on social media, it's essential to ensure you're taking that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and staying becoming overwhelmed by bad news.
- BUILD RESILIENCE**
News that never seems more accessible. While our brains may be wired to find children from upsetting stories, it's important that they're equipped with the skills to process the news. Children are exposed to it. Talk about upsetting content more generally with your child and emphasize that they can always tell you or a trusted adult if something they see makes them feel uneasy.
- IDENTIFY HELP**
It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to speak with an adult they trust, and make sure they're aware of who their trusted adults are. It's essential that children understand that they're not alone, and that help is available if and when they need it.

Meet Our Expert
Claire Ferguson is the director of Family South Cambs which is a registered charity that is currently being used by schools and organisations to help children and young people who are in need of support for mental health issues. She is a qualified counsellor and has experience in working with children and young people who are in need of support for mental health issues.

NOS National Online Safety
#WakeUpWednesday

Twitter: @nationalonline_safety Facebook: NationalOnlineSafety Instagram: @nationalonline_safety TikTok: @national_online_safety

Source of this guide is as of their own observation. No liability is entered into. Current as of the date of release: 10.02.2022

Wellbeing and mental health: Supported self-help: free mental health support for adults

Mind has some outstanding resources on their web page: [Home - Mind](#)

Mind offer something called **Supported Self Help**.

Supported self-help is a free, 6-week guided programme. We give you the materials to understand and manage your feelings. And someone from Mind will call you regularly to give you support.

You don't need a GP referral to sign up for supported self-help.

This is a one-to-one guided self-help service, not a counselling service. But practitioners do use counselling-based skills in their support. It incorporates some Cognitive Behavioural Therapy (CBT) style tools but also provides other kinds of support.

Link here: [Free mental health support - Mind](#)

Mental Health: How to get urgent support for children and young people:

If your children feel extremely distressed and worried that you might not be able to keep them safe, there is lots of urgent support available, including 24/7 NHS mental health helplines in Cambridgeshire. If you're in immediate danger and it's a medical emergency, call 999 straight away.

Link here: [How to get urgent support for children and young people | Good Thinking \(good-thinking.uk\)](#)

Olympic Week

Next week, the whole school will be taking part in lots of fun events linked to the Olympics. We will have fitness sessions, fitness fundraising (see below) and our sports days for EYFS/KS1 and KS2 within the week.

For this reason, we would like to encourage the children to wear their PE kit on **every day** of this week. We appreciate that you may not have enough PE kit for the whole week, so the children may wear any colour **plain** t-shirt with appropriate PE shorts. Please do not send your child into school wearing football shorts or slogans/logos. However, for the children's sports day, please make sure that they are wearing the correct PE uniform.

As a reminder, the sports days are:

EYFS and KS1: Thursday 4th July – please book using this form:

KS2: Friday 5th July – please book using this form:

Bookings must be made by 1pm on Monday 1st July.

Sports for Schools Fundraising Event

We are thrilled to be able to be welcoming Sean Rose, Paralympian and Adventurer to school on **Wednesday 3rd July** for a fundraising event.

On the event day, all pupils will take part in a sponsored fitness circuit run by Sean, a terrific way to get all children excited about sport and realise that getting moving is really fun! He will then share his incredible sporting journey, a story of resilience and determination in a fun and interactive assembly. There will also be an opportunity to ask any burning questions in a Q&A session with their inspiring role-model at the end!

Fundraising for the event has now begun and you should have all received the sponsorship form earlier this week. The money raised for the event will go towards new important resources to improve levels of physical activity in our school, such as new sports equipment.

Please can all sponsorship forms be handed in no later than **Wednesday 10th July**

News from Witchford Rackham Pre-School: Extraordinary General Meeting

The purpose of the meeting on 21st June was to discuss and vote on the following proposal: To close the pre-school at the end of the Summer Term 2024 and for The Rackham C of E Primary School to take it

over under their Section 27 community powers as a school run pre-school from September 2024 to provide continuity and stability for the community.

We are delighted to update you that the vote outcome was a unanimous YES supporting the proposal.

Reports:

Reception to Year 5 pupils will bring home their reports on Friday 5th July. Year 6 will bring home their reports when SATs data is available to share with parents and carers.

Parents Evening: Wednesday 10th July

If parents and carers wish to meet their child's class teacher following receipt of reports, please login to your MCAS account to book a 10 minute appointment on Wednesday 10th July. The booking system will be available from 9am on Monday 8th July until 9am on Tuesday 9th July.

Getting ready for September: Uniform Policy update

We have made three revisions to our uniform policy.

- Black shoes or completely black trainers (no coloured trainers or logos)
- No further requirement for plimsolls for indoor games, black trainers for both inside and outside.
- Year 6 hoodie will now be part of the school uniform for our Year 6 pupils so will no longer be referred to as the 'Leavers hoodie'

Class photos – ordering information.

Your child should have brought home a photo order card from Kittle photography. **Please visit the website** <https://v6.kittleorders.com/kp/Home>

Orders must be placed by 3rd July for free delivery to school.

FWR Funday Sunday: Sunday 30th June 2024:

See you on Sunday!



Uniform update: Year 5 hoodie orders.

Hoodies for current Year 5 children will be available to order on Sigma’s website from Tuesday 11th

June: [Clubs & Groups - Sigma Embroidery & Printing](#)

Orders must be placed by 28th June, these will then be delivered to the school and given to the children before the end of term.

The hoodies will cost £22.00 for the child size and £28.20 for adult sizes.



Uniform update: school caps

School caps and bucket hats can be ordered directly from Sigma. [Clubs & Groups - Sigma Embroidery & Printing](#)



The Rackham Primary School -
Baseball Cap (Kids Size)

The Rackham Primary School -
Bucket Hat

Active Play holiday camp:



Needlefelt workshop:

NEEDLEFELT WORKSHOP

Needle felting for parents and children

Learn the art of needle felting under the guidance of Kitty.

All materials included to make this sweet little sleeping mouse to take home.

Suitable for ages around 10-16 years.
Children must be accompanied by an adult.

Thursday, 22nd August 2024
4pm - 6pm
St Andrews Church Hall
Main Street, Witchford



Cost £50 for one adult and one child, each making a mouse. Additional children £16. Max 3 children per adult.

To book your place message or contact
Susan - susanmaud.sm@gmail.com
07954 178560

Cash payment or bank transfer accepted

Raising funds for St Andrew's Church, Witchford.
There will also be a raffle at the event.



Family First magazine:

Please follow this link to the latest issue of the Family First magazine: <https://familyfirst.co.uk/issue3-24>

Attendance:

Thank you to all our parents and carers for supporting our drive for improved attendance. The Government has identified a child's attendance of 96% and above is the key figure to give best chance of academic progress. Please can we remind you that absence must be reported to the office by 9am on each day.

This week our attendance figure as a school is: 95.5%



Looking forward to seeing everyone on Monday.

Best wishes,

Miss Turner

| Dates for your diary | |
|-----------------------------|---|
| 30.06.2024 | FWR Funday Sunday |
| WC 01.07.2024 | Olympic Week including Sports Days |
| 03.07.2024 | FWR Film Night (booking required on MCAS by 9am Monday 1 st July) |
| 04.07.2024 | <ul style="list-style-type: none"> • Piano concert 9.30am (Booking required) • Sports Day afternoon Reception and Key Stage One (booking required). |
| 05.07.2024 | Sports Day afternoon Key Stage Two (booking required). |
| 10.07.2024 | Parents Evening |
| 08.07.2024 | Rocksteady concert – 9.30am (booking required) |
| 11.07.2024 | Reception trip to Hinchingsbrooke Country Park |
| 17.07.2024 | Year 6 Leavers BBQ 3.30 - 5.30pm (booking required) |
| 19.07.2024 | Year 6 Leavers assembly and parent lunch (booking required) |